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## Message from the President

May is the month filled with health promotion activities. First, we have the World Hand Hygiene Day, marked globally on 5 May of each year since 2010. It highlights the importance of maintaining hand hygiene in order to prevent infections in both the hospital and the community settings. To echo with the World Health Organization's (WHO) initiative of "SAVE LIVES: Clean Your Hands" and the call to strengthen infection prevention and control programmes, the Infection Control Branch of the Centre for Health Protection (CHP), Department of Health (DH) set the theme of this year as "Don't Pass on the Bugs. Wash or Rub with 7 Steps for 20 seconds is a MUST". It aims to remind members of the public to perform hand hygiene properly. To clean both hands effectively, we must wash or rub for at least 20 seconds and cover all areas of our hands.

Another special day for us is the annual World Family Doctor Day (WFDD), which has been marked on 19 May by WONCA since 2010. It is a day to highlight the important role and contribution of family doctors in healthcare systems around the world. Family physicians provide patient care throughout the various stages in life. The key theme of this year is "Family doctors – caring for you for the whole of your life" which highlights the role of family doctors in providing life-long care to their patients – "from cradle to grave". To celebrate this very special day, we are co-organising the World Family Doctor Day Symposium 2019 with DH on 11 May 2019. We look forward to your active participation.

Last but not least, the annual World No Tobacco Day (WNTD) is on 31 May. Health and other risks associated with tobacco use are highlighted to the public on WNTD. WHO set the theme of WNTD 2019 as "Tobacco and lung health". Reducing tobacco use and second-hand smoke exposure are the most effective measures to improve lung health. All relevant parties and

stakeholders are encouraged to organise campaigns to increase the awareness on the negative impact that tobacco has on people's lung health, from cancers to chronic respiratory diseases, and on the fundamental role that the lungs play for the health and well-being of all people. The campaign also serves as a call to action, advocating for effective policies to reduce tobacco consumption and engaging stakeholders across multiple sectors in the fight for tobacco control. As mentioned in last month's message, we should say "No" to e-cigarettes and related products. And in fact, we should say "No" to tobacco, period! "Make everyday World No Tobacco Day!"



As family physicians are in the forefront of patient contact, we are in the best position to pass on the aforementioned health messages to the general public. Let's work with our patients to make our community a healthier one for all!

The 4<sup>th</sup> Annual General Practice Training Forum of the Chinese Medical Doctor Association (CMDA) cum the 16<sup>th</sup> Annual Conference of General Practice and Community Health took place in April this year at Beijing. The theme of the Conference was "拓展視野 創新發展 突破難點 提升質量". Over 2,500 family physicians and general practitioners from all over the world participated in the conference. Dr. Zhang Yanling, President of CMDA delivered an opening speech and followed by some familiar faces, including the Honorary Director-General of World Health Organisation (WHO), Dr. Margaret Chan Fung Fu-chun, and the President of WONCA,

*(Continued on page 2)*

## Message from the President (Con't)

*(Continued from page 1)*

Dr. Donald Li, both of whom also delivered speeches to the participants. The fundamental role of primary care in public healthcare system in all countries was reinforced and so was the "gatekeeper" role of primary care practitioners. Continuing professional development and training, not only to trainees, but also to trainers, are important in improving the quality of primary

healthcare services, and hence, strengthening the whole healthcare system. The Conference acted as a platform for international exchange of experiences and expertise in chronic disease management, community health management, education and training, and medical policies among participants from different countries.

**Dr. David V K CHAO**  
President

## Internal Affairs Committee News

### The 32<sup>nd</sup> Fellowship Conferment Ceremony and the 30<sup>th</sup> Dr. Sun Yat Sen Oration, HKCFP

Dear Colleagues,

The College is holding "The 32<sup>nd</sup> Fellowship Conferment Ceremony and the 30<sup>th</sup> Dr. Sun Yat Sen Oration" on 9 June 2019 (Sunday) at the Hong Kong Academy of Medicine Jockey Club Building.

The successful candidates of Conjoint Examination would be conferred Fellowships, and the successful candidates of Diploma in Family Medicine and the Exit Examination would be granted certificates. At this very important occasion, Prof. Amanda HOWE, OBE, Immediate Past President of the World Organization of Family Doctors (WONCA), will deliver the 30<sup>th</sup> Dr. Sun Yat Sen Oration to the audience.

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

Events : (i) **The 32<sup>nd</sup> Fellowship Conferment Ceremony**

(ii) **The 30<sup>th</sup> Dr. Sun Yat Sen Oration by Prof. Amanda HOWE**

***"Identity, Humanity and Equity - Three Principles for Modern Times"***

Venue : 1/F, Run Run Shaw Hall, Hong Kong Academy of Medicine Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong

Date : 9 June 2019 (Sunday)

Time : 3:45p.m. – Reception  
4:30p.m. - Ceremony

Remarks : 1 CME (Category 4.3)

Dress Code : Business

This activity is free of charge to our College Fellows, members and their spouses.

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

Please mark your diaries and we look forward to seeing you soon.

Thank you!

Dr. KO Wai Kit  
Chairman, Internal Affairs Committee  
HKCFP

## Certificate in Family Medicine (HKCFP) 2019 - 2020

The Board is pleased to announce that the Certificate Course in Family Medicine (CFM) organized by The Hong Kong College of Family Physicians will commence in **July 2019**.

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

Details of the course are as follows:

### 1. Objectives:

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

### 2. \*Syllabus:

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

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

#### Segment I – Principles of Family Medicine (Distance Learning)

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

#### Segment II – Common Problems in Family Medicine (Distance Learning)

<b>Aims:</b>	1. Enhance consultation, communication and problem solving skills 2. Understand the diagnostic formulation process in Family Medicine
<b>Contents:</b>	Four clinical scenarios. Each clinical scenario further divides into several questions covering different areas in general practice

#### Segment III – Practical Family Medicine (Practical Workshops)

<b>Aims:</b>	Enhance practical skills and consultation skills in Family Medicine by Practical Workshops
<b>Contents:</b>	Orthopaedic Injection and Consultation Skills

### 3. \*Schedule:

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

July to October 2019                      Segment I & II  
Three workshops within 2019            Segment III

### 4. Admission Requirement:

Medical Practitioner with Bachelor's degree in Medicine.

### 5. Teaching Staff:

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

### 6. Teaching Medium:

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

### 7. Course Fees:

**HK\$ 11,500** for members of HKCFP  
**HK\$ 23,000** for non-members

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

### 8. Awards/ Credits:

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

### 9. Application Procedures:

#### Application is now open.

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

- i) Photocopy of the current Annual Practising Certificate;
- ii) A recent photo of the applicant (passport size);
- iii) A signed "Disclaimer of Liability";
- iv) An administration fee for application of HK\$1,000 by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable;
- v) A Course Fee of HK\$11,500 (or HK\$23,000 for non-members) by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-transferable and non-refundable.

Successful applicants will be notified by an official letter of admission after the application deadline.

Information and application forms can be obtained from the College or can be downloaded at the College Website (<http://www.hkcfp.org.hk>). Please contact the College secretariat, Ms. Alky Yu at 2871 8899 for any queries.

### 10. Application Deadline: **30 June 2019**

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

## Diploma in Family Medicine (HKCFP) 2019 - 2020

The Board is pleased to announce that the Diploma Course in Family Medicine (DFM) organized by The Hong Kong College of Family Physicians will commence in July 2019.

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

Details of the course are as follows:

### 1. Objectives:

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

### 2. \*Syllabus:

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

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

#### Module I – Principles of Family Medicine (Distance Learning)

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

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

<b>Aims:</b>	1. Enhance consultation, communication and problem solving skills 2. Understand the diagnostic formulation process in Family Medicine
<b>Contents:</b>	Four clinical scenarios. Each clinical scenario further divides into several questions covering different areas in general practice

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

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

#### Module IV - Clinical Updates (Updates and Clinical Attachment)

<b>Aims:</b>	Acquire in-depth knowledge and practical skills in selected specialties
<b>Contents:</b>	THREE update seminars plus clinical attachment in selected specialties

#### Module V - Practical Family Medicine (Practical Workshops)

<b>Aims:</b>	Enhance practical and communication skills in Family Medicine by Practical Workshops in selected areas including CPR, Consultation Skills, Counselling Skills, Women's Health, Orthopaedic Injection and Musculo-Skeletal Medicine
<b>Contents:</b>	Four compulsory and two elective Practical Workshops in selected areas including Advanced Primary Care Life Support (APCLS), Consultation Skills, Counselling Skills, Women's Health, Orthopaedic Injection and Musculo-Skeletal Medicine

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

### 3. Articulations:

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

### 4. \*Schedule:

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

July to September 2019	Module I
October to November 2019	Module II
July 2019 to May 2020	Modules III, IV & V
April / May 2020	Final Examination

### 5. Admission Requirement:

Medical Practitioner with Bachelor's Degree in Medicine.

### 6. Teaching Staff:

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

## 7. Teaching Medium:

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

## 8. Course Fees:

Whole course:  
HK\$38,000 for members of HKCFP  
HK\$76,000 for non-members

**(A discount of HK\$3,000 for early birds who apply on or before 17 May 2019)**

Individual Modules:	Members	Non-members
Module I (Distance Learning – Principles of Family Medicine)	\$4,900	\$9,800
Module II (Distance Learning – Common Problems in Family Medicine)	\$4,900	\$9,800
Module III (Structured Lectures & Seminars)	\$4,800	\$9,600
Module IV (Updates & Clinical Attachment)	\$4,800	\$9,600
Module V (Practical Workshops)	\$6,200	\$12,400
Examination	\$11,800	\$23,600
Administration Fee	\$5,000	\$10,000

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

## 9. Awards/Credits:

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

## 10. Application Procedure:

**Applications are now open.**

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

- Photocopy of the current Annual Practising Certificate;
- A recent photo of the applicant (passport size);
- A signed "Disclaimer of Liability";
- An administration fee for application of HK\$1,000 by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable;
- A Course Fee of HK\$38,000 (or HK\$76,000 for non-members) by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-transferable and non-refundable.

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

Information and application forms can be obtained from the College or can be downloaded at the College website (<http://www.hkcfp.org.hk>). Members who were not admitted in the course in 2018 have to send in their application again if they want to study the course this year. Please contact the College secretariat, Ms. Alky Yu at 2871 8899 for any queries.

## 11. Application Deadline: 30 June 2019

### Comments From Former DFM Graduates

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

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



APCLS Training Workshop



Women's Health Workshop



Orthopaedic Injection Workshop



Musculoskeletal Workshop

## Quality Assurance & Accreditation Committee News

### Important news

**Please ignore this message if you are a HKAM Fellow, or have already chosen HKAM via College as your MCHK CME administrator.**

Dear College Members,

**RE: MCHK CME Programme for Practising Doctors who are not taking CME Programme for Specialists** (Ver. April 2019)

We are pleased to remind you that our College members who are registered with Hong Kong Academy of Medicine (HKAM) as their MCHK CME administrator via HKCFP will have their associated administrative charge waived starting from January 2017. For new registrant or those who would like to switch their MCHK CME Administrator to HKAM via the College (with the cycle starting in January) **starting from 1<sup>st</sup> July 2019**, they must submit Registration Consent Form to College Secretariat before **21<sup>st</sup> June 2019 (Friday)**, and the processing of MCHK CME record will be facilitated accordingly.

Interested members who are currently not registered with HKAM should note the following:

1. MCHK registrants will have to liaise with their current CME Administrator (HKMA, DU, DH) for the necessary procedures in relation to change of the CME Administrator.
2. Change of CME Administrator from 'other CME Administrator' to 'HKAM via HKCFP' can be arranged after **ONE Cycle Year of programme has completed**, given that HKAM was not the administrator of your previous MCHK CME Cycle.
3. Overseas Conferences: please submit Attendance Record within one month on completion of the conference.
4. Self-study: please submit details of the programme within one month on completion of the Self-study.
5. Retrospective submission cannot be accredited outside the said time frame. In case of any discrepancy of accredited CME Points between HKCFP and 'other Administrators', the HKCFP has the final decision on the final accredited CME Points.

As our College is required to report the CME Points to HKAM every 6 months, MCHK CME registrants **MUST** sign on the respective **MCHK CME attendance record sheet** for CME record purposes. **To help the College Secretariat to distinguish College members from others, please identify yourself by entering your HKCFP membership number or simply putting "HKCFP" in the column of HKAM.** MCHK CME record may not be updated if one fails to update MCHK CME Administrator in a timely fashion.

The above arrangement is for our College members only. The required Registration Consent Form can be downloaded at [www.hkcfp.org.hk](http://www.hkcfp.org.hk) > Downloads > 'Quality Assurance & Accreditation'. Please return the completed form to our College Secretariat at [cmecpd@hkcfp.org.hk](mailto:cmecpd@hkcfp.org.hk) before the captioned deadline to facilitate the necessary arrangement. As usual, late submission may not be processed.

**HKCFP Secretariat**

### CME/CPD Compliance

Dear Colleagues,

As it is the last cycle year for the current cycle, please be reminded to check your CME/CPD timely. The latest CME/CPD report can be downloaded after login to the College website (<http://www.hkcfp.org.hk/>)

The committee wishes to highlight that colleagues **must engage in ALL categories of activities** in order to fulfill the QA Certificate 2017-2019 criteria, briefly summarized as follows:

- (1) A minimum of 90 points in total, including **at least 30 CPD points**.
- (2) A maximum of 45 credit points will be counted for each category of educational activities
- (3) Participants **must engage in ALL** categories of activities

For Point (2) and (3) above, the 'categories' are referring to

- i) Category 3, related to CPD activities,
- ii) Category 4, related to CME activities organized by our College alone  
*Example: Most of the activities held by Board of Education*
- iii) Category 5, related to pre-accredited CME activities organized by other professional institutions themselves or in collaboration with our College.

*Examples of activities that are co-organized by College and other professional institutions are as follows:*

- 1) Certificate Course on Bringing Better Health to Our Community
- 2) Refresher Course for Health Care Providers
- 3) CME Course for General Practitioner
- 4) Chronic Disease Management (CDM) Training Course

## Quality Assurance & Accreditation Committee News (Con't)

You can refer to the 'Board of Education News' published in FP links, for the details (including the category of points accredited) of the above mentioned activities.

As per past experience, there were members who had obtained CME points from Category 4 or 5 only. Please be reminded to obtain CME points for both Category 4 **AND** 5 in order to fulfill requirement of QA Certificate. Please see the "Regulations for Award of Quality Assurance 2017-19 (QA)" for more details: [http://www.hkcfp.org.hk/pages\\_5\\_81.html](http://www.hkcfp.org.hk/pages_5_81.html).

Yours sincerely,

Dr. King Chan, Chairman  
Quality Assurance & Accreditation Committee

## Meeting Highlights

### CME Lecture on 4 April 2019

Prof. Murray Esler, Adjunct Professor, Department of Medicine, Monash University, Australia, delivered a lecture on "Silent Killer: Elevated Heart Rate in Hypertensives" on 4 April 2019.



Dr. Au Yeung Shiu Hing (left, Moderator) presenting a souvenir to Prof. Murray Esler (right, Speaker)

### Interest Group in Mental Health

Prof. Kwok Chi Yui, Timothy, Professor, Department of Medicine & Therapeutics and School of Public Health, Faculty of Medicine, the Chinese University of Hong Kong, delivered a lecture on "Primary Care of People with Dementia" on 6 April 2019.



Dr. Mark Chan (left, Moderator), presenting a souvenir to Prof. Kwok Chi Yui Timothy (right, Speaker)

### Certificate Course on End of Life Care for Primary Care Doctors

The 4<sup>th</sup> session of Certificate Course on End of Life Care for Primary Care Doctors co-organized with Haven of Hope Sister Annie Skau Holistic Care Centre, Department of Social Work & Social Administration, the University of Hong Kong was held on 7 April 2019.

Dr. Welgent Chu, Registered Medical Practitioner & Social Worker; Dr. Lau Kwan Chung Jonathan, Specialist in Family Medicine; Dr. Tsang Chiu Yee Luke, Specialist in Family Medicine and Ms. Paula Yeung

Counseling Psychologist, delivered a lecture on "End of Life Care: 1. What The Family Doctors Can Do; 2. The Legal & Practical Aspect on Home Care; and 3. Case Sharing" on 7 April 2019.



(from left to right) Ms. Paula Yeung (Speaker), Dr. Tsang Chiu Yee Luke (Speaker), Dr. Welgent Chu (Speaker), Dr. Lau Kwan Chung, Jonathan (Speaker), Dr. Mary Kwong (Council Member) and Dr. Tse Sut Yee (Moderator)

### Interest Group in Point-of-care Ultrasound (POCUS)

Dr. Chau Ming Tak, Specialist in Radiology, delivered a lecture on "Introduction/ Overview on Point-of-Care Ultrasound" on 14 April 2019.



Dr. Dao Man Chi (right, Moderator) and Dr. Alvin Chan (left, Chairman of Board of Education), presenting a souvenir to Dr. Chau Ming Tak (middle, Speaker)

### CME Dinner Lecture on 26 April 2019

Dr. Tsang Man Wo, Specialist in Endocrinology, Metabolism & Diabetes, delivered a lecture on "Perspectives on New Basal Insulin Use in The Real World" on 26 April 2019.



Dr. Fan Yuen Man Cecilia (left, Moderator) presenting a souvenir to Dr. Tsang Man Wo (right, Speaker)

## Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **March 2019 – April 2019**:

### Associate Membership (New Application)

Dr KO Yip Yan	高 頁 欣
Dr LEE Siu Yuen	李 小 苑
Dr LI Kwok Ho	李 國 豪
Dr LO King Yan, Cathy	盧 敬 欣
Dr SO Kwok Ho, Kevin	蘇 國 豪

### Transfer from Student Membership to Associate Membership

Dr WONG Calvin Alexander 黃 朗 晞

### Withdrawal of Associate Membership

Dr TONG Ying Kau 湯 應 球

## Specialty Board News

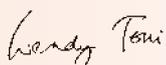
The Specialty Board is pleased to announce that the following candidates have successfully passed the Full Exit Examination of HKCFP in 2019.

Dr. Chan Ka Ho	Dr. Fok Chun Man	Dr. Leung Ching Ching	Dr. Tsui Felix
Dr. Chan So Wai	Dr. Kwok Yee Ming Elaine	Dr. Shum Chi Shan	Dr. Wu Chun Yu
Dr. Cheuk Tat Sang	Dr. Kwok Yuen Na	Dr. Sung Cheuk Chung	
Dr. Chung Sze Ting	Dr. Kwong Sheung Li		

# Congratulations!

### Outstanding Candidate of Exit Exam 2019

Specialty Board is pleased to announce that Dr. Wu Chun Yu has achieved outstanding performance in all segments and will be awarded the Outstanding Candidate this year.



Dr. Wendy Tsui  
Chairlady, Specialty Board



**Special Badge for Fellows of  
HKAM in Family Medicine**

## Classified Advertisements

**A well-established FM clinic in Central hiring Family Physician** Specialist registration in FM with HKMC. Work 5 1/2 days a week. Attractive remuneration with bonus. Contact Ms. Yuen [recruithfkl@hotmail.com](mailto:recruithfkl@hotmail.com) 28457099

**Accredited Private FM Centre invites FT/PT Doctors** for expanding group practice in NTW/KLN. FM. Paed., Surgeon, Gynae, Psychi welcomed. Profit Sharing ± Partnership. Send CV [enquiry@adecmed.com](mailto:enquiry@adecmed.com) (Amy CHAN) 9212-6654

**Invites applicants for full-time doctor in Evangel Hospital – shift-duty in General Out-patient throughout the week and on-site overnight call. Please send C.V. and enquiry to [hr@evanhosp.org.hk](mailto:hr@evanhosp.org.hk)**

## HKCFP Trainees Research Fund 2019 / HKCFP Research Seed Fund 2019

The Research Committee of HKCFP is proud to continue to offer the two research funds, The Trainees Research Fund and the Research Seed Fund.

The Trainees Research Fund will be opened to all registered HKCFP trainees and is made of four awards (each up to HK\$5,000). It is envisaged it will help trainees especially (but not limited to) those doing research projects as their Exit Examination. Those who have funding support elsewhere will not be considered.

The Research Seed Fund is open to all HKCFP members when a maximum of \$10,000 award will be made to the successful applicant to assist the conduct of a research project.

Winners of the award will receive 50% of the approved grant up front and the remainder 50% upon completion of the project.

*\*\*Please note that each applicant can only apply either one of the above Funds\*\**

### **Assessment Criteria for both funds:**

1. Academic rigor of the research project (e.g. originality, methodology, organisation and presentation);
2. Relevance and impact to family medicine & primary care (e.g. importance of the topic and the impact of the findings on the practice or development of the discipline); and
3. Overall budget

Each Research project submitted will be assessed according to the above assessment criteria set by the selection panel. Please send your submission to:

Research Committee, HKCFP

803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong by post or by email: [CrystalYung@hkcfp.org.hk](mailto:CrystalYung@hkcfp.org.hk)

Please indicate the research funding title e.g. “**HKCFP Trainees Research Fund 2019**” or “**HKCFP Research Seed Fund 2019**” on your research project upon submission.

**Submission Deadline: 31<sup>st</sup> October 2019**

Supported by HKCFP Foundation Fund

## World Family Doctor Day

Dr. Ho Ka Ming, Family Medicine Specialist  
Vice-chairman, Public Education Committee, HKCFP

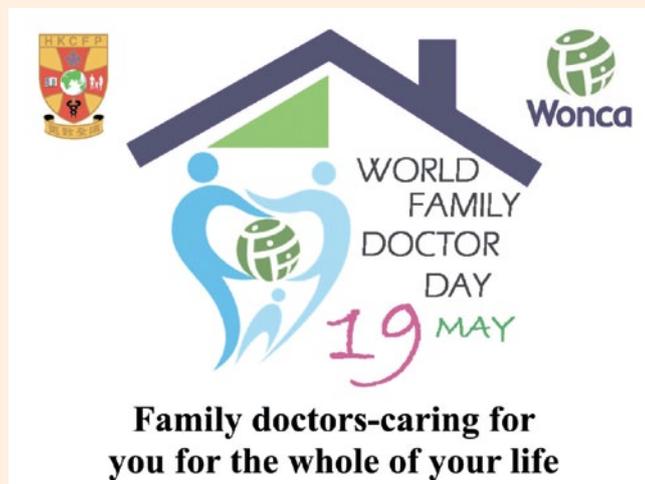
World Family Doctor Day (WFDD) – 19<sup>th</sup> May - was first declared by WONCA in 2010 and it has become a day to highlight the role and contribution of family doctors in health care systems around the world. The event is a wonderful opportunity to acknowledge the central role of our specialty in the delivery of personal, comprehensive and continuing health care for all of our patients. It's also a chance to celebrate the progress being made in family medicine and the special contributions of family doctors globally.

The 2019 World Family Doctor Day Theme is “Family doctors – caring for you for the whole of your life”. In Chinese translation would be 「家庭醫生－你的終生健康伙伴。」

This year would like to highlight the role of family doctors in providing life- long care to their patients – “from cradle to grave”. Family doctors have a key role in the management of children and also their pivotal role in palliative and end-of-life care.

Every year many of our colleagues across the globe celebrate the day by organising a variety of events and activities. To celebrate the World Family Doctor Day 2019, our College has collected some written sharing from College members and fellows on appreciation received from their patient, which will be compiled into a video on our College Facebook and website to celebrate the World Family Doctor Day.

Please see below for some sharing by our colleagues:



World Family Doctor Day 2019

Dear Prof Lam,

How are you recently??

前幾天，瑪麗藥劑部邀請我為部門做關於使用吸入類固醇的技巧和當中遇到的困難分享，..... 今次是我的榮幸，可以將正確用吸哮喘藥的資訊，當中的困難分享比觀眾，實在感恩。希望以我第一身病患者身份去將這種式對病友的好處，擺上電視機和媒體。....

Keep in touch. 繼續為你加油 🍀🍀🍀  
繼續撐家庭醫學。非常感恩遇到你人

Yours sincerely,  
潔玲 🍀

淑玲是一位【再生勇士】，自少受著多種疾病的折磨，現今醫學不能令她痊癒，也未能讓她不受苦。作為跟她同行的家庭醫生，我可以做的是讓她感覺痛苦少一點、克服生活困難強一點、和快樂的事情多做一點。

林教授分享

收到病人的小禮物及道謝，對於作為家庭醫生的我是一種肯定及鼓勵。希望我能一起與病人走上健康的道路。

方醫生



這是一位外傭姨媽親手做給我的紀念禮物：她跟我多年來一直在不同崗位照顧一位有嚴重COPD卻真的到死也不肯戒煙的老婆婆，直到她九十五歲高壽過身。

已過去很多年了，但兩位的形象我現在仍記得很清楚，同時也叫我更明白做家庭醫生的意義。



一位80歲的老婆婆送了她親手做的「快樂小豬」給我，感謝我詳細解釋病情及祝福我健康快樂，繼續照顧每一位病人。

謝醫生分享



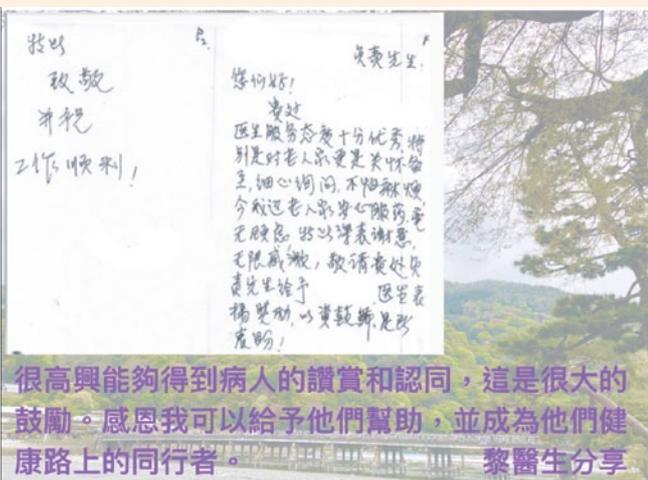
與你一家互信分憂  
精明面對各種病患  
生活習慣日漸改善  
孩子健康活潑成長  
診所滿載溫情關愛  
做個快樂家庭醫生

林醫生分享

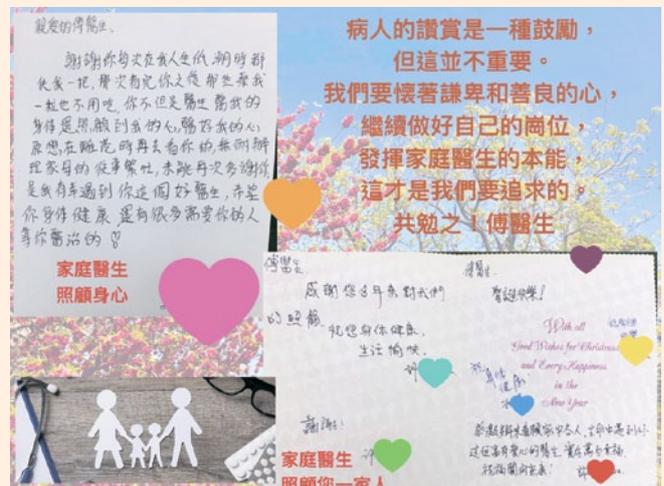


Never dull your SHINE FOR somebody else.  
TYRA BANKS

沒想過一位已經兩年沒見的病人，帶著這份禮物來到我新工作的地點送給我，並告訴我她現在一切安好。雖然以往的診症時間不多，但原來對病人的影響可以是很長遠的。這份禮物不僅提醒我時時刻刻要對病人有正面的鼓勵及影響，亦令我覺得家庭醫生不單止可為病人醫治疾病，更可成為病人生命中的良伴。



很高興能夠得到病人的讚賞和認同，這是很大的鼓勵。感恩我可以給予他們幫助，並成為他們健康路上的同行者。  
黎醫生分享



病人的讚賞是一種鼓勵，但這並不重要。我們要懷著謙卑和善良的心，繼續做好自己的崗位，發揮家庭醫生的本能，這才是我們要追求的，共勉之！  
傅醫生

家庭醫生 照顧身心

傅醫生

謝醫生

感謝您多年來對我們的照顧，祝您身體健康，生活愉快。

家庭醫生 照顧您一家人

謝醫生

感謝醫生做家中心人，生命是如此的短暫，有心願的醫生，請在萬分忙碌中，為病人帶來希望。

## Handling a new HIV diagnosis - My personal sharing

### Section 1: Background

Our clinic encountered a young gentleman in his early 20s, Mr. X, who presented to us with a “neck nodule” for 2 months that persisted and failed to subside. There were no associated concurrent respiratory symptoms, fever, night sweats. Physical examination showed a 2 cm mobile lymph node over the right occipital region. Further question also noted that Mr. X previously enjoyed good past health until a recent hospital admission 3 months ago with an episode of prolonged fever with sepsis workup that showed no positive findings (no HIV test had been done during admission), from which he was discharged after the fever “responded to a course of empirical antibiotics” (ceftriaxone and Augmentin).

With the suspected history of pyrexia of unknown origin (PUO), my colleague had offered Mr. X some basic blood test, namely complete blood picture, renal function test and liver function test, as well as HIV serology test after obtaining consent from the patient. (From the records, there was no further documentation on why HIV test was ordered, e.g. any risk factors that may lead our doctor to suspect HIV.)

**A week after the initial consultation, laboratory results returned as following:**

- Haemoglobin 13.9 g/dL (Reference range: 13-17)
- White blood cell (WBC) count  $6.3 \times 10^9/L$  (Reference range: 4-10)
- Platelet  $208 \times 10^9/L$  (Reference range: 150-400)
- **Erythrocyte sedimentation rate (ESR) 52 (Reference range : <24), increased**
- **Anti-HIV: Positive**
- **HIV confirmation: Positive for HIV-1**
- Whilst the renal / liver function tests were unremarkable

And the lab had also urgently informed our clinic through phone for the HIV results. As a clinic in-charge, I had agreed to takeover the case and planned to call back Mr. X for further review of his conditions and to disclose the investigation results.



### Section 2: Prior preparations and information search before the patient interview

As scenarios like this rarely occurred in general out-patient clinic settings and I could not find a past case that

I could take reference to for the management plan, I did some anticipatory literature research before the call-back appointment with Mr. X to ensure I have a better knowledge backup.

#### A) *The current local demographics / latest statistics about HIV*

Searching through the Government websites shows: “In the fourth quarter of 2018, 172 new cases of HIV infection were reported, taking the cumulative total of HIV infections reported locally to 9715 since 1984. Of the 172 HIV cases, involving 148 males and 24 females, reported in the above quarter, 96 acquired the infection via homosexual or bisexual contact and 33 via heterosexual contact and two via drug injection. The routes of transmission of the remaining 41 cases have yet to be determined due to inadequate information.”

The latest statistics helps us to appreciate that majority of the recent HIV cases falls to the *male, homosexual or bisexual contact (also known as men who have sex with men, or MSM) categories*. Whilst further analysis from the HIV surveillance report from Department of Health on 2017 also showed the median age of reported HIV cases being 35, and *20-29 was the commonest age group in male cases and 30-39 in female cases*, with a decreasing trend of median age of MSM cases was also noted (32 in 2017; 36 in 2008) hinting *the newly diagnosed HIV cases are now getting younger and a higher proportion of women are being infected*, and we should be more vigilant on the disease in the younger generations.

#### References:

- Review of HIV/AIDS in 2018 - <https://www.info.gov.hk/gia/general/201902/26/P2019022600447.htm>
- Surveillance reports on HIV/AIDS from Centre for Health Protection, Department of Health - <https://www.chp.gov.hk/en/resources/29/123.html>

#### B) *Other associated concerns*

Reading up of the latest 2017 PRISM (HIV Prevalence and Risk behavioural Survey of Men who have sex with men in Hong Kong) factsheet also remind me to watch out on associated concerns and risks with HIV infections, such as:

- *Recreational drug/substance use during or before sex* (also known as “chemsex” in the reports)
- *Other concurrent sexual transmitted infections (STIs/STDs)*, namely syphilis, gonorrhoea and chlamydia as well as *hepatitis B and C co-infections*. (\* Hepatitis C co-infection with HIV is of particular concern as figures are on a rising trend)

**References:**

- The PriSM 2017 Factsheet (Released June 2018) - <https://www.chp.gov.hk/files/pdf/prism2017e.pdf>
- Jordan AE, Perlman DC, Neurer J, Smith DJ, Des Jarlais DC, Hagan H. "Prevalence of hepatitis C virus infection among HIV+ men who have sex with men: a systematic review and meta-analysis. *Int J STD AIDS*. 2016;28(2):145-159." doi:10.1177/0956462416630910 Available online at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4965334/>

**C) How to handle and break bad news**

In order to get better prepared for the interview, I have also refreshed myself on ways to break bad news. One of the commonly suggested ways is the "SPIKES" approach developed by Baile and Buckman (2000), initially for handling patients with new cancer diagnosis, with emphasis on:

- **S: SETTING UP the interview**
- **P: Assessing the Patient's PERCEPTION**
- **I: Obtaining the Patient's INVITATION**
- **K: Giving KNOWLEDGE and Information to the Patient**
- **E : Addressing the Patient's EMOTIONS with Empathic Responses**
- **S: STRATEGY and SUMMARY**

Attached below are articles explaining further details.

**References:**

- Consultation skills - The best way to break bad news - <https://www.gponline.com/consultation-skills-best-break-bad-news/article/776491>
- WF Baile, R Buckman et al., "SPIKES—A Six-Step Protocol for Delivering Bad News: Application to the Patient with Cancer" *The Oncologist* August 2000 vol. 5 no. 4 302-311 doi: 10.1634/theoncologist.5-4-302 [Available online at <http://theoncologist.alphamedpress.org/content/5/4/302.long>]

**D) How to obtain information on the risk factors and sexual history**

With the aim to put the patient more at ease there were guides discussing how we can *normalise* and open up the topic *without presumptions*, with structured focuses on "*partners*", "*practices*", "*protection on STDs*", "*past history of STDs*". Whilst for engaging younger people on discussion on these topics, the *HEADSS* approach can also be considered. The links below would help to elaborate further.

**References:**

- A Parker, S Hetrick, R Purcell. "Psychosocial assessment of young people - Refining and evaluating a youth friendly assessment interview" *AFP* Volume 39, No.8, August 2010 Pages 585-588. Also available on <https://www.racgp.org.au/download/documents/AFP/2010/August/201008parker.pdf>
- Centers for Disease Control and Prevention. "A guide to taking a sexual history" - <https://www.cdc.gov/std/treatment/sexualhistory.pdf>
- R Goodwach "Let's talk about sex." *Australian Family Physician* Volume 46, No.1, January/February 2017 Pages 14-18. Also available on <https://www.racgp.org.au/afp/2017/januaryfebruary/lets-talk-about-sex/>

- The Australasian Sexual Health Alliance. "Australian STI Management Guidelines for use in Primary Care – Taking a sexual history". Available online at <http://www.sti.guidelines.org.au/resources/how-to-take-a-sexual-history#how-to-take-a-sexual-history>
- NSWSTI Programs Unit. "STI/HIV Testing Tool Easy as 1-2-3". Available on <https://stipu.nsw.gov.au/wp-content/uploads/STI-HIV-Testing-Tool-online.pdf>

**E) Local supports available**

In order to understand more on the support network on HIV-related services, I have consulted some colleagues working in the related fields about the local resources, here is a brief summary:

**Websites for public to gain some general understandings on HIV**

- The Red Ribbon Centre, DH: [www.rrc.gov.hk](http://www.rrc.gov.hk)
- The AIDS hotline website: [www.27802211.com](http://www.27802211.com)
- The Gay Men HIV Information website (also by The Red Ribbon Centre): [www.21171069.com](http://www.21171069.com)

**Community resources / NGOs that offers HIV related screening / counseling / support**

- DH's AIDS Hotline (2780 2211): for arrangement of a free, anonymous and confidential HIV test. (Website: [www.27802211.com](http://www.27802211.com))
- AIDS Concern (關懷愛滋) : [www.aidsconcern.org.hk](http://www.aidsconcern.org.hk)
- 再思社區健康組織 (C.H.O.I.C.E.): [www.communityhealth.org.hk](http://www.communityhealth.org.hk) (also introduced before in FP Links August 2016, Features Section, a very gay-friendly NGO that aims to promote health in the community)
- The Hong Kong AIDS Foundation (香港愛滋病基金會): [www.aids.org.hk](http://www.aids.org.hk)
- The Boys' & Girls' Clubs Association of Hong Kong (BCGA, 香港小童群益會) – "Project Touch" (性向無限計劃) : [www.newtouch.net](http://www.newtouch.net) (with services targeting at younger teenagers and adults)



Posters from BCGA's "Project Touch", with emphasis on youngsters' HIV support and counselling. As shown on the poster, there is even a contact method in LINE to enhance instant communication

## **Local referral destinations for diagnosed HIV patients requiring further assessment and treatment**

- **Integrated Treatment Centre (ITC) of the Department of Health, located at Kowloon Bay Health Centre** (<https://www.aids.gov.hk/english/itc/main.html>)  
HIV Clinical Service (Appointment by phone), Tel: 21162898 / 21170809  
8-9/F Kowloon Bay Health Centre, 9 Kai Yan Street, Kowloon Bay, Kowloon
- **Princess Margaret Hospital Infectious Disease Special Medical Clinic** ([http://haidc.ha.org.hk/HIV/HIV\\_AID\\_Service.html](http://haidc.ha.org.hk/HIV/HIV_AID_Service.html))  
Tel: 64610613  
4/F, Block K, Princess Margaret Hospital, 2-10 Princess Margaret Hospital Road, Lai Chi Kok, NT
- **Queen Elizabeth Hospital Special Medical Service**  
Tel: 29586571 Fax: 27837415  
6/F Ambulatory Care Center, Queen Elizabeth Hospital, 30 Gascoigne Road, Kowloon

### **F) Other issues concerning HIV**

- **Life expectancy:** Recent research published in 2017 suggested that for those with prompt antiretroviral therapy and achieving CD4 counts over 350 cells/mm<sup>3</sup> by the end of their first year of therapy, they are expected to have life expectancies approaching normal, hence supporting the notion of early diagnosis and treatment for HIV.
- **“U Equals U”:** In response to the on-going global HIV stigma, the health equity initiative, Prevention Access Campaign from US had since July 2016 promoted the concept of **“undetectable = untransmittable” (U=U)**. It is a concept that was recognised and endorsed by more than 350 HIV organisations from 34 countries who joined the U=U campaign, including the leading scientific and medical organisations such as the International AIDS Society (IAS), The Joint United Nations Programme on HIV/AIDS (UNAIDS), and the British HIV Association (BHIVA), that we can discuss with patients how antiretroviral treatment (ART) for people living with HIV prevents onward sexual transmission of HIV to their partners (i.e. For people who take treatment daily as prescribed and achieve and maintain an undetectable viral load or less than 200 copies /ml there is effectively no risk of sexually transmitting the virus to an HIV-negative partner).

### **Reference:**

- The Antiretroviral Therapy Cohort Collaboration. Survival of HIV-positive patients starting antiretroviral therapy between 1996 and 2013; a collaborative analysis of cohort studies. *The Lancet HIV*, online publication 10 May 2017. See [http://dx.doi.org/10.1016/S2352-3018\(17\)30066-8](http://dx.doi.org/10.1016/S2352-3018(17)30066-8).
- The US Prevention Access Campaign. **“RISK OF SEXUAL TRANSMISSION OF HIV FROM A PERSON LIVING WITH HIV WHO HAS AN UNDETECTABLE VIRAL LOAD - Messaging Primer & Consensus Statement”** Issued July 21, 2016. Available on <https://www.preventionaccess.org/consensus>
- **Opportunistic infections:** Whilst HIV infection is famously associated with all kinds of opportunistic infections and AIDS, they do not all occur at once and would be depending on the CD4 counts. Attached below is a link discussing on what we should look out for as well.

### **Reference:**

- HIV i-Base **“Risk of opportunistic infections by CD4 count and effect of ARV treatment”** Available on <http://i-base.info/tfa/learning-resources/risk-of-opportunistic-infections-by-cd4-count-and-effect-of-arv-treatment/>

## **Section 3: Time for the actual patient interview**

With everything ready in hand, it was time for the call-back. After learning from the literature, I had tried to conduct the interview using the aforesaid **SPIKES approach** and details were as described below:

Prior clinic arrangements were made between me and our clinic’s nurse in-charge. Mr. X had been arranged to be attended by me at the end of the morning clinic session with ample time spared for a meaningful interview. I have also instructed other clinic staff to minimise the interruption to ensure privacy. It was a Monday morning call back to ensure subsequent follow-up actions by special clinics would be prompt without interferences by holidays and weekend.

After the formal greeting, I has opened up the discussion by exploring Mr. X’s perception, namely his ideas, concerns and worries behind the recent events, from which he had told me about his suspicion on HIV due to reading up of some health information on the internet beforehand, whilst he concerned if his immunity would deteriorate quickly and if treatments were going to be costly.

Due to the absence of the related social/sexual history in the last consultation, I decided to ask the relevant history to clarify the gaps before proceeding further as this would be vital for the latter management plans (please refer to prior section on ways to obtain sexual history). Mr. X had declared to be sexually active and was currently in a 5 year relationship with a male partner (with regular HIV screening in community and claimed last done with negative results more than half

year ago), he claimed there were no other concurrent sexual partners, whilst there were several other sexual relationships in past, all being male. Both oral and anal sexual intercourse had in past been practiced, whilst condoms were not always in use. He denied past uses of illicit drugs nor the practice of “chemsex”.

With Mr. X’s current suspicion, I have seized the moment to explain the lab report at this very stage, and given some time for him for digestion of the facts emotionally. I have also used this opportunity to discuss with Mr. X on how he think he might plan to handle the issue, how he might deliver the news to his partner and if any help is needed, whilst he said he and his partner had previously discussed and would agree to proceed to treatment if tested positive and the couple would like to know more on how they can further handle the situation.

The interview ended by formulation of a plan with collaboration between me and Mr. X. With the help from our nurse in-charge, phone contact was made to the special clinic to book the earliest appointment for Mr. X whilst he was positively reinforced to proceed to treatment and further work up (e.g. to work up and screen for other co-infections and complications). In view of his worry about treatment cost, I have also reassured him the cost of treatment in public services should be affordable, whilst social support would be available for those with financial difficulties.

Whilst for Mr. X’s partner, I have also encouraged Mr. X to enclose the news to him as he is also likely to be at risk of HIV and need to proceed to similar testing and counselling. If Mr. X found difficulty to do so, I have offered that he may return to clinic for further discussion. Whilst I have also given him some information on HIV related testing and counselling for the couple in community (see section above), which being equally good options for individuals requiring more discrete services than general out-patient clinic.

#### Section 4: Debriefing and afterthoughts

After going through the whole process of information preparation and patient interview, I can appreciate that handling bad news as significant as this can be quite challenging but still manageable under such hectic public general out-patient clinic settings, yet model like SPIKES would serve as a good framework to keep me on the right track. Though in order to achieve the desired outcome, we would need the unfailing collaborations with staff in different levels to make it happen (e.g. clerical staff to help rearrange consultation slots, nurses to help contact the patient and the designated tertiary services, and doctors as a team to discuss plans and handover of the case, as well as the need of good quality documentations of medical progress and things discussed), whilst each of us would constantly need to keep a sharp mind with a clear next step of direction in order to guide our patient at his/her hardest time to pass the first hurdle of the life crisis and reach the right treatment pathway.

I have also spared some time for a brief discussion and debriefing on the colleagues who have handled Mr. X’s case, with my appreciation shown on their efforts on this difficult case, whilst also using this chance to promote the concept of maintaining a gay-friendly service to help supporting these minorities in the community to move forward towards better health.

[Epilogue: Further records were traced on the subsequent progress of Mr. X. Mr. X underwent further investigations in the specialist clinic and was confirmed to have HIV / HCV co-infection with a baseline HIV viral load 206412 copies/ml & CD4 count of 447 cells/ul, he was also tested and with negative Hepatitis A, Hepatitis B & Syphilis serologies. Mr. X was then started on antiviral therapy (Triumeq, a combination of abacavir, dolutegravir and lamivudine) and was also offered hepatitis A vaccination with regular follow-ups of his conditions.]



*Compiled by Dr. John-Hugh Tam*



比賽節奏緊湊

## 玩味足球

施漢豪醫生



傳爺的鼓勵，令大家眾志成城！

細雨帶風濕透初春的球場，3月24日星期日正是2019香港醫學會足球比賽，比賽假喇沙書院人造草地大球場舉行，沒有猛烈陽光或碧藍青天，只有不時清勁的凍風可令鼻水直流。比賽開始，足球場上各醫生運動員換上運動衣後，頓時尼馬上身，英姿凜凜，拼命地追逐皮球。仔細一看，今年比賽名單上，出現新的隊伍：Family Medicine。

Family Medicine的隊員全都是在地的家庭醫生，也是香港家庭醫學院的會員。事情要由今年農曆新年前講起。醫學界足球翹楚和達人 - 陸雲醫生和陳俊平醫生四出廣攬對足球有熱誠的家庭醫生，組織一隊報名參賽。先後邀得鋼龍 - 陸金雄醫生；喇沙名宿 - 傅邦彥醫生；港島西著名後衛 - 周啟文醫生；情歌王子 - 龔敬樂醫生；年輕可畏 - 張永和醫生；溫文有禮右閩 - 陳肇璋醫生；對足球從一而終 - 蔣堃衡醫生；文武全才 - 鄺兆基醫生；球類專家 - 謝東榮醫生；和一時貪玩的施漢豪醫生。

比賽當日，大家準時齊集，熱身後，第一場，12:40，對手就是有主場之利和上屆四強之一的Doctors of La Salle Purple。兩隊球來球往，互有攻守，戰情緊湊，幸得鋼龍陸金雄醫生多次撲救險球，最後0:0完場。緊接著第二場，對方是CUHK Students，一班年輕醫學生面對資深醫生們毫不留情，交足功課。開賽8分鐘，我方全力反撲，獲得一記角球，隊長陳俊平醫生睇準一開，球正正落在龍門近柱，陸雲醫生騰空一躍，力壓兩位對手，頭槌即時建功，我方士氣大振，紀錄1:0直至完場。

等待第三場初賽時，天色依然陰暗，天寒地凍，傅鑑蘇醫生特來探班，溫暖的雙手緊握每位隊員，讓

我們心頭烈火隨即爆發，誓要摘下出線資格。下午16:20，平均年資和我們不相伯仲的CU 99，大家友誼第一，相互以禮相待，於5分鐘我方先開紀錄，陳俊平醫生接應傅邦彥醫生頭槌二傳後快腳推入禁區，看準門將出迎位置，大腳抽入遠柱，一個掛網波把紀錄寫成1:0，奠定兩勝一和成績，進身準決賽。



運動的凝聚力

進入準決賽固然興奮，但Family Medicine隊員個個神色凝重，如臨大敵。因下一場的對手正是上一屆冠軍，兼於剛剛一場狂數對手4:0的Ruttonjee TWEH United (RTU)。準決賽一開始，RTU大軍壓境，多次勁射，幸好鋼龍陸金雄醫生和多位後防表現神勇，阻擋多次進攻，到12分鐘，我方門前一輪混戰，終告失守，結局0:1，雖敗猶榮。季軍戰於17:40展開，天色已是近黃昏，友方是CUHK Football Team，大家身軀一樣疲憊，但意志完全超出所想，互有攻守下，我方終以2:0落敗。

夜幕低垂，Family Medicine首度參賽，運動、玩樂、聯誼於一身，更在17個隊伍中摘下殿軍，一整個星期天的比賽高低起伏，所有球員雖意猶未盡，但亦是一個不錯的結局。也許不是結局，是一個開始，運動除了強身健體，鍛鍊意志外，亦造就強大的凝聚力。有望學院能繼成立籃球隊後，有一支學院足球隊，團結上下，以另一層面展現家庭醫學精神。



首次參賽，成績不俗

- Activities are supported by HKCFP Foundation Fund.
- 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.

**1 June 2019**

**Saturday**

## Board of Education Interest Group in Mental Health & Psychiatry

Aim	To form a regular platform for sharing and developing knowledge and skill in the management of mental health	
Theme	<b>Updates on Depression</b>	
Speaker	<b>Dr. Lo Chun Wai</b> Specialist in Psychiatry	
Coordinator & Chairman	<b>Dr. Chan Suen Ho, Mark</b> The Hong Kong College of Family Physicians	
Time	1:00 p.m. - 2:00 p.m. Lunch	
	2:00 p.m. - 3:30 p.m. Lecture (Part A)	
	3:30 p.m. - 4:00 p.m. Discussion (Part B)	
Venue	5/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong	
Admission Fee	Members Free	
	Non-members HK\$ 300.00	
	HKAM Registrants HK\$ 150.00	
	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	<b>Registration will be first come first served. Please reserve your seat as soon as possible.</b>	
Note	<b>Participants are encouraged to present own cases for discussion. Please forward your cases to the Coordinator via the College secretariat 2 weeks prior to the meeting. Participants are expected to take an active role in discussion during the workshop. Participants will be awarded CME for attendance in Part A of workshop and CPD for Part B.</b>	

Register Online

HKCFP would like to thank HKMA for supporting this educational activity.

Sponsored by  
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**3 June 2019**

**Monday**

## A call to action in the management of hypertension – Clinical challenges and antihypertensive solutions

**Prof. Krzysztof Narkiewicz**

Head of the Department of Hypertension and Diabetology,  
Medical University of Gdansk, Gdansk, Poland

Chairman	<b>Dr. Lo Yuen Chung, Yvonne</b> The Hong Kong College of Family Physicians	
Time	1:00 p.m. - 2:00 p.m. Registration and Lunch	
	2:00 p.m. - 3:30 p.m. Lecture and Discussion	
Venue	Shanghai Room, Level 8, Cordis Hotel, 555 Shanghai Street, Mongkok, Kowloon	
Admission Fee	College Fellow, Full or Associate Members Free (\$50 Enrollment deposit is required)	
	Other Categories of Members HK\$ 550.00	
	Non-Members HK\$ 650.00	
	All fees received are non-refundable and non-transferable.	
Accreditation	2 CME point HKCFP [Cat. 4.3] 2 CME point MCHK Up to 2 CPD points (Subject to submission of satisfactory report of Professional Development Log)	
Language	Lecture will be conducted in English.	
Registration	<b>Registration will be first come first served. Please reserve your seat as soon as possible.</b>	

Register Online

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**4 June 2019**

**Tuesday**

## Rotavirus infection – the local scene

**Prof. Tony Nelson**

Professor in Paediatrics,  
Department of Paediatrics, CUHK

## Rotavirus vaccination – from vaccinology to real world experiences

**Dr. Philippe Buchy**

Organising parties	Co-organized by the Hong Kong College of Family Physicians and the Hong Kong Society of Paediatric Gastroenterology, Hepatology and Nutrition	
Chairman	<b>TBC</b> The Hong Kong College of Family Physicians	
Time	6:30 p.m. - 7:00 p.m. Registration	
	7:00 p.m. - 8:00 p.m. Lecture and Discussion	
	8:00 p.m. - 9:30 p.m. Dinner	
Venue	Shanghai Room, Level 8, Cordis Hotel, 555 Shanghai Street, Mongkok, Kowloon	
Admission Fee	College Fellow, Full or Associate Members Free	
	Other Categories of Members HK\$ 650.00	
	Non-Members HK\$ 800.00	
	All fees received are non-refundable and non-transferable.	
Accreditation	1 CME point HKCFP [Cat. 5.2] 1 CME point MCHK Up to 2 CPD points (Subject to submission of satisfactory report of Professional Development Log)	
Language	Lecture will be conducted in English.	
Registration	<b>Registration will be first come first served. Please reserve your seat as soon as possible.</b>	

Register Online

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**19 June 2019**

**Wednesday**

## Healthy Lung - Asthma Scientific Workshop

**Prof. Gary Wing Kin Wong**

Specialist in Paediatrics

Chairman	<b>Dr. Au Yeung Shiu Hing</b> The Hong Kong College of Family Physicians	
Time	1:00 p.m. - 2:00 p.m. Registration and Lunch	
	2:00 p.m. - 3:30 p.m. Lecture and Discussion	
Venue	Maggie Room, 2/F, Eaton Hotel, 380 Nathan Road, Jordan, Kowloon	
Admission Fee	College Fellow, Full or Associate Members Free (\$50 Enrollment deposit is required)	
	Other Categories of Members HK\$ 550.00	
	Non-Members HK\$ 650.00	
	All fees received are non-refundable and non-transferable.	
Accreditation	2 CME point HKCFP [Cat. 4.3] 2 CME point MCHK Up to 2 CPD points (Subject to submission of satisfactory report of Professional Development Log)	
Language	Lecture will be conducted in English.	
Registration	<b>Registration will be first come first served. Please reserve your seat as soon as possible.</b>	

Register Online

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## Monthly Video Viewing Session

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

### May's session:

Date	31 May 2019 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	<b>"Approach to a Snoring Child in Primary Care Setting" by Dr. Theresa Leung</b>
Admission	Free for Members
Accreditation	1 CME point HKCFP (Cat. 4.2) 1 CME point MCHK Up to 2 CPD points (Subject to submission of satisfactory report of Professional Development Log)
Language	Lecture will be conducted in English.

Register Online

### June's session:

Date	28 June 2019 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	<b>"Chronic Cough in Adult: Diagnosis, Management and Preventive Care" by Dr. Maria Leung</b>
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.

Register Online

## 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
<b>1 June 2019</b> 2:15 – 4:15 pm	Training Room II, 1/F, OPD Block, Our Lady of Maryknoll Hospital, 118 Shatin Pass Road, Wong Tai Sin, Kowloon	<b>Alarming skin conditions in adults and elderlies</b> Dr. NG Shun Chin Specialist in Dermatology and Venereology, Department of Health	Ms. Clara Tsang Tel: 2354 2440
<b>15 June 2019</b> 2:00 – 3:30 pm	Lecture Theatre, G/F, Block K, United Christian Hospital, 130 Hip Wo Street, Kwun Tong, Kowloon	<b>Pain Management in Primary Care Settings</b> Dr. LIM Huey Sing Chief of Service, Department of Anaesthesiology and Pain Medicine and Operating Services, United Christian Hospital	Ms. Polly Tai Tel: 3949 3430 or Ms. Cordy Wong Tel: 3949 3087

## Structured Education Programmes

Free to members  
HKCFP 2 CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
<b>5 June 19 (Wed)</b>			
2:00 – 5:00 p.m.	Room 7, 8/F, Yau Ma Tei GOPC	<b>Common Symptoms in ENT</b> Dr. Noh Young Ah & Dr. Jiao Fangfang	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Update Management in Chronic Constipation and its Related Complications, such as PR Bleed and Piles</b> Dr. Tsang Kam Wah	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F, Hospital Main Block, Tseung Kwan O Hospital	<b>Management of Sleeping Disorders</b> Dr. Li Wing Chi & Dr. Lai Ho Yeung, Kelvin	Ms Polly Tai Tel: 3949 3430
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>Common Symptom Complaints – Cough</b> Dr. Nicola Tik	Ms Cherry Wong Tel: 2589 2337
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	<b>Lower Limb Numbness</b> Dr. Zhao Hai Feng, Eric & Dr. Choi Man Kit, York	Ms. Carmen Kwong Tel: 3505 4371
<b>6 June 19 (Thu)</b>			
4:30 – 6:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Update Management of Patient with Chronic Gastrointestinal Problems e.g Dyspepsia, GERD and Peptic Ulcer Disease</b> Dr. Yiu Chung Ting & Dr. Sze Chung Fai	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2 <sup>nd</sup> Floor, Pamela Youde Nethersole Eastern Hospital	<b>Management of Carer Stress Problems</b> Dr. Fong Pak Yiu, Hugo	Ms W L Kwong Tel: 2595 6941

## 12 June 19 (Wed)

2:00 – 5:00 p.m.	Conference Room 3, G/F, Block M, Queen Elizabeth Hospital	<b>Introduction to Conjoint Fellowship Examination (Part II)</b> Dr. Tam Wah Kit <b>Update of Management of Chronic Hepatitis B &amp; C &amp; HCC Surveillance</b> Dr. Li Janice Chun Ying	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Interpretation of Pap Smear</b> Dr. Chan Cho Shan	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F, Hospital Main Block, Tseung Kwan O Hospital	<b>Elderly Health Care (Principle, Local and Community Resources)</b> Dr. Lim Martina & Dr. Chang Hsu Wei	Ms Polly Tai Tel: 3949 3430
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>Occupational Safety and Health in a GOPC</b> Dr. Chelsia Kwan	Ms. Cherry Wong Tel: 2589 2337
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	<b>Useful Reference Books, Journal &amp; Internet Resources for Family Physicians</b> Dr. Lim Foon Lian, Jacqueline & Dr. Wen Wendy, Yongna	Ms. Carmen Kwong Tel: 3505 4371

## 13 June 19 (Thu)

4:30 – 6:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Community Resources for Patient Empowerment</b> Dr. Chan Ham & Dr. Lo Cheuk Wai	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2 <sup>nd</sup> Floor, Pamela Youde Nethersole Eastern Hospital	<b>Exercises Prescription</b> Dr. Choi Sze Wai, Michelle	Ms W L Kwong Tel: 2595 6941

## 19 June 19 (Wed)

2:00 – 5:00 p.m.	Room 7, 8/F, Yau Ma Tei GOPC	<b>Infection Control in General Practice</b> Dr. Siu Wing Yee & Dr. Fan Yuen Shan, Patricia	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Community Resources on Men's Health</b> Dr. Tsang Yee Wing	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F, Hospital Main Block, Tseung Kwan O Hospital	<b>Primary Health Care System Across Countries</b> Dr. Wong Sze Man & Dr. Ma Yuen Ying, Tammy	Ms Polly Tai Tel: 3949 3430
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>Private Clinic: How to Set Up a Clinic?</b> Dr. Luk Kam Hung	Ms. Cherry Wong Tel: 2589 2337
5:30 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	<b>Sleep Disorder and Discussion on Hypnotics</b> Dr. Chung Hiu Yeung & Dr. Fan Vei Chen, Kevin	Ms. Carmen Kwong Tel: 3505 4371

## 20 June 19 (Thu)

4:30 – 6:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Oversea Conference for Family Medicine and Experience Sharing Part 2</b> Dr. Chan Yuen Ching & Dr. Tse Sut Yee	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2 <sup>nd</sup> Floor, Pamela Youde Nethersole Eastern Hospital	<b>Needle Stick Injury: Prevention to Management</b> Dr. Lo Yuen Man, Emma	Ms W L Kwong Tel: 2595 6941

## 26 June 19 (Wed)

2:00 – 5:00 p.m.	Room 7, 8/F, Yau Ma Tei GOPC	<b>Evidence-based Health Screening</b> Dr. Ho Ka Ki & Dr. Zhu Yin	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	SB1034, 1/F, Special Block, Tuen Mun Hospital	<b>Emergency Care in Trauma Case (Burns, Fracture)</b> Dr. Hong Ka Yi	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F, Hospital Main Block, Tseung Kwan O Hospital	<b>Update on Management of Chronic Hepatitis B &amp; C &amp; HCC Surveillance</b> Dr. Wong Chung Ming, Tom & Dr. Chau Yiu Shing	Ms Polly Tai Tel: 3949 3430
5:00 – 7:00 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	<b>Common Symptom Complaints – Itchiness</b> Dr. Dora Chiu	Ms. Cherry Wong Tel: 2589 2337

## 27 June 19 (Thu)

4:30 – 6:00 p.m.	F2029, 2/F, Special Block, Tuen Mun Hospital	<b>Emergency Endocrinological Problems</b> Dr. Li Ka Ki & Dr. Tong Ka Hung	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2 <sup>nd</sup> Floor, Pamela Youde Nethersole Eastern Hospital	<b>Review and Feedback of Family Medicine Training</b> Dr. Leung Ka Fai	Ms W L Kwong Tel: 2595 6941

# COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 <b>May</b> 2:30 - 5:30 p.m. Application of Dermoscopy for Primary Care Doctors	20	21	22 2:00 - 7:30 p.m. Structured Education Programme	23 4:30 - 7:00 p.m. Structured Education Programme 8:30 p.m. Council Meeting	24	25 1:00 - 4:00 p.m. Certificate Course on Bringing Better Health to Our Community 2019
26 2:30 - 5:30 p.m. Assessment Enhancement Course	27	28	29 2:00 - 7:30 p.m. Structured Education Programme	30 4:30 - 7:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination meeting	31 2:30 - 3:30 p.m. Video Session	1 <b>Jun</b> 1:00 - 4:30 p.m. Interest Group in Mental Health & Psychiatry
2	3 1:00 - 3:30 p.m. CME Lecture	4	5 2:00 - 7:30 p.m. Structured Education Programme	6 4:30 - 7:00 p.m. Structured Education Programme	7	8
9	10	11	12 2:00 - 7:30 p.m. Structured Education Programme	13 4:30 - 7:00 p.m. Structured Education Programme 6:30 - 9:00 p.m. Family Medicine Career Talk	14	15 2:30 - 4:30 p.m. HIV/STI Primary Care Workshop
16 2:30 - 5:30 p.m. Conjoint Examination 2019 - Information Seminar on OSCE	17	18	19 2:00 - 7:30 p.m. Structured Education Programme 1:00 - 3:30 p.m. CME Lecture	20 4:30 - 7:00 p.m. Structured Education Programme 7:00 p.m. Exit Exam - Clinical Audit & Research Forum 8:30 p.m. Council Meeting	21	22 2:30 - 5:30 p.m. Assessment Enhancement Course 2:30 p.m. Exit Exam - Clinical Audit & Research Forum
23	24	25	26 2:00 - 7:30 p.m. Structured Education Programme	27 4:30 - 7:00 p.m. Structured Education Programme	28 2:30 - 3:30 p.m. Video Session	29 2:30 - 4:30 p.m. HIV/STI Primary Care Workshop 1:00 - 4:00 p.m. Certificate Course on Bringing Better Health to Our Community 2019

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**Contact and Advertisement Enquiry** Ms. Alky Yu  
Tel: 2871 8899 Fax: 2866 0616  
E-mail: alkyu@hkcfp.org.hk

The Hong Kong College of Family Physicians  
Room 803-4, 8<sup>th</sup> Floor, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong



Back row (left to right): Dr. Sin Ming Chuen, Ms. Alky Yu, Dr. Sze Hon Ho, Dr. David Cheng, Dr. Fok Peter Anthony, Dr. Cheuk Christina, Dr. Tam John Hugh and Dr. Ken Ho

Front row (left to right): Dr. Heidi Fung, Dr. Wendy Tsui, Dr. Catherine Ng, Dr. Anita Fan and Dr. Natalie Siu

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

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2871 8899



hkcfp@hkcfp.org.hk



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