

Message from the President

Do You Have a Family Doctor?

In a recent local study,¹ 31.4% of public doctors in Hong Kong satisfied the criteria for high burnout. They were younger, needed to work shifts, and their median year of practice was 8.5. High-burnout doctors worked similar hours per week to non-high-burnout doctors and reported suicidal thoughts more often. Moreover, 52.2% of high-burnout doctors were dissatisfied or very dissatisfied with their jobs. 'Excessive stress due to global workload' and 'feeling that their own work was not valued by others' were the most significant stressors associated with high emotional exhaustion and depersonalisation, while 'feeling that their own work was not valued by others' and 'poor job security' correlated with low personal accomplishment.

In another study of interns in Hong Kong,² the proportions of respondents with abnormal levels of depression, anxiety and stress were 35.8%, 35.4% and 29.2%, respectively. Frequent calls during night shift, long working hours and heavy workload constituted the most significant stressors. Factor analysis of the stressors showed that seven factors could explain 68% of the total variance: multidisciplinary team working issues, clinical difficulties, job seeking and employment, workload issues, ethical and interpersonal issues, adjustment to job rotation and performance appraisal. Holidays, peers and sleep offered the most significant relief. Peer support groups may relieve stress.

Similar to the practice of colleagues in other countries, a large proportion of Hong Kong physicians self-manage their illnesses, take self-obtained prescriptions and believe they do not need a personal physician. In a local study,³ it was found that a majority of physicians self-treated when they fell ill with self-prescribed medications. Most physicians did not believe they needed a personal physician to provide health care. For those who sought care from another physician, the specialty of the physician consulted was the most important factor in their decision of whom to consult. Only 14% consulted a family physician or general practitioner. The physicians seeking care were more likely to be younger doctors and holders of medical degrees from non-Hong Kong universities. Self-prescribing doctors were more likely to be educated in Hong Kong, engaged in general practice and non-members of the HKCFP.

Indeed it is very difficult for a doctor to be aware, admit, accept and seek help when they have psychological problems. More importantly, doctors may not be aware of the complex interrelated factors that may affect their mental health. Since we are all human beings and peer support is found to be useful - why not have a family doctor for ourselves?

References:

1. Burnout among public doctors in Hong Kong: cross-sectional survey. Christina FY Siu, SK Yuen, Andy Cheung. *Hong Kong Medical Journal* 2012;18:186-192
2. Psychological well-being of interns in Hong Kong: What causes them stress and what helps them. TP Lam, JGWS Wong, Mary SM IP, KF LAM & S Pang. *Medical Teacher* 2010; 32: e120-e126
3. Doctors' personal health care choices: A cross-sectional survey in a mixed public/private setting. Julie Y Chen, Eileen YY Tse, TP Lam, Donald Li, David VK Chao, and Chi Wai Kwan. *BMC Public Health* 2008, 8:183 doi:10.1186/1471-2458-8-183

THE HONG KONG
COLLEGE OF
FAMILY PHYSICIANS



Family Physicians Links

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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 2012 to 14th October 2012, Dr. David Chao and Dr. Ngan Po Lun 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 directly as soon as we can.



Dr. David Chao



Dr. Ngan Po Lun

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

Membership Committee News

The Membership Committee approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **August 2012**:

Associate Membership (New Applications)

Dr. CHENG Ching Shui	鄭 穗
Dr. HAN, Jinghao	韓 璟
Dr. KWOK Yee Ming, Elaine	郭 依明
Dr. LAM Wing Yi	林 穎怡
Dr. LEE, Edna Tin Wai	李 天惠
Dr. LIU Chung Wo	廖 頌和
Dr. LO, Alvina	盧 昆儀
Dr. NG Hoi Yan, Alexandra	吳 凱恩
Dr. SIU Samuel Ji-Sum	蕭 子蔘
Dr. TSE Tak Kei	謝 德基
Dr. WONG Yiu Lung	黃 耀龍
Dr. YAN Ka Shing	甄 嘉勝

Resignation of Associate Membership

Dr. CHAN Ki Wan, Kelvin	陳 麒尹
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Non-HKSAR Membership (New Applications)

Dr. CHAN Hei	陳 熙
Dr. CHAN Lai Meng	陳 麗明
Dr. CHAN Pui Yan	陳 佩茵
Dr. CHAN Tak Song	陳 德嵩
Dr. CHAN Raymond Man Chung	陳 敏聰
Dr. CHANG Chon In	曾 駿賢
Dr. CHAO Wai Man	周 偉文
Dr. CHEANG Fong I	鄭 鳳怡
Dr. CHEANG Hou Kong	鄭 浩光
Dr. CHEONG Cheng I	張 靜儀

Dr. CHIANG Pui Man
Dr. CHIO Pui U
Dr. CHOU Hao Wan
Dr. FONG Si In
Dr. FONG Sou Keng
Dr. HO Chi Kai
Dr. HO Wa Sang
Dr. HOI Chu Peng
Dr. HON Fa
Dr. HUANG Zhaokai
Dr. IEONG Lai Peng
Dr. IEONG Man Kin
Dr. KOU Weng Kim
Dr. KU Kit Meng
Dr. KUNG Olivia
Dr. KUOK Wai Seng
Dr. LAM Kuok Wun
Dr. LAM Tak Man
Dr. LAM Wai Leng
Dr. LAO Kin Mei
Dr. LEI Hon Cho
Dr. LEI Iok Fai
Dr. LEI Keng Sun
Dr. LEI Meng Vai
Dr. LEI Su Teng
Dr. LEI Un Peng
Dr. LEI Wan Fai
Dr. LENG Ian leong
Dr. LEONG Hoi Ip
Dr. LEONG Iek Hou

鄭 佩敏
趙 佩瑜
曹 巧雲
馮 時彥
馮 素瓊
何 志佳
何 華生
許 主平
韓 平花
黃 照開
楊 麗萍
楊 文健
高 永儉
古 杰鳴
龔 鈺婷
郭 偉誠
林 國垣
林 德敏
林 惠玲
劉 健美
李 漢初
李 昱暉
李 璟璇
李 明慧
李 樹庭
李 苑平
李 環暉
凌 恩陽
梁 開業
梁 亦好

*Amendment to the article "WONCA Asian Pacific Jeju Conference 2012 (Kowloon East Cluster Team)" in Issue 102 (August 2012):

The authors should be Dr. Chow Kai Lim, Dr. Lo Ling, Dr. Luk Man Hei, Matthew, Dr. Wong Tak Lung and Dr. Wong Tseng Kwong.

We apologize for any inconvenience caused.*

Dr. LEONG In Hong
 Dr. LEONG Oi Sam
 Dr. LEONG Son Kuai
 Dr. LEONG Weng Kun
 Dr. LEUNG Ka Pou
 Dr. LIN Che Cheng
 Dr. LO Paulo
 Dr. LO U Kan
 Dr. LOI Chan Pong
 Dr. LOK Io Fai
 Dr. LONG Sio Ian
 Dr. LOU Wai Ip
 Dr. NG Cheng
 Dr. PINTOS Dos Santos, Ernesto
 Dr. SAM Ip Pio
 Dr. SI Weng
 Dr. SIN Nin Ngan
 Dr. SIO Cheong Un
 Dr. SIO Fong I
 Dr. SUMOU, Ingrid Karmane
 Dr. TAM Kuok Wa
 Dr. TAM Wai Leng
 Dr. WONG Kin Sing
 Dr. YE Yilian
 Dr. YU Dong
 Dr. Fernández Monroy Natalia Juliana

虹 燕
 心 愛
 桂 順
 權 永
 寶 家
 正 哲
 中 林
 根 羅
 邦 宇
 輝 振
 茵 耀
 業 少
 正 偉
 彪 業
 穎 沈
 銀 施
 源 年
 儀 長
 敏 鳳
 華 嘉
 玲 國
 星 慧
 蓮 健
 東 一
 葉 喻

Affiliate Membership (New Applications)

Ms. CHAN Ching Yee
 Ms. CHAN Hoi Shan, Monica
 Ms. CHENG Yuk Yu, Alice
 Ms. CHAN Lai Kam
 Ms. CHENG Siu Ki
 Ms. CHEUK Wai Han
 Ms. CHEUNG Ka Po, Polly
 Ms. CHEUNG Po Chui
 Ms. CHEUNG Yuk Hung, Kathy
 Ms. CHING Chi Wai, Susanne
 Ms. CHONG Yuen Chun, Samantha
 Ms. CHUM Yuen Ming
 Ms. FUNG Shuk Lan
 Ms. HO Ka Lai, Kairy
 Ms. HO Sau Fan, Irene
 Ms. LAM Choi Hing
 Ms. LAU Wai Kee, Vicky
 Ms. LAU Wai King
 Ms. LEE Lai Ling
 Ms. LEUNG Mui Ying, Rita

儀 靜
 珊 凱
 如 玉
 琴 麗
 琪 小
 嫻 卓
 寶 嘉
 翠 寶
 紅 旭
 珍 智
 鳴 婉
 蘭 淑
 麗 嘉
 芬 秀
 卿 賽
 琪 林
 琮 劉
 玲 李
 英 梁

Ms. LO Suk Yee
 Mr. LI Man Pan
 Ms. TAM Yeuk Ming
 Ms. TSUI Fung Yee
 Ms. WONG Sui Lan
 Ms. YUEN Hing Wah
 Ms. YUEN Suk Ching

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 瑞 瑞
 蘭 蘭
 華 華
 貞 貞
 淑 淑

Suspension from Associate Membership

Dr. CHAN Chim Yiu
 Dr. CHAN Kwok Keung
 Dr. CHAN Tsung Keat, Stephen
 Dr. CHAN Wing Lok, Brian
 Dr. CHEUNG Chi Ming
 Dr. CHEUNG Kai Sing
 Dr. CHEUNG Kwok Lam
 Dr. CHOW Chi Chuen, Seinmya
 Dr. CHUNG Ming Tim
 Dr. FUNG Wai Kwan, Barbara
 Dr. HO Chun Ming
 Dr. HO Pui Yan, Winnie
 Dr. HO Yuk Yee, Yvonne
 Dr. KAN Ho Wing
 Dr. LAM Wai Kit
 Dr. LAU Wing See
 Dr. LAW Yuk
 Dr. LEE Tak Sum
 Dr. LEUNG Chi Yin
 Dr. LO Kwun Man
 Dr. LO Ying Keung
 Dr. MAK Kwong Leung
 Dr. SUEN Victoria Gee Kwang
 Dr. TSUI Ka Fai
 Dr. WONG Chung Kwong
 Dr. WONG Ka Kei
 Dr. YUNG Chi Yu

陳 佔 耀
 陳 國 強
 陳 俊 傑
 陳 永 樂
 張 子 明
 張 啟 成
 張 國 林
 周 稚 笙
 鍾 銘 添
 馮 惠 君
 何 俊 明
 何 佩 茵
 何 玉 儀
 簡 浩 榮
 林 偉 傑
 劉 穎 思
 羅 旭 心
 李 德 賢
 梁 志 文
 盧 冠 強
 麥 廣 亮
 孫 芷 筠
 徐 家 輝
 黃 仲 廣
 黃 家 淇
 翁 志 羽

Suspension from Full Membership

Dr. CHAN Ping Chuen
 Dr. HUI Kim Ping
 Dr. TONG Wai Shuen, Catherine

陳 炳 泉
 許 劍 平
 唐 偉 璇

Suspension from Non-HKSAR Fellow

Dr. CHAN Sui Po

陳 瑞 波

Suspension from Fellowship

Dr. IP Yiu Man, Linus

葉 耀 民

35th HKCFP Annual General Meeting

Date : 8th December 2012 (Saturday)

Time : 18:00

Venue : Lippo Chiuchow Restaurant

Shop 4, Ground Floor, Lippo Centre, 89 Queensway, Hong Kong

Admission : College Members only

Details will be announced in due course.

Limited number of complimentary registrations left, please register now

Dear Colleagues,

19th Hong Kong International Cancer Congress, 8 – 9 November, 2012 Theme: Translating Innovative Research to Effective Treatment

The Hong Kong International Cancer Congress provides an active forum in addressing issues related to cancer strategy, care and research. Every year, prominent clinicians, leading scientists and medical oncologists are invited to share their experience and expertise in the Congress. The emphasis this year is on highlighting the importance of translating research and practice derived knowledge into patient benefits.

HKCFP has invited three expert speakers to share their experience and skills in cancer management in a **Symposium** from **2:00 pm - 3:30 pm on 8th November 2012 (Thursday)** at the Hong Kong Academy of Medicine Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. The Symposium is entitled **"Cancer Management in the Community: From Screening to Care"**, which comprises:

- A. "Cancer Screening and Current Referral Pathways for Patients with Suspected Cancer in the UK"
Professor Rodger CHARLTON, Sub-Dean Community Based Learning and Education Research, College of Medicine, Swansea University, United Kingdom
- B. "Care of Cancer Patients in the Community: a Family Physician's Perspective"
Professor Cynthia CHAN, Honorary Clinical Assistant Professor, Department of Family Practice, University of British Columbia, Canada
- C. "Practical Challenges in Ambulatory Palliative Care Services"
Dr. Po-tin LAM, Division Head, Palliative Care Division, Department of Medicine and Geriatrics, United Christian Hospital, Hong Kong

You are cordially invited to join the Symposium and the forthcoming Congress. We are most grateful for the organizers who have kindly provided a **limited number of complimentary registrations** for our College Fellows and Members and these places are available on a first-come first-served basis. Please contact the College secretariat (Ms. Windy Lau windy@hkcfp.org.hk or Mr. Richard Li richard@hkcfp.org.hk) at your earliest convenience (by 30th September 2012) for reservations. The programme at a glance (as of 9th July 2012) is also printed in the following page for your quick reference. For more information on HKICC, please visit the website: www.hkicc.org.

Look forward to seeing you soon!

With Best Wishes,

Dr. David V. K. Chao

HKCFP Representative, 19th Hong Kong International Cancer Congress

19th Hong Kong International Cancer Congress (8 - 9 November 2012) Programme at a Glance

Thursday, 8 November 2012		Friday, 9 November 2012	
8:30 am	Registration	8:30 am	Registration
9:15 am	Opening Ceremony	9:15 am	Award Presentation Ceremony
9:30 am	<p>HKICC Lecture The Role of EBV Infection in Cancer: From Cause to Cure Lawrence S YOUNG, University of Birmingham, UK</p> <p>Coffee Break</p>	9:30 am	<p>CCR Lecture Origin of Cancer Eric J STANBRIDGE, University of California, USA</p> <p>Coffee Break</p>
10:30 am	<p>Liver Irradiation for Malignancy The Roles of Selective Internal Radiation Therapy (SIRT) for Liver Tumours Pierce KH CHOW, National University of Singapore, Singapore Clinical Benefit of Tomotherapy in Liver Tumour Jinsil SEONG, Yonsei University College of Medicine, Korea External Radiotherapy for Hepatocellular Carcinoma - Local Experience Francis AS LEE, Tuen Mun Hospital, HK</p> <p>Lunch Break - Young Investigator Awards Competition</p>	10:30 am	<p>New Concepts in Cancer Biology Cancer Cell Invasion in Complex Environments Erik SAHAI, London Research Institute, UK Microenvironments as a Determining Factor in Cancer Progression: Role of TGF-beta/Smad3 Hui-Yao LAN, The Chinese University of Hong Kong</p>
11:00 am	<p>Psychosocial Oncology (HKCF)</p> <p>LPY Lecture Theatre</p>	11:00 am	<p>Psychosocial Oncology (SPHC) 'Healthy' Dying: How can We Improve Decision-making towards the End of Life? Michael ASHBY, University of Tasmania, Australia</p> <p>LPY Lecture</p>
12:30 pm	<p>YIA - Biomedicine</p> <p>YIA Meeting Rm</p>	12:30 pm	<p>Psychosocial Oncology (SPHC) Palliative Care on Cancer Patients</p> <p>LPY Lecture</p>
2:00 pm	<p>YIA - Biomedicine</p> <p>YIA Meeting Rm</p>	2:00 pm	<p>Cancer Management: A Nursing Perspective</p> <p>LPY Lecture Theatre</p>
2:00 pm	<p>Cancer Management in the Community: Cancer Screening and Current Referral Pathways for Patients with Suspected Cancer in the UK Rodger CHARLTON, Swansea University, UK Care of Cancer Patients in the Community: A Family Physician's Perspective Cynthia SY CHAN, University of British Columbia, Canada Practical Challenges in Ambulatory Palliative Care Services Po-Tin LAM, United Christian Hospital, HK</p> <p>Lunch Break</p>	2:00 pm	<p>Gynaecological Cancer</p> <p>Ed. SYM</p>
3:30 pm	<p>Advances in NPC Treatment Recent Advances in Radiotherapy for Nasopharyngeal Carcinoma Roger KC NGAN, Queen Elizabeth Hospital, HK Advances in Nasopharyngeal Carcinoma by Chemotherapy and Targeted Therapy Jonathan ST-SHAM, The University of Hong Kong Advances in the Treatment of Nasopharyngeal Carcinoma by Surgery Jimmy YW CHAN, The University of Hong Kong</p> <p>Coffee Break</p>	3:30 pm	<p>Gynaecological Cancer</p> <p>SYM</p>
4:00 pm	<p>Psychosocial Oncology (HKCF)</p> <p>Function Rm</p>	4:00 pm	<p>Affordability of Personalized Cancer Care Is Cancer Care & Research Becoming a Luxury Good? Affording Cancer in the 21st Century Richard SULLIVAN, King's College London, UK</p> <p>LPY Lecture Theatre</p>
5:30 pm	<p>Psychosocial Oncology (HKCF)</p> <p>Function Rm</p>	5:30 pm	<p>Psychosocial Oncology (SPHC) Palliative Care on Cancer Patients</p> <p>Function Rm</p>

Public Education Committee

Dr. Ngan Po Lun, Chairman, Public Education Committee

The Public Education Committee of our College, as its name implies, is responsible for activities involving communication with the general public on various aspects in family medicine and primary health care. Facilitating the public to enhance their medical knowledge of various disciplines in primary care, helping them to build up better understanding towards Family Medicine, and changing their behaviour towards better health are all major goals of our committee.

We have different platforms in the media to deliver our messages to the public on a continuous basis, including the Hong Kong Economic Journal (信報), Ming Pao, Ming Pao Weekly, Headline News and many others. Our medical column in the Hong Kong Economic Journal is actually one of the most successful series in health education. The column was set up since 2005, and published more than 330 articles in Chinese till now on a weekly basis. This column is a valuable platform for our college members to share their ideas and visions with the public, and it always welcomes contribution from our members. In addition, the committee also helps coordinate with different electronic media and have our College fellows to present their opinions to the general public.

The committee also collaborate with other healthcare parties to promote primary health care and Family Medicine to the public. For example, we have previously joined forces with the Primary Care Office of the Department of Health to organize an open competition, themed 'Family Doctor: your Health Partner'; and organized public activities such as the Family Doctor Forum in Citywalk, Tsuen Wan in the World Family Doctor Day, 19 May 2012.

In essence, this committee is a bridge, with our College on one side, and the public on the other. We sincerely hope that our works can help improve the health of all people. To achieve this, we welcome our members to continue their contributions and share their valuable experience to the wider community of the public.



Committee members at the Family Doctor Forum (from left to right) Dr. Lam Wing Wo, Dr. Cheung Kwok Leung, Dr. Ngan Po Lun, Dr. Chan Wing Yan and Dr. Chung Sze Pok

Appropriate Use of Topical Steroid in the Management of Skin Diseases

On 24th of August, the Department of Health announced an investigation against a Chinese Medicine practitioner on suspected use of steroid which might have led to Cushing's syndrome in several patients.

There are five cases reported to suffer from Cushing's syndrome after receiving acupuncture without other sources of steroid intake. Among the cases, a eight-year-old girl and an eleven-year-old boy suffered from growth retardation and adrenal suppression. The State Administration of Traditional Chinese Medicine of the PRC reported acupuncture alone would not lead to these complications, nonetheless, this event raised the public alarm of steroid use again.

Topical steroid use is common in family practice. It is effective in many conditions but may cause serious side effects when used inappropriately. Taking the management of skin diseases as an example, we should consider several factors when choosing a topical agent, including the type of vehicle, the type of skin lesion, potency of steroid and duration of use apart from arriving at a correct diagnosis.

The Type of Vehicle

There are various forms of vehicles, and in usual practice, ointment, cream and lotion are more commonly used.

Ointments consist predominantly of water suspended in oil; as it is semi-occlusive, it can decrease transepidermal water loss and enhance medication absorption. Ointments are generally the most potent vehicle due to their occlusive effect, but they are greasy and are less useful in hairy areas.

Creams are semisolid emulsions of oil in 20% to 50% water. They are cosmetically appealing and less greasy. For the same potency, creams are usually stronger than lotions, but less potent than ointments.

Lotions are the least potent topical therapies, but are useful in hairy areas and in conditions where large areas have to be treated. They consist of powder-in-water; thus, one must shake well before use. As lotions evaporate, they provide a cooling and drying effect, making them useful for moist lesions.

The Type of Lesion

For moist lesions, lotions will help "dry up" the dermatitis while providing a cooling and soothing relief. While for dry lesions, creams or ointments can help to retain moisture and provide relief to dry skin. On the contrary, ointment may cause folliculitis in moist lesions secondary to its occlusive properties.

Steroids are better absorbed through areas of inflammation and desquamation than normal skin, and more readily through the thin stratum corneum of infants than adults.

Regional differences in percutaneous absorption vary significantly:

- * Sole of foot — 0.14%
- * Palm — 0.83%
- * Forearm — 1.0%
- * Scalp — 3.5%
- * Forehead — 6.0%
- * Mandible — 13%
- * Genitalia — 42%

Potency of Steroid:

Topical corticosteroids can be subdivided into four groups:

Super high potency	(Class I)
High potency	(Classes II to III)
Medium potency	(Classes IV to V)
Low potency	(Classes VI to VII)

Class I agent is approximately 1000 times more potent than 1% hydrocortisone. In general, it is best to start with the least potent agents and use with the shortest period as possible.

Duration of Treatment

The use of super high potency topical corticosteroids should not exceed three weeks if possible.

High potency and medium strength preparations rarely cause cutaneous side effects if used for less than six to eight weeks.

Side effects are rare with low potency topical corticosteroids; nevertheless, intermittent therapy may be preferable for the long-term treatment of skin areas where the involvement is more extensive.

Topical corticosteroids should be discontinued when the skin lesions are resolved, while rebound can be avoided by tapering topical therapy by reduction of both potency and dosing frequency at two-week intervals.

References:

1. Drake LA, Dinehart SM, Farmer ER, et al. Guidelines of care for the use of topical glucocorticosteroids. *American Academy of Dermatology. J Am Acad Dermatol* 1996; 35:615
2. Hanifin J, Gupta AK, Rajagopalan R. Intermittent dosing of fluticasone propionate cream for reducing the risk of relapse in atopic dermatitis patients. *Br J Dermatol* 2002; 147:528.

Compiled by Dr. Yip Chun Kong, Sam

Walking the Extra Mile – Saving Lives Outside our Clinics

Good Acts Outside Clinic Based on The Team Spirit Built Up in the Clinic

Dr. Heath Robert Barrie, Service Resident in KWC FM&PHC



Dr. Luk (left) presenting an award to Dr. Heath Robert Barrie (right) in recognition of his courageousness in handling the medical emergency

Last year I was quite unexpectedly called on to see a patient in a rather different setting to what I am accustomed to.

Having finished the AM clinic at Tung Chung GOPC it was time for a stroll over to the food court for a quick half hour lunch before returning to try to tame the growing pile of CME reading / emails / medical reports etc. I was sitting with my two good friends and very experienced colleagues from the clinic Drs. Shek Hon Wing and Lau Chi Hang and we had just finished our meal when we heard a commotion with a lot of loud shouting from the distal area of the food court. Not being able to directly visualize the problem from where we sat we then proceeded quickly over to the scene of the incident. One could say it was something like “The Three Musketeers” springing into action! For myself I would say it was a reflexive action; a kind of muscle memory to go and see if I could assist.

On arrival at the scene there was an adult male face down on the floor next to a table, not moving, with poor skin colour. The shouting was coming from the female relatives of the victim calling out for someone to help. For some reason I recalled as we were moving towards the patient this case may be a collapse due to choking on food. As he was a young male with heavy body build, a Heimlich manoeuvre was not going to be easy. No response but yes he had a very good carotid pulse that I could feel with certainty within seconds. I immediately informed my colleagues standing by that a good pulse was present. OK so far so good... no

chest compressions would be necessary. The patient had deep respirations and the airway was maintained with a minimal of repositioning in the lateral position and with some jaw lift. Some trismus was noted.

After confirming that the ambulance had already been called I then tried to reassure the patient’s relatives while simultaneously getting what past medical history I could.

In fact the patient was a tourist in his early thirties with no past medical history at all and had been perfectly well before suddenly collapsing without warning, with some brief convulsion-like body movements. Drs. Lau, Shek and I then went through the likely differential diagnoses with convulsion or CVA seeming most likely. We continued to monitor the patient’s pulse and airway, and calm the relatives, until providing a brief handover to the arriving Paramedics.

I believe that as doctors we have an inbuilt reflex to assist patients no matter what the circumstances, even if the only equipment we have is our bare hands. We should never inhibit this reflex. I hazard a guess that assisting in those emergencies outside our clinics we will get 100% satisfaction of our services from patients and relatives no matter the outcome. It may be the only situation in our job where that happens.



The team spirit built up in the clinic by forming a running interest group

Sharing of Experience in Handling Clinic Emergency

Dr. Rosita Wong, Higher Trainee, FM&PHC, HKW Cluster



Dr. Rosita Wong attending the patient with the police

On 20th June, 2011, I was seeing patients as usual at Central District Health Centre when I was called by the nurse to attend to an emergency case outside the clinic. An elderly gentleman was found collapsed on the pavement outside the Lan Kwai Fong Hotel. Subsequently passersby asked our clinic nurse

for help. Our clinic nurse Ting Ting, Winnie and I immediately grabbed the escort box and rushed to attend to the patient. According to the police at the scene, the patient was alone, and the exact details of collapse were not known. The gentleman was lying on the ground, unconscious, however normal pulse and breathing were noted upon initial assessment. His blood pressure, haemstix and oxygen saturation were normal. There was no evidence of injury or convulsion. He was put into the recovery position whilst awaiting the ambulance which then sent him to hospital for further management.



Arrival of the ambulance

It is not uncommon to encounter emergency cases at or outside our clinics. Assessment and management inside the clinic is less limited because of more resources like manpower, equipment and

pharmacological support. When incidents occur outside the clinic, before actual assessment and resuscitation can take place, we should not forget to assess firstly whether the environment is safe. If stable enough, the patient should be transferred back to the clinic for further management. In addition, we should keep ourselves

updated about the international guidelines on resuscitation and emergency handling. Participation with practice in regular clinic drills is useful for every member of the clinic so that the team can work efficiently in case of emergency.

To our surprise, a few days later we received a compliment note from a passerby who witnessed the event. Whilst I regarded this as nothing more than our usual duty, it in turn had impressed members of the public, and we do feel encouraged by their acknowledgement.



Monitoring the patient in the recovery position & preparing for transport



Dr. Wendy Tsui (on the left) and Ms. Celina Ho (on the right) presenting an award appreciating the clinic staff; (from left to right) Dr. Rosita Wong, Ms. Go Ting Ting, Ms. Flora Fung and Ms. Winnie Yeung

Interest Group in Mental Health & Psychiatry in Primary Care - The 31st Meeting on 4th Aug 2012

Dr. Dana Lo Sze Mon, FHKAM (Family Medicine), University Health Service, The Hong Kong Polytechnic University

The meeting of the 31st Interest Group in Mental Health & Psychiatry in Primary Care was held on 4th Aug 2012. Dr. Andy Cheung Kit Ying is the guest speaker.

The theme of the meeting is "Application of Psychotherapy Skills in General Practice"

Speaker : Dr. Andy Kit Ying Cheung
Specialist in Family Medicine

Moderator : Dr. Mark S. H. Chan

Dr. Andy Cheung is a well known figure in the College; she was involved in various teaching activities over many years. Dr. Cheung was also the Deputy Director of the Master of Family Medicine programme in CUHK. In recent years, Dr. Cheung has further attained the Doctorate degree in Psychology from the California School of Professional Psychology, Alliant International University. We look forward to having more learning opportunities in the future on this most relevant topic in Family Medicine.

Learning points

I attended the Interest Group meeting in Mental Health on 4th August 2012. The Group invited Dr. Andy Cheung, Specialist in Family Medicine who is very experienced in counseling in the primary care setting, and has special interest in managing patients with psychosomatic presentations. The topic of the group meeting this time was "Application of Psychotherapy Skills in General Practice". This was not the first time for me to attend Dr. Cheung's talk on psychotherapy skills, but the meeting was surely the most special one for me. This is because the moderator of the mental health interest group Dr. Mark Chan invited me to be responsible for the case discussion, and to initiate discussion on how psychotherapy skills could be applied in real scenarios in primary care setting.

I had presented one of my patients, who was a highly educated young gentleman with psychosomatic complaints and poor stress coping skills. He had multiple visits with me for the past 1.5 years. I encountered difficulties in counseling this patient, because I could not motivate him to stop smoking and drinking as an inappropriate way for stress relief, and different psychosomatic complaints still existed despite my long term relationship and good rapport with this patient. I shared a desperate feeling as I was trapped in a never-ending cycle.

The meeting adopted a very interactive mode. To begin with, Dr. Cheung provided a brief introduction on the topic, followed by my presentation on the brief background of the patient. Then, Dr. Mark Chan was very kind to be "my patient" in the role-play of the first consultation - resembling the consultation with the patient 1.5 years ago. We had around 30 doctors in the audience and most of them were very keen to express their opinions on how the consultation could be improved. We invited doctors from the floor to be

the "doctor" in the role-play of the subsequent consultation with me as the "patient". Although doctors with different style of practice may not share the same opinion and may have different ways of management in the same scenario, our discussion was very constructive and fruitful. As Dr. Cheung said, managing patients with psychosomatic complaints was quite different from pure organic complaints, there was no absolute right or wrong way of management, and improvement could be very subtle. We need to have patience during rapport building and counseling, and could consider "making contract" and "setting goals" with the patient, accepting and explaining that there was "no quick fix". I was very impressed by a metaphor about "slow steaming cooking skill", used by Dr. Cheung to illustrate the idea of "no quick fix": "Some patients with psychosomatic conditions have to be "燉" for some time, before obvious positive outcome can be seen."

After attending the meeting, my previous desperate feeling vanished because I feel that I am not alone in the journey of counseling in primary care. I received a lot of constructive ideas from the speaker, the moderator, and also the audience. I would like to express my deep appreciation to everyone taking part in the meeting, and give encouragement to all family physicians who have the "heart" to manage patients with psychosomatic presentations by a simple Chinese poem 打油詩:

心病身傷透，身傷心憂愁。
身心豈能分？醫輔本同根。

Next meeting

Our next meeting will be on 6th October 2012 with Dr. Chow Yat speaking to us on Depression.

The following meeting will be on 13th October 2012 with Dr. Lau Wai Yee speaking to us on (1) mental health problems; (2) conditions requiring behavioral changes; (3) facilitation of managing physical problems; and (4) enhancement of family relationships.

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.



(From left to right) Dr. Cheung Kit Ying, Dr. Foo Kam So, Dr. Chan Suen Ho, and Dr. Lo Sze Mon



THE HONG KONG COLLEGE OF FAMILY PHYSICIANS

32nd Annual Refresher Course
November 25 – December 16, 2012

REGISTRATION FORM

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

Dear Sir / Madam,
I am a Member/ Non-Member of the Hong Kong College of Family Physicians.

The whole course:-

Five Luncheon Lectures and Four Workshops (Including Fee for Certificate of Attendance)	College Fellow, Full or Associate Members	: HK\$900.00	()
	Other Category of Members	: HK\$1200.00	()
	Non-members	: HK\$1800.00	()
	FM Trainees	: HK\$600.00	()

Spot admission:-

Nov 25 (Sun)	Paediatric and Vaccination Workshop 1) Prevention of Common Diseases in Children 2) The Effectiveness of Conjugate Vaccines in the Prevention of Pneumococcal Disease in Adults	()
Nov 27 (Tue)	Pain Management of Low Back Pain	()
Nov 29 (Thur)	Diabetes Management Practical Approach to Type 2 DM Management Challenge for 2012	()
Dec 02 (Sun)	Mental Health Workshop 1) Updates on the Treatment of Anxiety Disorders and Psychosomatic Symptoms 2) Practical Tips for Treating Depression in the Community with Cases Illustration	()
Dec 04 (Tue)	Cardiovascular Optimal CV Risk Management in the 21 st Century	()
Dec 06 (Thur)	Cardiovascular The Novel Treatment of Atrial Fibrillation	()
Dec 09 (Sun)	Osteoporosis & Prostate Disease Workshop 1) Practical Management Update in BPH 2) Update of Osteoporosis Management in Hong Kong	()
Dec 11 (Tue)	Stroke Prevention New Era of Anticoagulants: Practical Guidance and New Approaches in Stroke Prevention in Atrial Fibrillation	()
Dec 16 (Sun)	COPD Workshop 1) Update in GOLD Guideline & COPD Treatment 2) Allergic Rhinitis and its Comorbidities	()

College Fellow, Full or Associate Members	: HK\$250.00	X	_____	lecture/workshop(s)
Other Category of Members	: HK\$350.00	X	_____	lecture/workshop(s)
Non-members	: HK\$450.00	X	_____	lecture/workshop(s)
FM Trainee	: HK\$400.00	for 4	Sunday workshops	
	: HK\$150.00	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.

32nd Annual Refresher Course 2012

*** 1st Announcement ***

The 32nd Annual Refresher Course (ARC) will be held from November 25, 2012 to December 16, 2012. There will be five Luncheon Lectures and four Workshops.

2 CME points will be awarded for each Luncheon Lecture and 3 CME points for each Workshop according to Category 4.5. MCQs will be distributed for each session of the Refresher Course, i.e. there are a total of 9 MCQ papers. The MCQ answers have to be returned to the College Secretariat on the original question forms **within 2 weeks** of the completion of the Refresher Course (**latest by December 31, 2012**). 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 programme to be held continuously for a 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 ten years or more will be awarded one free admission. Subsequently, members can enjoy another free admission after every five years of paid ARC attendance.

Registration is now open and must be made before 19th November 2012. 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 Mr. Marco Cheng at 2861 0220 before 19th November 2012.

Registration form could be found on Page 11.

Luncheon Lectures

Date	November 27 (Tue)
Topic	<u>Pain</u> Management of Low Back Pain
Speaker	Dr. Wong Ho Shan
Moderator	Dr. Au-Yeung Shiu Hing
Sponsor	<i>Pfizer Corporation Hong Kong Limited</i>
Date	November 29 (Thur)
Topic	<u>Diabetes Management</u> Practical Approach to Type 2 DM Management Challenge for 2012
Speaker	Dr. Chan Wing Bun
Moderator	Dr. Lee Wan Tsi, Francis
Sponsor	<i>Takeda Pharmaceuticals (Hong Kong) Ltd.</i>
Date	December 4 (Tue)
Topic	<u>Cardiovascular</u> Optimal CV Risk Management in the 21 st Century
Speaker	Dr. Leung Tat Chi, Godwin
Moderator	Dr. Tong Siu Man
Sponsor	<i>Pfizer Corporation Hong Kong Limited</i>

Date	December 6 (Thur)
Topic	<u>Cardiovascular</u> The Novel Treatment of Atrial Fibrillation
Speaker	Dr. Lee Lai Fun, Kathy
Moderator	Dr. Tsui Hing Sing
Sponsor	<i>Pfizer Corporation Hong Kong Limited</i>

Date	December 11 (Tue)
Topic	<u>Stroke Prevention</u> New Era of Anticoagulants: Practical Guidance and New Approaches in Stroke Prevention in Atrial Fibrillation
Speaker	Prof. Tse Hung Fat
Moderator	Dr. Chan Chung Yuk, Alvin
Sponsor	<i>Boehringer Ingelheim Hong Kong Ltd.</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 25 (Sun)
Topics	<u>Paediatric and Vaccination Workshop</u> 1. Prevention of Common Diseases in Children 2. The Effectiveness of Conjugate Vaccines in the Prevention of Pneumococcal Disease in Adults
Speakers	1. Dr. Chiu Cheung Shing, Daniel 2. Prof. Hung Fan Ngai, Ivan
Moderator	Dr. Lau Wai Yee, Aster
Sponsor	<i>Pfizer Corporation Hong Kong Limited</i>

Date	December 2 (Sun)
Topics	<u>Mental Health Workshop</u> 1. Updates on the Treatment of Anxiety Disorders and Psychosomatic Symptoms 2. Practical Tips for Treating Depression in the Community with Cases Illustration
Speakers	1. Dr. Ng Fung Shing 2. Dr. Lee Wing King
Moderator	Dr. Chan Yin Hang
Sponsor	<i>Pfizer Corporation Hong Kong Limited</i>

Date	December 9 (Sun)
Topics	<u>Osteoporosis & Prostate Disease Workshop</u> 1. Practical Management Update in BPH 2. Update of Osteoporosis Management in Hong Kong
Speakers	1. Dr. Lee Chan Wing, Francis 2. Dr. Ip Tai Pang
Moderator	Dr. Chan Wing Yan
Sponsor	<i>GlaxoSmithKline Limited</i>

Date	December 16 (Sun)
Topics	COPD Workshop 1. Update in GOLD Guideline & COPD Treatment 2. Allergic Rhinitis and its Comorbidities
Speakers	1. Dr. Chan Ka Wing, Joseph 2. Dr. Chow Chun Kuen
Moderator	Dr. Chan Chi Wai
Sponsor	<i>Takeda Pharmaceuticals (Hong Kong) Ltd.</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. – 4:15 p.m. Lectures
4:15 p.m. – 4:30 p.m. Discussion

Registration Fees:

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

College Fellow, Full or Associate Members : HK\$900.00
Other Category of Members : HK\$1200.00
Non-members : HK\$1800.00

Spot admission fee for each Luncheon Lecture or Workshop is:

College Fellow, Full or Associate Members : HK\$250.00
Other Category of Members : HK\$350.00
Non-members : HK\$450.00

FM Trainees Package:

Full Course : HK\$600.00
Sunday Workshops : HK\$400.00 for 4 Workshops
Luncheon lecture : HK\$150.00 each

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

6 October 2012 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
Topic	Depression is a Mood Problem? Prevalence of Somatic Symptoms in Depression
Speaker	Dr. Chow Yat Associate Consultant, Hospital Authority
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	5/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong
Admission Fee	College Fellow, Full or Associate Members Free Other Category of Members HK\$ 350.00 Non-Members HK\$ 450.00
	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 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. For Higher Trainees: the above activity has been approved for SEP training hours, which should not exceed 50% of SEP hours in total for each module.

Sponsored by
Eli Lilly Asia Inc. (Hong Kong)

13 October 2012 Saturday

Board of Education Interest Group in Counseling

Aim	(1) To form a regular platform for interactive sharing and discussion of various counseling cases commonly seen in our daily practice (2) To booster the competencies in counseling of family practitioners through case discussion and practising self awareness
Theme	Cases related to: (1) Mental health problems; (2) Conditions requiring behavioral changes; (3) Facilitation of managing physical problems; (4) Enhancement of family relationships.
Speakers	Dr. Lau Wai Yee, Aster with family physicians experienced in practising counseling
Co-ordinator & Chairlady	Dr. Lau Wai Yee, Aster The Hong Kong College of Family Physicians
Time	2:00 p.m. – 4:00 p.m. Theme Presentation & Discussion
Venue	8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong
Admission Fee	College Fellow, Full or Associate Members Free Other Category of Members HK\$ 350.00 Non-Members HK\$ 450.00
	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	Discussion will be conducted in 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. For Higher Trainees: the above activity has been approved for SEP training hours, which should not exceed 50% of SEP hours in total for each module.

27 October 2012 Saturday

Board of Education Interest Group in Neuro-musculoskeletal

Aim	To form a regular platform for sharing and developing knowledge and skill in the Neuro-musculoskeletal
Topic	Use of Musculoskeletal Ultrasound in Family Practice
Speaker	Dr. Ngai Ho Yin Specialist in Family Medicine
Co-ordinator & Chairman	Dr. Au Chi Lap The Hong Kong College of Family Physicians
Time	2:00 p.m. – 3:45 p.m. Theme Presentation 3:45 p.m. – 4:00 p.m. Discussion
Venue	8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong
Admission Fee	College Fellow, Full or Associate Members Free Other Category of Members HK\$ 350.00 Non-Members HK\$ 450.00
	All fees received are non-refundable and non-transferable.
Capacity	50 doctors
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.

Upcoming Event by the Board of Education

Interest Group in Dermatology

Date: 3 November 2012 (Saturday)

Topic: Skin Infection

Speaker: **Dr. Chan Shu Yu**

Kindly refer to the next issue of FP Links for details

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	28 September 2012 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topics	1. Frozen Shoulder: Management Beyond Physiotherapy – Dr. Lung Hin Fai, Edmond 2. Common Injuries Overlooked – Dr. Wu Wing Cheung 3. Flat Feet in Children – Treatment Required? – Dr. Wong Man Shun
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	Lectures will be conducted in English.

October's session:

Date	26 October 2012 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	Myofascial Pain Syndrome (1) – Dr. Ngai Ho Yin, Allen
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 Cantonese.

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
13 Oct 2012 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	Exercise Therapy in Primary Health Care Service Ms. Joey Cheng PT1 KWC FM&PHC	Ms. Clara Tsang Tel: 2354 2440 Fax: 2327 6852

Structured Education Programmes

Free to members

HKCFP CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
19 Sep 12 (Wed)			
2:15 – 4:45 p.m. 3 CME points	E1034AB, 1/F, Main Block, Tuen Mun Hospital	Update Management of Acne Vulgaris and Atopic Eczema Dr. Mok Kwan Yeung	Ms. Eliza 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 Orthopaedics (Trigger Finger, Wrist Pain, Other Overuse Syndromes) Dr. Tsui Hiu Fa & Dr. Lo Alvina	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:30 p.m. 3 CME points	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Consultation Skill – Video Consultation Dr. Kenny Kung	Ms. Crystal Law Tel: 2632 4021
5:15 – 7:15 p.m. 2 CME points	Lecture Theatre, 5/F, Tsan Yuk Hospital	Patients with Hyperlipidemia Dr. Lai Sum Yin	Ms. Man Chan Tel: 2589 2337
20 Sep 12 (Thur)			
2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	Common Symptoms in Orthopaedics (Trigger Finger, Wrist Pain, Other Overuse Syndromes) Dr. Ng Hoi Ling, Helen & Dr. Kwong Lok See	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	FM Practice in Public and Private Dr. Cheng Sai Yip	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Vocational Training Review Dr. Leung Tsi Mei	Ms. Kwong Tel: 2595 6941

26 Sep 12 (Wed)

2:15 – 4:45 p.m. 3 CME points	E1034AB, 1/F, Main Block, Tuen Mun Hospital	White Coat Hypertension & Ambulatory Home BP Monitoring Dr. Lau Lai Na	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m. 3 CME points	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Elements of Good Primary Health Care Dr. Tsui Wing Hang & Dr. Wong Sze Kei	Ms. Cordy Wong Tel: 3513 3087
5:15 – 7:15 p.m. 2 CME points	Lecture Theatre, 5/F, Tsan Yuk Hospital	Gynae Topic - Contraception Dr. Ngu Siew Fei	Ms. Man Chan Tel: 2589 2337

27 Sep 12 (Thur)

2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	Elements of Good Primary Health Care Dr. Chung Sze Ting & Dr. Lee Tin Wai	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Health Care Delivery System in Macau Dr. Tang Kin Sze	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Hypertension Management Update Dr. Choy Yi Chun, Vanessa	Ms. Kwong Tel: 2595 6941

03 Oct 12 (Wed)

2:15 – 4:45 p.m. 3 CME points	E1034AB, 1/F, Main Block, Tuen Mun Hospital	Update on Cancer Screening Dr. Chan Ka Ho	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m. 3 CME points	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Management of Common Psychiatric Disorders in Primary Care Dr. Yuen Ming Wai and Dr. Chan So Wai	Ms. Cordy Wong Tel: 3513 3087
5:15 – 7:15 p.m. 2 CME points	Lecture Theatre, 5/F, Tsan Yuk Hospital	Management of Common Orthopedic Problems in OPD Setting: Lumps and Bumps Dr. Ho Wai Yip, Kenneth	Ms. Man Chan Tel: 2589 2337

04 Oct 12 (Thur)

2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	Management of Common Psychiatric Disorders in Primary Care Dr. Chan Fu Leung and Dr. Cheung Yan Kit	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Indication and Management of Laboratory Test In Primary Care Dr. Hung Chi Bun	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Hypertension and Diabetes Clinical Audit Dr. Lai Suk Yi, Irene	Ms. Kwong Tel: 2595 6941

10 Oct 12 (Wed)

2:15 – 4:45 p.m. 3 CME points	E1034AB, 1/F, Main Block, Tuen Mun Hospital	Guardianship and Informed Consent Dr. Tong Ka Hung	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m. 3 CME points	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Journal Club (Management of Chronic Diseases) Dr. So Tsang Yim and Dr. Lai Yuet Ting	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:30 p.m. 3 CME points	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	MPS Case Review Dr. Yau King Sun	Ms. Crystal Law Tel: 2632 4021
5:15 – 7:15 p.m. 2 CME points	Lecture Theatre, 5/F, Tsan Yuk Hospital	Allied Health Talk – Medical Social Worker Dr. David Cheng	Ms. Man Chan Tel: 2589 2337

11 Oct 12 (Thur)

2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	COPD and CA Lung Dr. Raymond Liu	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Consultation Model: Application in GOPC Setting Dr. Kwok Vincci	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Approach to Abnormal Results IV - Spirometry Dr. Mak Wing Hang	Ms. Kwong Tel: 2595 6941

17 Oct 12 (Wed)

2:15 – 4:45 p.m. 3 CME points	E1034AB, 1/F, Main Block, Tuen Mun Hospital	Ketamine Abuse Dr. Cheng Chui Ching	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m. 3 CME points	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Surgical Emergency in General Practice Dr. Kwong Sheung Li and Dr. Leung Ching Ching	Ms. Cordy Wong Tel: 3513 3087
5:15 – 7:15 p.m. 2 CME points	Lecture Theatre, 5/F, Tsan Yuk Hospital	Vocational Training Review Dr. Anita Fan	Ms. Man Chan Tel: 2589 2337

18 Oct 12 (Thur)

2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	Case Presentation (Common Nasal Symptoms) Dr. Chan Fu Leung Allergic Rhinitis Dr. Lee Lip Yen, Dennis	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Paediatric Emergency – Case Illustration Dr. Tang Hoi Yan	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Nurse Led Clinic – Chest Clinic Dr. Leung Wan Chiu	Ms. Kwong Tel: 2595 6941

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 Sep 兩岸四地家庭醫學會議 2:00 – 5:00 p.m. Training Course of Research & Biostatistics for Medical Professionals	17	18 1:00 – 3:30 p.m. CME Lunch Symposium 2:00 – 4:00 p.m. Infections Disease Clinical Attachment for Family Physicians	19 2:15 – 7:30 p.m. Structured Education Programme 9:00 p.m. Post AEC 2012	20 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. Council Meeting	21	22 2:00 – 5:00 p.m. Training Course of Research & Biostatistics for Medical Professionals
23	24	25 2:00 – 4:00 p.m. Infections Disease Clinical Attachment for Family Physicians	26 2:15 – 7:15 p.m. Structured Education Programme 9:00 p.m. Post AEC 2012	27 2:15 – 7:00 p.m. Structured Education Programme 8:00 p.m. Specialty Board Meeting 9:00 p.m. Board of Conjoint Examination Meeting	28 2:30 – 3:30 p.m. Board of Education - Video Session	29 2:30 – 5:00 p.m. DFM Module V - Consultation Skill Workshop II 7:00 p.m. BVTs Trainees Social Gathering Dinner
30	1 Oct	2	3 2:15 – 7:15 p.m. Structured Education Programme 9:00 p.m. Post AEC 2012	4 2:15 – 7:00 p.m. Structured Education Programme	5	6 1:00 – 4:00 p.m. Interest Group in Mental Health
7 2:00 – 5:00 p.m. Training Course of Research & Biostatistics for Medical Professionals	8	9 2:00 – 4:00 p.m. Infections Disease Clinical Attachment for Family Physicians	10 2:15 – 7:30 p.m. Structured Education Programme	11 2:15 – 7:00 p.m. Structured Education Programme 7:00 p.m. Basic Training Introductory Seminar	12	13 2:00 – 4:00 p.m. Interest Group in Counseling 2:30 – 4:30 p.m. Community Education Programme 3:30 – 6:00 p.m. DFM Module V - Orthopaedic Injection Workshop 2:30 – 5:30 p.m. AEC 2012
14 Conjoint Examination 2012 – OSCE Rehearsal	15	16 2:00 – 4:00 p.m. Infections Disease Clinical Attachment for Family Physicians 9:00 p.m. Board of Education Meeting	17 2:15 – 7:15 p.m. Structured Education Programme	18 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. Council Meeting	19	20 2:30 – 5:30 p.m. DFM Module III - Clinical Audit & Quality Assurance
21	22	23	24	25	26 2:30 – 3:30 p.m. Board of Education - Video Session	27 2:00 – 4:00 p.m. Interest Group in Neuro Musculoskeletal 3:00 – 4:30 p.m. Exit Exam Research Segment Standardization Workshop
28 Conjoint Examination 2012 – OSCE Exam	29	30 2:00 – 4:00 p.m. Infections Disease Clinical Attachment for Family Physicians	31	1 Nov	2	3

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

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