

Message from the President

The New HKCFP Office



Council members and College Staff

As the Hong Kong Academy of Medicine (HKAM) will set up the Hong Kong Jockey Club Innovative Learning Centre for Medicine on the 7th floor of the HKAM Jockey Club Building, our College Office is re-located to the 8th floor and we have the opportunity to refurbish the whole office. Our new address is "Room 803-4, 8/F HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen". All telephone and fax numbers remain unchanged. Please refer to our new address for all future correspondences. I would like to thank the secretarial staff for their hard work and tolerance during these months of the renovation process and the decanting from Wong Chuk Hang to Wanchai and back again.



Re-opening of Wong Chuk Hang Office and roasted pig cutting

The Hong Kong Academy of Medicine Open Day

The Hong Kong Academy of Medicine held its Open Day "Climbing the Healthcare Ladder" in the morning of 5th October. Booths from all 15 Colleges were set up to provide comprehensive information about the work of the Academy and its 15 Colleges to prospective students from secondary schools, their career advisors, as well as the dental and medical students. The kick-off ceremony was officiated by Dr. Ko Wing Man, the Secretary for Food & Health; Dr. Constance Chan, the Director of Health; Prof. Donald Li, the President of the Hong Kong Academy of Medicine; Dr. Esther Ho,

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THE HONG KONG
COLLEGE OF
FAMILY PHYSICIANS



Family Physicians Links



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November 2013

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Message from the President

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Chairperson of the Hong Kong Association of Career Masters and Guidance Masters; together with President representatives of the 15 Colleges and representatives of the Hong Kong Medical Museum Professor Faith Ho and Dr. Pamela Leung. This was followed by a seminar aiming to provide insights of the career path of the 15 Colleges to the attending students. College representatives shared the background information and their personal experience. The event was well attended by hundreds of participants.



(from left to right) Mr. John Lee, Miss Alky Yu, Miss Erica So, Dr. Ruby Lee, Dr. Wendy Tsui, Dr. Ko Wai Kit, Dr. Sze Hon Ho and Dr. Pura Cheng

Roving Drama in Primary School “Family Doctor – Your Partner for Better Health”

On October 21, 2013, I attended the showcase event organized by the Primary Care Office, Department of Health for the Roving Drama “Family Doctor – Your Partner for Better Health” performed by Theatre Noir. The event was officiated by Professor Sophia Chan, JP, the Under Secretary for Food & Health; Dr. Cindy Lai, JP, the Deputy Director of Health; Mr. Leung Siu Tong, representative of the Hong Kong Aided Primary School Heads Association; Mr. Sin Kim Wai, representative of the Subsidized Primary Schools Council; and myself. I am also delighted to meet the new Head of Primary Care Office, Dr. Monica Wong, and Dr. Betty Young, Co-convenor, Clinical Advisory Group on Reference Framework for Preventive Care for Children in Primary Care Settings on that day.

The target audiences of the drama are primary school students. The key messages include the importance to develop a continuous and persistent relationship with a family doctor and to partner him/her for better health. The importance of families and patients’ active role in managing health and preventing diseases is also highlighted. The drama will rove for one school year in 100 primary schools and cover around 20,000 students. It lasted for around an hour, with interactive games and

questions-and-answers. During the showcase event, the primary school students responded enthusiastically and it is such a fun-filled memorable afternoon. This lively and interactive way of health education is indeed most impressive, and I hope the seed of family doctor concept will continue to be sown in our next generation.



Group photo of organizers and invited guests



Opening ceremony of the event



Dr. Ruby Lee on the stage

"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.

From 15th November to 14th December 2013, Dr. Lau Ho Lim and Dr. Chan Ming Wai, Angus will be the Council Members On Duty. Please feel free to make use of this channel to voice your doubts, concerns, queries, and comments on 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. Tony C. K. Lee
Co-ordinator, CMOD System



Dr. Lau Ho Lim



Dr. Chan Ming Wai, Angus

Membership Committee News

The Membership Committee approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **September - October 2013** :

Associate Membership (New Application)

Dr. So Mei Kuen

蘇鎂涓

36th HKCFP Annual General Meeting and 36th HKCFP Annual Dinner

7th December 2013, Saturday

Venue: Jade Garden Restaurant (翠園)
Level 4, Star House, Tsimshatsui, Kowloon

Time: 18:00 Annual General Meeting (members only)
19:00 Annual Dinner Reception
19:30 Chinese-Style Dinner

College Members, Fellows and their spouses are welcome to register for the Annual Dinner free of charge on a first-come-first-serve basis until all the available seats are filled.

To register for the **Annual General Meeting** and/or **Annual Dinner**, please contact Ms. Windy Lau Lau or Ms. Priscilla Li on Tel: 2528 6618, or email to windylau@hkcfp.org.hk or priscillali@hkcfp.org.hk as soon as possible.

Car Parking:

- Payable hourly car parking is available at the Ocean Terminal and Ocean Centre Car Park.

HKCFP Secretariat Reopening

HKCFP Secretariat at HKAM re-opened at **"Room 803-4, 8/F HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen"** from 9 October 2013 onwards. All telephone and fax numbers will remain unchanged.

For any future correspondence and documents required to be submitted in person, please kindly direct to the new address only.

The secretariat at Wanchai will not be available to receive any posts/ submissions in person without prior arrangement/appointment.

Sorry for any inconvenience caused and thanks for your kind cooperation.

HKCFP Secretariat

Specialty Board News

The Specialty Board is pleased to announce that the following candidates have successfully passed the Exit Examination of HKCFP in 2013.

Dr. Chan Shan Ching	Dr. Chung Sze Pok	Dr. Lo Wai Hon	Dr. Wong Pak Kin
Dr. Chan Angela Shuk Yan	Dr. Hung Lok Lam, Susanna	Dr. Lo Tsz Yan	Dr. Wong Lai Cheung, Virginia
Dr. Che Ka Seng	Dr. Kwok Chi Ming	Dr. Pang Kwok Ching	Dr. Wong Hing Lam
Dr. Cheng Chun Sing, David	Dr. Lam Man Man	Dr. Pon Wai Pi	Dr. Wu Sze Man
Dr. Cheuk Christina	Dr. Lau Yue Young, Geoffrey	Dr. Poon Ting Kong	Dr. Yau Kin Chung
Dr. Cheung Wing Wo	Dr. Lee Ling Hin	Dr. Pun Lai Yin	Dr. Yeung Wai Man
Dr. Chuang Yuk Shan	Dr. Leung Wan Chiu	Dr. Sy Hung Pan	Dr. Yu Sze Kai, Frances

Congratulations to you all!

Dr. Tsui Wing Sze, Wendy
Chairlady, Specialty Board

Board of Vocational Training and Standards News

Reminder: Submission of Annual Checklist for Basic Training

To all Basic Trainees,

Please be reminded that all basic trainees must submit the annual checklist to the Board of Vocational Training and Standards either by registered post OR in-person on or **BEFORE 31st January 2014 (Friday)**. Late submission will not be accepted.

The training experience of 2013 will not be accredited if the trainee fails to submit the checklist on or before the deadline.

Basic Training Subcommittee
BVTs

BVTs Sponsorship for The 20th WONCA Asia Pacific Regional Conference - 21-24 May 2014 Kuching Sarawak Malaysia

The Board of Vocational Training and Standards is pleased to announce the following information on **The 20th WONCA Asia Pacific Regional Conference, WONCA Kuching Sarawak Malaysia** to be held in May 2014.

Theme : Nurturing Tomorrow's Family Doctors
Dates : 21-24 May 2014
Venue : Borneo Convention Centre Kuching
The Isthmus, Sejingkat, 93050 Kuching, Sarawak, MALAYSIA
Registration Fee : Please refer to <http://www.wonca2014kuching.com.my/fee.php>
Website : http://www.wonca2014kuching.com.my/welcome_msg.php

Application for sponsorship is open to all current vocational trainees (Basic & Higher). Please kindly submit your application **on or before 31st January 2014** to the Chairman of the Board of Vocational Training and Standards regarding the Sponsorship for Overseas Conference.

All decisions are subject to the final approval of the Board.

For more information, please contact Ms Carmen Cheng or Mr Brian Chan at 2528 6618.

BVTs

Classified Advertisements

Positions Vacant

Accredited Private FM Centre invites full time / part time Doctors for expanding services (Tuen Mun / Kwai Fong). FM Trainee, specialists welcomed. Basic + Profit Sharing ± Partnership. Send CV enquiry@adecmed.com (Amy CHAN) 9212 6654

FT(5.5 days)/ PT Family Physician post at Blue Care Medical Centres in Central/ Kwun Tong. Accredited FM training can be provided. FM trainee or experienced doctor is welcome. Please send CV hr@bluecare.com.hk or contact Dr Angus Chan 91368069.



Oasis
心靈綠洲

The Donkey in the Well

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. yours too... Finally he decided since the animal was old, and the well needed to be covered up anyway, it just wasn't worth it to retrieve the donkey. So, the farmer invited all his neighbors to come over and help him. They all grabbed shovels, and began to shovel dirt into the well.

All the other farm animals were very upset about this, because the donkey was their friend. But they discovered there was nothing they could do to help him. At first, when the donkey realized what was happening, he cried horribly. Then, to everyone's amazement, he quieted down. A few shovel loads later, the farmer finally looked down the well, and was astonished at what he saw.

With every shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off, and take a step up on the dirt as it piled up. As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well, and trotted off!

Life is going to shovel dirt on you, all kinds of dirt. But each trouble can be a stepping stone. What happens to you isn't nearly as important as how you react to it. We can get out of the deepest wells just by not giving up!

Shake it off, and take a step up!

<http://www.inspirationallane.com/InspirationalShortStories4.htm>

(本欄資料由「心靈綠洲—個人成長及危機處理中心」提供，特此鳴謝。)

Interest Group in Mental Health & Psychiatry in Primary Care The 38th Meeting on 5th Oct 2013

Dr. Mark S. H. Chan (Co-ordinator), Board of Education

The 38th Interest Group in Mental Health & Psychiatry in Primary Care Meeting was held on 5th Oct., 2013. Dr. Ma Yin Ying is the speaker.

Themes : 1. Depression and Cancer Morbidity
2. Pain and Depression

Speaker : Dr. Ma Yin Ying

Dr. Ma Yin Ying is a specialist psychiatrist in private practice. Dr. Ma graduated from The Chinese University of Hong Kong and has attained specialist qualification in psychiatry, with interest in general and child psychiatry. She is also Honorary Clinical Assistant Professor, Department of Psychiatry, The University of Hong Kong.

Learning points:

Depression is common among cancer patients, and its prevalence varies widely (major depression 3% to 38%; Cancer types associated with depression include brain, pancreas, head and neck, breast, gynaecological and lung).

Barriers of diagnosing and treating depression in cancer patients

1. Patient's factors: Cultural: Chinese patients, especially the elderly tend to present somatic symptoms. Stigma with diagnosis; labeled as "crazy".
2. Clinician's factors: Not comfortable to explore psychological symptoms in cancer patients. Difficulty in diagnosing depression in cancer patients. Misconception that it is normal for cancer patients to have depression and is untreatable.

Diagnosis of major depressive disorder

1. DSM-IV criteria.
2. Cavanaugh and Endicott criteria may be better markers. Eg. "Fearfulness or depressed appearance in face or body posture" and "brooding, self-pity or pessimism" are good markers for mild major depressive disorders; "not participating in medical care and social withdrawal" are good markers for moderately severe major depressive disorders; "cannot be cheered up, doesn't smile, no response to good news or funny situations" is suggested to be a good marker for severe major depressive disorders.

How to screen for depression in cancer patients by Family Physicians

Brief screening tools were just as good as long questionnaires.

1. The single question, "Are you depressed?" (Chochinov) is a reliable screen.

2. The two-question screening method (Hoffman) "Have you been feeling down, depressed, or hopeless in the last month?" and "Have you been bothered by little interest or pleasure in doing things?" is recommended by (NICE).

Pharmacological treatment

General guidelines for the use of antidepressants in cancer patients:

1. Start low (dose) and go slow.
2. Inform a delayed onset of action, usually taking 2-4 weeks.
3. Maintain for six months to one year to reduce the risk of relapse.
4. Avoid sudden cessation of antidepressants - instead they should be tailed off gradually. Watch out for drug-drug interaction.

Profile and side effects of antidepressants:

1. SSRIs and SNRIs - first-line agents; they are relatively safer and fewer side effects.
2. In contrast, TCAs has anticholinergic side effects and may predispose to arrhythmias.
3. MAOIs are no longer first line drug due to the risk of hypertensive crisis with food (eg. Cheese) and drugs (eg. SSRIs and NDRIs).
4. Psychostimulants, such as methylphenidate, may be considered in patients with short life expectancy.

Drug interactions with anticancer agents

1. Corticosteroid is known to have possible side effects on mood and cognition.
2. Co-administration of tamoxifen and paroxetine, sertraline or venlafaxine (CYP2D6 enzyme inhibitors) may reduce the effectiveness of tamoxifen. Citalopram is recommended for breast cancer patients on tamoxifen.
3. Antidepressants (e.g. SSRIs and SNRI), analgesics (e.g. tramadol, opioids) and antiemetics (e.g. ondansetron and granisetron) may act synergistically and lead to serotonin syndrome.
4. Antidepressants can be used as adjuvant for pain, hot flushes, pruritus, nausea and fatigue.

Psycho-social treatment

1. In early stage, patient-focused psychotherapies include cognitive behavioral therapy (CBT), problem solving, psychoeducational interventions, relaxation, behavioral activation and interpersonal therapy.

2. As disease progresses, systemic psychotherapies include couple therapy and group therapy. Family therapy offers additional benefit.
3. In advanced stage, interventions to promote active coping strategies (such as relaxation therapy, biofeedback, guided imagery and hypnosis, CBT and problem-solving therapy) and supportive-expressive, narrative and existential therapies (such as dignity therapy and CALM – Managing Cancer And Living Meaningfully therapy) have been shown to be effective.

Cancer and suicide

Incidence almost doubled. Major factors are depression and hopelessness and also types (lung, stomach, oral, pharyngeal and laryngeal cancers) and stage of cancer, as well as persistent pain and delirium.

Protective factors for suicide includes:

Unfinished responsibility in life, good social support, effective care for physical and mental problems, restricted access to lethal methods of suicide, good coping and problem solving skills and cultural and religious beliefs that discourage suicide.

Depression in carers

Carers who are of advanced age, female gender, of spousal relationship with patient, having poor health, caring for a patient with advanced cancer, and past history of psychiatric illness especially those very attached to and fear of losing their spouse are at greatest risk of depression.

Pain & mood (acknowledgement to Prof. Ki-Yan MAK for resources.)

Almost 1 in 5 of the European population suffers from chronic pain. The prevalence of chronic pain increases dramatically with age.

The impact of chronic pain includes poor quality of life, lowered work performance, disruption of interpersonal relations, sleep, mood disturbance and mobility limitations.

Persons with persistent pain (≥ 6 months) are 4 times more likely to have an anxiety or depressive disorder than pain-free persons.

Neurobiology

The limbic system, especially the anterior cingulate cortex (ACC) and hippocampus, are important in the regulation of mood and emotional reactions. In patients with chronic pain, the hippocampus is smaller. The opioid and dopamine systems are important in modulating both pain and pleasure. Depression & pain share common neurochemical NE & 5-HT pathways. Nerve Growth Factor (NGF) activates and sensitizes pain-signalling sensory nerves. Brain-Derived Neurotrophic Factor (BDNF) levels are markedly increased in sensory nerves, thus acting as a central signalling molecule of pain. Interestingly, the most important regulator of the BDNF level seems to be NGF.

Management: pharmacological

1. Anxiolytics: gabapentin (Alpha-2 delta ligands for both anxiety & neuropathic pain), benzodiazepines (for both anxiety & muscular tension pain).
2. Antidepressants: TCAs & SNRIs (dual 5HT & NE actions, efficacious for pain).
3. Adjunctive analgesics.
4. Anti-inflammatory medications e.g. cox-2 (protective effect for oxidative stress).
5. Pregabalin – rapid onset of pain relief with efficacy as early as week 1; its action leads to rapid and sustained reduction.
6. Sertraline +/- cimicoxib showed evidence of decreased depressive symptoms (in severe depressive patients) NB. Chronic Cox-2 inhibitors use (>18 months) is associated with increased risk of cardiovascular events.
7. Desvenlafaxine – significant improvement in pain symptoms in MDD patients.

Conclusion: Pain is a mind-body syndrome; and a multidisciplinary understanding of pain is useful. Different modules of treatment should be considered – physical, psychological & social (perhaps with other complementary therapies): a holistic approach is needed.

Next meeting

The next meeting for the Interest group will be on 7th Dec., 2013, Social workers from Caritas Community mental health service will share their community experience of helping patients with mental problems.

All members of the College are welcome and encouraged to present their cases and problems for discussions or role play. (Please do so 2 weeks beforehand for speakers to review and contact our secretary, at 2528 6618.) Again, those who are experienced can share and less experienced one can benefit from participation. Our goal is to enhance our practical skills, promote early awareness and better management of mental health problems in our community.

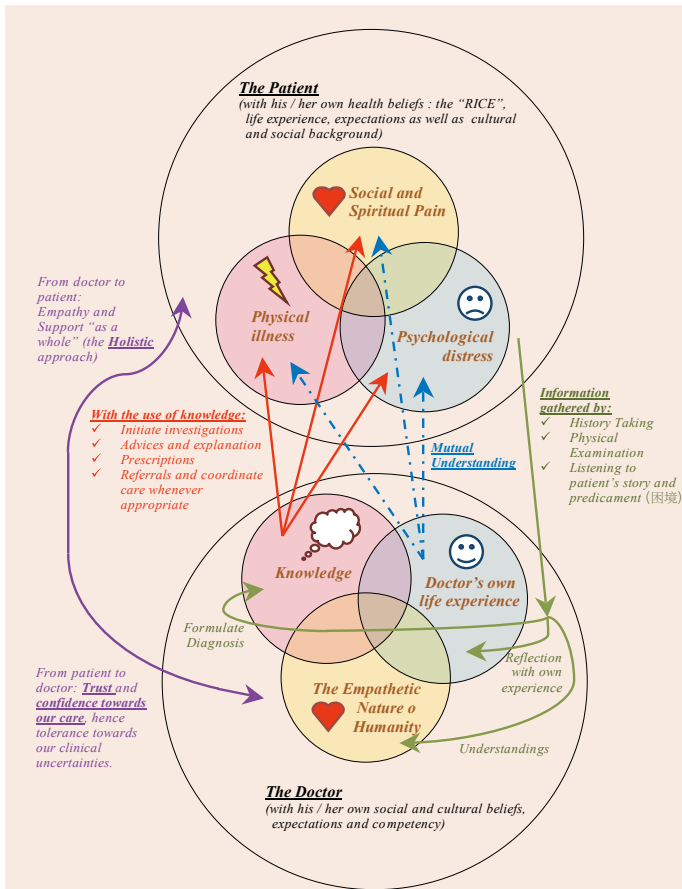


Dr. Mark Chan, Mr. Bonly Chan, Dr. Ma Yin Ying and Dr. Mary Kwong (from left to right)

Dynamics of Our Daily Consultation

Dr. John-Hugh Tam

Department of Family Medicine & Primary Health Care, Kowloon West Cluster, Hospital Authority



From my past experience as a clinical tutor teaching medical students Family Medicine and showing them what we as doctors in the community is doing, it was not uncommon for them to be unfamiliar with our clinical environment. This is mainly due to the fact that the nature of our work, the range of presenting problems and the people we encounter daily are very different from what they see in hospital. As a result, I have drawn this diagram to show them systemically the “dynamics of our daily consultations”.

This diagram should be quite self-explanatory. The two big circles represent both the patient and the doctor as independent individuals, each of them having his / her own social and cultural background, life experiences and beliefs.

During our daily consultation, the patient usually presents to us with a mixture of physical, psychological, social and spiritual problems with varying degrees, as represented by the “overlapping” circles (as it is often impossible to clarify their boundaries). On the other hand, the “essence” of the doctor would be his / her medical knowledge, experience and his / her heart for empathetic listening.

In order to make this doctor-patient interaction a fruitful one, we value the importance of clinical information being gathered through our traditional medical school approach (e.g. by comprehensive history taking and proper physical examination). Whilst another vital component that we shouldn't miss (but not always emphasized in medical textbooks) is our patience for empathetic listening to our patient's story and predicament.

Once all these information are gathered, we as doctors will begin to formulate differential diagnoses of the problems if possible, usually through hypothetical-deductive method. Yet, subconsciously we would also try to understand the patient's suffering and pain during this process. Sometimes, when the patient's problems match with what we as doctors or as persons had undergone, reflection with our own experience would also occur.

Usually the outcome of this consultation would end up in three main directions:

- With the use of **knowledge and adequate understanding of our patient's situation**, the doctor can provide reassurance & explanation, as well as practical advice and education that can be tailored towards our patient's unique clinical scenario. The doctor can also choose the appropriate prescriptions to relieve the patient's distress, initiate investigations when indicated, and to refer for a second opinion whenever appropriate upon noticing our own limitations.
- With the doctor's own **clinical and personal experience**, he / she will be able to evaluate the way that he / she should react in order to help the patient out, hence the **humanistic** side of patient care (quality of which will improve with time as the doctor continues to mature as a person and as a medical professional).
- The doctor can often, with his / her **empathetic nature of humanity** to provide support to the patient “as a whole” (and hence be more **holistic**). In doing so, mutual understandings would be reached leading to trust and better doctor-patient relationships. **(as represented by the double-ended arrow)**

Notwithstanding all of the above, this successful interaction would also enhance our patients' confidence towards our care and hence tolerance towards our clinical uncertainties.

Sleep and Health

Sleep plays an important role in our health; however its roles are easily overlooked. The 2006 Institute of Medicine (IOM) report *Sleep Disorders and Sleep Deprivation* indicated that the average need of basal sleep for adults is approximately 7 to 8 hours per night, and the optimal sleep duration for adolescents is 9 hours per night. However, more than 35% of adults reported having fewer than 7 hours of sleep, and almost 70% of high school students reported getting fewer than 8 hours of sleep on an average weeknight. Perry and his colleagues have recently reviewed scientific literature about sleep and its importance to our health.

Short sleep duration (<7 hours of sleep per night) is associated with 1.48 times greater risk of developing and dying from coronary heart disease than controls; 1.15 times more likely to have a stroke; and having greater difficulty concentrating, remembering, and performing other daily activities. Children who experience short sleep duration are more likely to become obese, have impaired behavior, mood, and performance.

Insufficient sleep may cause daytime sleepiness, which reduces alertness and causes slow reaction time, leading to occupational and medical errors, workplace injuries, impaired driving, and motor vehicle accidents. In 2009, almost 5% of adults in 12 states of the US reported that during the previous 30 days they had nodded off or fallen asleep while driving. In 2005, drowsy driving contributed to 100,000 motor vehicle accidents and 15,000 deaths in US.

Although sleep is an important health issue, its significance is not only missed by the public, the lack of awareness concerning sleep deprivation is also reflected in health screening among primary care clinics. In a study of health care screening among 121 clinics, only 43% included sleep-related questions on their screening batteries, compared with 100% for smoking and alcohol, 93% for healthy eating, and 86% for physical activity.

Furthermore, not much work has been done on effective strategies to promote sleep as a healthy behavior. Some suggested strategies for improving sleep quality by maintaining bedtime and rising; appropriate sleeping environment (dark, relaxing, not too hot or cold); avoiding television-watching before bed, avoiding use of electronics or reading in the bedroom; and avoiding large meals and physical activity before going to bed. However, more research is needed to evaluate the effectiveness of these suggested strategies to improve sleep behavior and health.

To raise the awareness of healthy sleep, Perry's team suggested public health campaigns, similar to those related to smoking cessation and reducing excessive alcohol consumption, to educate the public about the importance of sleep and the consequences of insufficient sleep. They suggested strategies to improve sleep health, and these include:

- Research on the effectiveness of screening and counseling efforts
- Education of employers on the health effects of long shifts and insufficient sleep
- Delaying school start time for high school students
- Educating the public on the risks of drowsy driving
- Improving surveillance of sleep health, especially among young children

Finally, one critical message they wanted to bring out for the public:

Sleep is essential for good health; it is a necessity, not a luxury.

Reference:

Perry GS, Patil SP, Presley-Cantrell LR. Raising Awareness of Sleep as a Healthy Behavior. *Prev Chronic Dis* 2013;10:130081

Compiled by Dr. Yip Chun Kong, Sam



THE HONG KONG COLLEGE OF FAMILY PHYSICIANS

33rd Annual Refresher Course
24 November – 15 December 2013

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 Categories of Members	: HK\$1200.00	()
	Non-members	: HK\$1800.00	()
	FM Trainees	: HK\$600.00	()

Spot admission:-

Nov 24 (Sun)	GERD and Hypertension Workshop 1) Management of GERD: Limitation, Safety and Advance 2) Management of Hypertension: What are the Unmet Needs and New Standards of Care?	()
Nov 26 (Tue)	Pain / Ortho Selective COX-2 Inhibitors Reducing GI Risk Associated with Pain Management in Real Life	()
Nov 28 (Thur)	Diabetes Mellitus & Cardiovascular 1) Overcoming Barriers on Use of Basal Insulin: When & How 2) The Worries of Treating DM Nephropathy	()
Dec 01 (Sun)	Cardiac Rhythm and Depression Workshop 1) Pure Heart Rate Reduction Leading to Unique Clinical Benefits in CAD and HF 2) A New Approach for Depression Management	()
Dec 03 (Tue)	Vaccine The Burden of Pneumococcal Pneumonia and its Prevention	()
Dec 05 (Thur)	Diabetes Do We Need to Redefine Our Approach to CV Risk in Type 2 Diabetes?	()
Dec 08 (Sun)	Cardiovascular Workshop 1) Optimal Treatment in CV Risk Management 2) Intensive Statin Therapy in ACS, CHD, MI: Current State of Evidence	()
Dec 10 (Tue)	Diabetes Intervening Early in T2DM: Why, When and How	()
Dec 15 (Sun)	Atrial Fibrillation Workshop 1) Guideline Updates in AF Patients Management and Case Study 2) Stroke Prevention in Asian AF Patient - Insights from Recent Study 3) Practical Approach to Maximise the Benefits of NOACs	()

College Fellow, Full or Associate Members	: HK\$250.00	X	_____	lecture/workshop(s)
Other Categories 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.

33rd Annual Refresher Course 2013

*** Final Announcement ***

The 33rd Annual Refresher Course (ARC) will be held from 24 November to 15 December 2013. 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 31 December 2013**). 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 quarter a century in Hong Kong, those who have attended 70% or more of all the sessions of the Refresher Course will be awarded a "Certificate of Attendance".

Members who have attended the ARC 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. Please call the College Secretariat to confirm your previous enrollment.

Registration is now open and must be made before 18 November 2013. 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, please call Mr. Richard Li at 2861 0220 before 18 November 2013.

Registration form could be found on Page 10.

Luncheon Lectures

Date	November 26 (Tue)
Topic	<u>Pain / Ortho</u> Selective COX-2 Inhibitors Reducing CI Risk Associated with Pain Management in Real Life
Speaker	Dr. Ng Fook Hong
Moderator	Dr. Tsui Hing Sing, Robert
Sponsor	<i>Pfizer Corporation Hong Kong Limited</i>

Date	November 28 (Thur)
Topics	<u>Diabetes Mellitus & Cardiovascular</u> 1. Overcoming Barriers on Use of Basal Insulin: When & How 2. The Worries of Treating DM Nephropathy
Speakers	1. Dr. Chan Wing Bun 2. Dr. Tong Mei Wa, Gensy
Moderator	Dr. Ma Ping Kwan, Danny
Sponsor	<i>sanofi-aventis Hong Kong Ltd.</i>

Date	December 3 (Tue)
Topic	<u>Vaccine</u> The Burden of Pneumococcal Pneumonia and its Prevention
Speaker	Dr. Chan Ka Wing
Moderator	Dr. Au-Yeung Shiu Hing
Sponsor	<i>Pfizer Corporation Hong Kong Limited</i>

Date	December 5 (Thur)
Topic	<u>Diabetes</u> Do We Need to Redefine Our Approach to CV Risk in Type 2 Diabetes?
Speaker	Dr. Mak Yiu Kwong, Gary
Moderator	Dr. Tong Siu Man
Sponsor	<i>Takeda Pharmaceuticals (HK) Ltd</i>

Date	December 10 (Tue)
Topic	<u>Diabetes</u> Intervening Early in T2DM: Why When and How?
Speaker	Dr. Tso Wai Kwan, Annette
Moderator	Dr. Chan Chung Yuk, Alvin
Sponsor	<i>Novartis Pharmaceuticals (HK) Ltd.</i>

Venue	:	Shanghai Room, Level 8, Langham Place Hotel, 555 Shanghai Street, Mongkok, Kowloon For 26 & 28 November the venue will be Star Room, Level 42
Time	:	1:00 p.m. – 2:00 p.m. Buffet Lunch 2:00 p.m. – 3:00 p.m. Lecture 3:00 p.m. Discussion

Sunday Workshops

Date	November 24 (Sun)
Topics	<u>GERD and Hypertension Workshop</u> 1. Management of GERD: Limitation, Safety and Advance 2. Management of Hypertension: What are the Unmet Needs and New Standards of Care?
Speakers	1. Dr. Wong Chun Yu, Benjamin 2. Dr. Leung Wai Suen
Moderator	Dr. Lee Wan Tsi, Francis
Sponsor	<i>Takeda Pharmaceuticals (HK) Ltd</i>

Date	December 1 (Sun)
Topics	<u>Cardiac Rhythm and Depression Workshop</u> 1. Pure Heart Rate Reduction Leading to Unique Clinical Benefits in CAD and HF 2. A New Approach for Depression Management
Speakers	1. Dr. Goh King Man, Victor 2. Dr. Chiu Siu Ning
Moderator	Dr. Lau Wai Yee, Aster
Sponsor	<i>Servier Hong Kong Ltd.</i>

Date	December 8 (Sun)
Topics	<u>Cardiovascular Workshop</u> 1. Optimal Treatment in CV Risk Management 2. Intensive Statin Therapy in ACS, CHD, MI: Current State of Evidence
Speakers	1. Dr. Wu Chee Wo 2. Dr. Wong Wing Kwong
Moderator	Dr. Chan Chi Wai, Edmond
Sponsor	<i>Pfizer Corporation Hong Kong Ltd.</i>

Date	December 15 (Sun)
Topics	<u>Atrial Fibrillation Workshop</u> 1. Guideline Updates in AF Patients Management and Case Study 2. Stroke Prevention in Asian AF Patient - Insights from Recent Study 3. Practical Approach to Maximise the Benefits of NOACs
Speakers	1. Dr. Wong Ho Chung, Edward 2. Dr. Siu Chung Wah, David 3. Dr. Wong Siu Ming, Raymond
Moderator	Dr. Lee Kar Yun, Peter
Sponsor	<i>Boehringer Ingelheim Hong Kong Ltd.</i>

Venue : Shanghai Room, Level 8, Langham Place Hotel, 555 Shanghai Street, Mongkok, 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 Categories 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 Categories 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/ Workshop(s) will be conducted in English.

7 December 2013 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	Sharing the Community Mental Health Work	
Speaker	Ms. Christine Cheuk Social Work Supervisor	
Co-ordinator & Chairman	Dr. Chan Suen Ho, Mark The Hong Kong College of Family Physicians	
Time	2:00 p.m. - 4:00 p.m. Lecture and Q&A	
Venue	8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong	
Admission	College Fellow, Full or Associate	Free
Fee	Members	
	Other Categories 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 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.	

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.

November's session:

Date	29 November 2013 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	Mental Illness and Suicide - Clinical Assessment and Treatment – Dr. Chung Wai Sau, Dicky
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.

December's session:

Date	27 December 2013 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	Katamine Associated Ulcerative Cystitis – Dr. Ida Mah
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 Programme

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

Date/Time/CME	Venue	Topic/Speaker/Co-organizer	Registration
14 December 2013 2:30 – 4:15 p.m.	Training Room II, 1/F, OPD Block, Our Lady of Maryknoll Hospital, 118 Shatin Pass Road, Wong Tai Sin, Kowloon	Primary Care Radiology Interpretations Dr. Lawrence Tee Radiologist, KWH	Ms. Clara Tsang Tel: 2354 2440 Fax: 2327 6852
19 December 2013 1:00 - 3:00 p.m. 1 CME point	East Ocean Seafood Restaurant Shop 137, 1/F, Metro City Plaza 3, 8 Mau Yip Road, Tseung Kwan O, Kowloon	Update on Management of Glaucoma Dr. So Fei, Sophia AC, Ophth, UCH	Ms. Cordy Wong Tel: 3513 3087 Fax: 3513 5505

Structured Education Programmes

Free to members
HKCFP CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
4 December 13 (Wed)			
2:15 – 4:45 p.m. 3 CME points	E1034AB, 1/F, Main Block, Tuen Mun Hospital	Approach to Patients with Suicidal Ideation Dr. Wong Chi Pang	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m. 3 CME points	Meeting Room 1, 1/F, Block F, United Christian Hospital	Case Presentation (Rheumatological Diseases) Dr. Wong Hong Kiu and Dr. Zhu Guixia	Ms. Cordy Wong Tel: 3513 3087
5:15 – 7:15 p.m. 2 CME points	Lecture Hall, 5/F, 30 Hospital Road, Tsan Yuk Hospital	Smoking / Smoking Cessation Programme Dr. Lina Li	Ms. Man Chan Tel: 2589 2337
5:15 – 7:30 p.m. 3 CME points	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Health Care Reform in Mainland China Dr. Amy Ng and Dr. TL Chow	Ms. Crystal Law Tel: 2632 3480
5 December 13 (Thur)			
2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	Case Presentation (Rheumatological Diseases) Dr. Chan So Wai, Sara 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	Clinical Approach to IHD Dr. Wong Man Kin and Dr. Cheuk Tat Sang	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 Blood Results - Endocrine Dr. Choy Yi Chun	Ms. Kwong Tel: 2595 6941

11 December 13 (Wed)

2:15 – 4:45 p.m. 3 CME points	E1034AB, 1/F, Main Block, Tuen Mun Hospital	Growth and Development Problem for Children Dr. Tong Ka Hung	Ms. Eliza Chan Tel: 2468 6813
5:15 – 7:15 p.m. 2 CME points	Lecture Hall, 5/F, 30 Hospital Road, Tsan Yuk Hospital	Post-partum Blues / Depression Dr. Lai Sum Yin	Ms. Man Chan Tel: 2589 2337

12 December 13 (Thur)

4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Emergency Management of Arrhythmias Dr. Lee Sik Kwan and Dr. Li Shun Hoi	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Journal Club Dr. Yuen So San, Susana	Ms. Kwong Tel: 2595 6941

18 December 13 (Wed)

2:15 – 4:45 p.m. 3 CME points	E1034AB, 1/F, Main Block, Tuen Mun Hospital	ICPC Coding: Principle and Practice Dr. Felix Tsui	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m. 3 CME points	Meeting Room 1, 1/F, Block F, United Christian Hospital	Update on Use of Antibiotic in General Practice Dr. Chan Fu Leung and Dr. Xu Shaowei	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	Constipation and Diarrhoea Dr. Tse Wan Ying Polly and Dr. Lian Cheng	Ms. Crystal Law Tel: 2632 3480
5:15 – 7:15 p.m. 2 CME points	Lecture Hall, 5/F, 30 Hospital Road, Tsan Yuk Hospital	Use of Diagnostic Tools in Clinic Dr. Stephen Chou	Ms. Man Chan Tel: 2589 2337

19 December 13 (Thur)

2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	Update on Use of Antibiotic in General Practice Dr. Pun Yat Hei and Dr. Kwong Lok See	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Clinical Approach to Heart Failure Dr. Vincci Kwok and Dr. Sze Siu Lam	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Pregnancy Related Symptoms and Antenatal Care Dr. Cheng Long Yee, Eva	Ms. Kwong Tel: 2595 6941

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References
1. Ignaut DA, Schwartz SL, Sarwat S and Murphy HL. Diabetes Educ 2009;35:789-798
2. Ignaut DA, Opincal M and Lenox S. J Diabetes Sci Technol 2008;2:533-537.

Lilly

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COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 Nov	18	19	20	21	22	23
			2:15 – 7:30 p.m. Structured Education Programme	2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. Council Meeting		2:30 – 5:00 p.m. DFM Module III - Care for the Elderly & Chronic Illness
24	25	26	27	28	29	30
1:00 – 4:30 p.m. ARC 2013	1:00 – 4:30 p.m. CME Lecture	1:00 – 3:30 p.m. ARC 2013	2:15 – 7:15 p.m. Structured Education Programme	1:00 – 3:30 p.m. ARC 2013 2:15 – 7:00 p.m. Structured Education Programme	2:30 – 3:30 p.m. Board of Education - Video Session	2:30 – 5:00 p.m. DFM Module V – Counseling Skills Workshop
1 Dec	2	3	4	5	6	7
1:00 – 4:30 p.m. ARC 2013	Deadline for 2014 Full Exit Examination (Re-attempt candidates)	1:00 – 3:30 p.m. CME Lecture	2:15 – 7:30 p.m. Structured Education Programme	1:00 – 3:30 p.m. CME Lecture 2:15 – 7:00 p.m. Structured Education Programme	7:00 – 9:00 p.m. Research Standardization Workshop	1:00 – 4:00 p.m. Interest Group in Mental Health 6:00 – 6:45 p.m. Annual General Meeting 6:45 – 7:30 p.m. Council Meeting 7:30 p.m. Annual Dinner
8	9	10	11	12	13	14
1:00 – 4:30 p.m. ARC 2013		1:00 – 3:30 p.m. CME Lecture	2:15 – 7:15 p.m. Structured Education Programme	4:00 – 7:00 p.m. Structured Education Programme		2:30 – 5:00 p.m. DFM Module III - Introduction to Family Therapy
15	16	17	18	19	20	21
1:00 – 4:30 p.m. ARC 2013			2:15 – 7:30 p.m. Structured Education Programme	2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting		
22	23	24	25	26	27	28

FP LINKS EDITORIAL BOARD 2013

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

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