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Message from the President

Since its establishment in 1977, the Hong Kong College of Family Physicians (HKCFP) has come a long way. In the recent March issue of the Hong Kong Practitioner, the College's official journal, Dr. Stephen Foo has written an editorial entitled, "Family medicine, cross road – where are we?" Dr. Foo is a Censor and a Past President of our College. He shared his experience in Collegial work and highlighted some of the primary care and family medicine training developments over the years, as well as reiterating the importance of continuing medical education and continuing professional development for practising doctors. Last but not least, he gave the readers some food for thought in terms of where the primary healthcare standard should be heading.

Family doctors have an important role in the management of elderly in Residential Care Homes for the Elderly (RCHEs) and are one of the essential healthcare professionals to attend to their End-of-Life care need. The HKCFP is collaborating with the Hong Kong Association of Gerontology (HKAG) in a Certificate Course for Family Physicians on End-of-Life care for RCHEs in the near future. It will be held via an online platform in two Saturday afternoons on 24 April and 8 May 2021. This certificate course aims at preparing family doctors working in RCHEs and community settings in the provision of Palliative and End-of-Life care and medical management for older persons at the last stage of life, as well as providing an update on the development of Advance Care Planning and Advance Directives. Experts with clinical experience in Palliative and

End-of-Life care for the elderly have been invited to share their expertise and experience with the course participants. For details of enrollment, please refer to the information in the relevant College announcements.



Regarding the packaging defects of the vial caps of the BioNTech vaccine (batch 210102), the Government took note of the investigation results and announced the resumption of Comirnaty vaccinations on reception of the new batches of the BioNTech vaccine with effect from 5 April 2021 (<https://www.info.gov.hk/gia/general/202104/01/P2021040100848.htm>). At the time of writing, just over half a million of our local population have been given COVID vaccinations in total, including counts from both the locally available vaccines thus far, i.e. CoronaVac and Comirnaty, which could be said to imply a lukewarm response to the call for population vaccination against COVID-19. In order to bring this COVID-19 pandemic to an end, the world, or at least a large majority of it, needs to be immune to the virus. Overall, vaccines are a relatively safe means that the human population has relied on in many previous occasions to bring down the morbidity and mortality of infectious diseases over the years. Therefore, we should keep up the good work as frontline doctors to provide support to COVID-19 vaccinations. Hopefully, when more people have

(Continued on page 2)

Message from the President (Con't)

(Continued from page 1)

received the vaccinations, the community would be able to return to normality, gradually but surely.

As the pandemic has been ongoing for over a year, the psychological impact on people is mounting, especially among the elderly. Our College has been invited by the Hong Kong Jockey Club Disaster Preparedness and Response Institute (HKJCDPRI) to provide sharing sessions on managing psychological distress and common mental health issues recently, thanks to Dr. Ho Ka Ming, Ken and Dr. Wan Kwong Yu, Inness for representing our College. In addition, we have also been invited by the Hong Kong Kidney Foundation and the Hong Kong Society of Nephrology to share our views on the topic of “Challenges on management of diabetes mellitus and diabetic kidney disease in primary care setting” in their Webinars series Diabetes and Chronic Renal Disease in March, many thanks to Dr. Li Yim Chu for representing us as a speaker of the session and Dr. Fung Hoi Tik as a moderator for the seminars.

The Medical Education Conference 2021 (MEC 2021) is an annual educational event organised by the Hong Kong Academy of Medicine (HKAM) (<https://online.hkam.org.hk/mec2021/>). This year, the Conference will be held on 22 May 2021 (Saturday) at the HKAM Building. Delegates can elect to attend via the online platform or attend in person. The theme of MEC 2021 is “E-learning and Assessment in the New Normal”, focusing on exploration of new learning and assessment approaches in competency-based training, e-learning and workplace-based assessment. In addition, there will be special symposia on “Professional Training and Assessment during the COVID-19 Pandemic” and on young Fellows and trainees engagement. We would like to thank the organiser for offering a limited number of free enrollments to our members and the relevant announcement would be sent out by our secretariat in due course.

Please keep well and stay safe!

Dr. David V K CHAO
President

Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following application for membership in **February - March 2021**:

Transfer from Associate Membership to Fellowship

Dr BIEN Szu Hsin, Davina	卞 巳 昕
Dr NG Kai Man	吳 啟 文
Dr YAU Chi Yan	丘 志 仁
Dr YIP Pui Leung	葉 沛 良

Associate Membership (New Application)

Dr CHAN Linda	陳 美 珍
Dr CHAN Sze Ling	陳 施 伶
Dr POON Mimi	潘 美 薇
Dr WONG Tsz Yan	黃 芷 欣

Student Membership (New Application)

Miss TSUI Kit Lam	徐 潔 琳
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NON-HKSAR Membership (New Application)

Dr WASEEM Qureeshi	
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Resignation of Fellowship

Dr CHAN Siu Ling, Cloey	陳 少 玲
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Resignation of Associate Membership

Dr LEUNG Lai Ting	梁 礪 婷
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JCECC: End-of-Life Care in RCHE Project

Co-organized with the Hong Kong College of Family Physicians

CERTIFICATE COURSE FOR FAMILY PHYSICIANS ON

END-OF-LIFE CARE FOR RESIDENTIAL CARE HOMES FOR THE ELDERLY

Speaker

Topic

24/4/2021 (Sat) 2 pm to 4:30 pm

DR. EDWARD LEUNG MAN FUK

SPECIALIST IN GERIATRIC MEDICINE

PRESIDENT,

HONG KONG ASSOCIATION OF GERONTOLOGY

- Implication of end-of-life care and its practices in RCHEs
- Care for the dying patients - Legal and Administrative Aspects

DR. HELEN CHAN

ASSOCIATE PROFESSOR,

THE NETHERSOLE SCHOOL OF NURSING,

FACULTY OF MEDICINE,

THE CHINESE UNIVERSITY OF HONG KONG

- The application of Advance Directive and Advance Care Planning for advanced terminal illnesses in older people

8/5/2021 (Sat) 2 pm to 4:30 pm

DR. JACQUELINE YUEN

CLINICAL ASSISTANT PROFESSOR

DIVISION OF GERIATRICS,

DEPARTMENT OF MEDICINE

LI KA SHING FACULTY OF MEDICINE,

THE UNIVERSITY OF HONG KONG

- Symptom control for patients with advanced illnesses and at terminal stage
- Medical-social interface in end-of-life care in RCHEs

DR. SHARON SHUM NAM CHU

SPECIALIST IN GERIATRIC MEDICINE

PRIVATE PRACTICE

- Case sharing in practice end-of-life care in RCHEs

CME accreditation pending

For any enquiry on registration: Ms Virginia Hui (Tel: 27755756 / Email: eolc@hkag.org)

About "Jockey Club End-of-Life Community Care Project"

Hong Kong is facing a rapidly ageing population, and the number of elderly suffering from terminal illnesses has also escalated correspondingly. In view of the growing demand for end-of-life care services in the community, The Hong Kong Jockey Club Charities Trust approved a total of HK\$255 million to initiate the "Jockey Club End-of-Life Community Care Project" (JCECC). Launched in 2016, the six-year project aims at improving the quality of end-of-life care, enhancing the capacity of service providers, as well as raising public awareness.

JCECC is a multi-disciplinary, multi-institutional and cross-sectoral collaboration to help enhance end-of-life care in Hong Kong with special emphasis on the interface between social and medical systems. Service models are being developed and shaped to provide holistic support to terminally-ill elders in the community and elderly homes. The goal is to enable the city's older people to have informed choices of care and have an improved quality of life. Please visit <http://www.JCECC.hk/>

Diploma in Family Medicine (HKCFP) 2021 - 2022

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 2021.

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 study.

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)

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

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

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

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

Aims:	1. Strengthen knowledge in Family Medicine 2. Understand the potential growth of Family Medicine 3. Develop research and teaching skills in Family Medicine
Contents:	Practice Management, Care of Elderly, Chronic Disease Management, Anticipatory Care, Clinical Audit & Research, Mental Health, Musculo-skeletal Problems, Evidence Based Medicine & Critical Appraisal

Module IV – Clinical Updates (Updates and Clinical Attachment)

Aims:	Acquire in-depth knowledge and practical skills in selected specialties
Contents:	THREE update seminars plus ONE attachment in selected specialty

Module V – Practical Family Medicine (Practical Workshops)

Aims:	Enhance practical and communication skills in Family Medicine by Practical Workshops in selected areas including CPR, Consultation Skills, Counselling Skills, Women's Health, Orthopaedic Injection and Musculo-Skeletal Medicine
Contents:	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

*Modules III, IV and V would be scheduled on 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 study.

July to September 2021	Module I
October to November 2021	Module II
July 2021 to May 2022	Module III, IV & V
May 2022	Final Examination

*The schedule might be affected due to unexpected circumstances and the format might change to online platform if necessary. Announcement will be made in case there is a change of schedule and/or format.

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:

Administration fee for application: HK\$1,000

HK\$38,000 for members of HKCFP

HK\$76,000 for non-members

(A discount of HK\$5,000 for early bird applications on or before 31 May 2021)

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 upon 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 2020 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 2021

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. Module I, II & III could improve my 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

The HKCFP Awards for the Best Research and Best Trainee Research of 2020

The Research Committee of the Hong Kong College of Family Physicians is calling for The Award for The Best Research of the Year 2020. All members and fellows of the College are invited to participate and submit their research papers to the Research Committee for selection.

Following ‘The HKCFP Award for the Best Research’, the Research Committee is pleased to organize an additional award, ‘The HKCFP Award for the Best Trainee Research’, specifically for the trainees of HKCFP or within 3 years of completion of vocational training.

Both the abovementioned Awards will be presented at the Conferment Ceremony in 2021.

Please note that an applicant may only apply for one of the above Awards

Entry and assessment criteria are listed below.

Entry Criteria:

For Best Research Paper:

1. The principal investigator has to be a Member or a Fellow of the Hong Kong College of Family Physicians.
2. The research must be original work of the investigator(s).
3. The research should have been conducted in Hong Kong.
4. The research must have been completed.
5. The paper should be presented under the standard headings of Abstract, Introduction, Methodology, Results, Discussion and Conclusion. References should be listed in full at the end in Vancouver format.

For Best Trainee Research Paper:

1. The principal investigator has to be a trainee of the Hong Kong College of Family Physicians, or within 3 years of completion of vocational training.
2. For higher trainees who are submitting their Exit Examination research project for this award, they must have submitted their project to the Specialty Board and have passed the research segment of the Exit Examination.
3. The research must be original work of the investigator(s).
4. The research should have been conducted in Hong Kong.
5. The research must have been completed.
6. The paper should be presented under the standard headings of Abstract, Introduction, Methodology, Results, Discussion and Conclusion. References should be listed in full at the end in Vancouver format.

Assessment Criteria:

1. How relevant are the topic and findings to Family Medicine?
2. How original is the research?
3. How well is the research designed?
4. How well are the results analyzed and presented?
5. How appropriate are the discussion and conclusion(s) drawn?
6. How useful are the results for patient care in the discipline of Family Medicine?
7. How much effort is required to complete the research study?

Each research project submitted will be assessed according to the seven criteria listed above by a selection panel. Each criterion may attract a different weighting to be decided by the selection panel. Please indicate the research award that you apply for, i.e. “The HKCFP Award for the Best Research of 2020” or “The HKCFP Award for the Best Trainee Research of 2020”, on your research project upon submission, and send your submission either

By post to Research Committee, HKCFP, Rm 803-4, 8/F, HKAM Jockey Club Building,
99 Wong Chuk Hang Road, Aberdeen, Hong Kong;
Or, **by email** to CrystalYung@hkcfp.org.hk

DEADLINE OF SUBMISSION:

- ✦ **31 March 2021 → 29 April 2021** (The HKCFP Award for the Best Research)
- ✦ **29 April 2021** (The HKCFP Award for the Best Trainee Research)

Supported by HKCFP Foundation Fund

HKCFP Research Fellowship 2021

Introduction

The HKCFP Research Fellowship was established by the Hong Kong College of Family Physicians to promote research in Family Medicine. The Grant is up to the value of HK\$ 100,000. Applicants are expected to have regular contact with a nominated supervisor with Master or equivalent degree or above.

Eligibility

Applicants for the HKCFP Research Fellowship must be an active Fellow, Full Member or Associate Member of the HKCFP. New and emerging researchers are particularly encouraged to apply. However, full-time academic staff of Universities are not eligible to apply.

Selection criteria

Application will be judged on*:

- Training potential of applicants
- Relevance to family medicine and community health
- Quality
- Value for money
- Completeness (incomplete or late applications will not be assessed)

** Please note that new researchers and those at an early stage of their research careers are defined as those who have not led a major research project or have had fewer than 5 years of research experience.*

How to apply

1. Application form, terms and conditions of the Fellowship can be downloaded from www.hkcfp.org.hk or obtained from the College Secretariat, HKCFP at Rm 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. Tel: 2871 8899 Fax: 2866 0616
2. Applicants must submit:
 - The completed application form;
 - The signed terms and conditions of the HKCFP Research Fellowship;
 - Curriculum vitae from the principal investigator;
 - Curriculum vitae from the co-investigator(s) (no more than two pages) AND,
 - Curriculum vitae from the supervisor.
3. **Application Deadline is now extended to 29 April 2021**
Late applications will not be accepted.
4. Applications can be either sent:

By post to Research Committee, The Hong Kong College of Family Physicians, Rm 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong; Or, **by email** to CrystalYung@hkcfp.org.hk

Supported by HKCFP Foundation Fund

Board of Vocational Training and Standards News

The Hong Kong Primary Care Conference 2021 will be held again as a digital conference online from **30 July - 1 August 2021**.

All basic trainees are required to attend at least TWO Hong Kong Primary Care Conferences organized by the Hong Kong College of Family Physicians in the four-year training programme.

All higher trainees are required to attend at least ONE Hong Kong Primary Care Conference in the **two-year training programme**; OR, at least TWO Hong Kong Primary Care conferences in the **three-year training programme**.

The above information have already been mentioned in Trainee's logbook.

Please contact Ms. Tina Fung or Ms. Kathy Lai at 2871 8899 for details.

Board of Vocational Training and Standards

Meeting Highlights

Online Dermatology Seminar on 13 March 2021

We would like to thank Dr. Joseph Lam, Clinical Assistant Professor, Department of Pediatrics, the University of British Columbia, Vancouver, Canada, for delivering a lecture on "Should The Treatment Paradigm for Mild to Moderate Atopic Dermatitis Evolve – Children in Focus?".

Online Seminar on 17 March 2021

Dr. Fok Wai Ming, Joshua, Specialist in Neurology, delivered a lecture on "Beyond Ordinary Headache: Chronic Migraine Treatment and Prevention".



Dr. Au Yeung Shiu Hing (left, Moderator) presenting a souvenir to Dr. Fok Wai Ming, Joshua (right, Speaker)

Online Seminar on 31 March 2021

Prof. Tang Siu Wa, Emeritus professor of Psychiatry, University of California, Irvine, CA, USA, delivered a lecture on "Gut Health: The Neglected Part of Mental Health".



Dr. Yvonne Lo (left, Moderator) presenting a souvenir to Prof. Tang Siu Wa (right, Speaker)

Advanced Primary Care Life Support (APCLS) Training and Examination Workshop 2021

Advanced Primary Care Life Support (APCLS) Training and Examination Workshop was held on 20 and 21 March 2021.



Dr. Wong Pak Hoi (left, Deputy Chairman of CPR Subcommittee) presenting a souvenir to Dr. Wendy Cheng (right, Speaker).

Using POCUS to diagnose urology disease: a case series by Family Physician (Part II)

Dr. Lau Sek Fung Spike, Dr. Tam Chung Yin Janet, Dr. Tam Ho Shan Brenda, Dr. Wong Yuk Shan Wenice, Dr. Tsang Chi Fai and Dr. Chan Kin Wai (FM Specialists, Department of Family Medicine, Kowloon West Cluster, Hospital Authority)

Case 3

A 61-year-old lady had known hypertension and hyperlipidemia. She was followed up in a private GP clinic and was taking amlodipine 5mg daily and losartan 50mg daily. She was referred to medical specialist for proteinuria and poorly controlled blood pressure and was subsequently triaged to our Family Medicine Specialist Clinic (FMSC).

When she was first seen in our FMSC, her blood pressure was 160/80mmHg. Urine protein creatinine ratio was 0.26. Urine microscopy showed WBC>100 and culture gave mixed growth of coliform and streptococcus suggestive of contamination. The urine AFB smear and culture were negative. KUB X-ray did not show any radio-opacity in the renal region, along the expected courses of both ureters and the bladder. Patient was totally asymptomatic all along.

Because of the elevated urine WBC, MSU for microscopy and culture was repeated which showed pus like urine and the culture showed significant growth of E coli, which was sensitive to augmentin, nitrofurantoin and levofloxacin.

However, repeated MSU showed persistent active infection with WBC>100 and positive E coli growth despite full courses of antibiotics with augmentin first, followed by nitrofurantoin and then levofloxacin. In view of the possibility of complicated urinary tract infection, a bedside USG was performed.

POCUS (image E) showed left-sided hydronephrosis and hydroureter. A hyperechoic lesion with acoustic shadow, probably a ureteric stone, was detected just distal to the dilatation of the ureter.

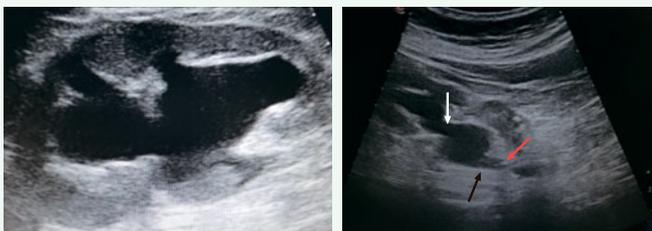


Image E: dilated left renal pelvis (white arrow), dilated left proximal ureter (black arrow) and suspicious ureteric stone with acoustic shadow (red arrow).

She was referred to casualty and was admitted to the urology ward. After urologist assessment, a non-contrast CT scan was performed which showed a left ureteric stone sized 8mm at L4/5 level, with marked proximal dilatation of left ureter, left hydronephrosis and mild diffuse thinning of renal cortical substance (image F).

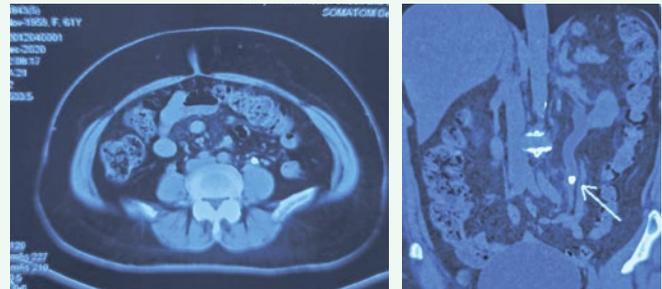


Image F

She was given a trial of medical expulsive therapy (MET) for 6 weeks using an alpha-blocker. After starting MET, the urinary tract infection subsided, as evidenced by a following negative MSU result.

Follow-up POCUS performed by us demonstrated presence of ureteric jet from both ureteric orifices in bladder (image G).

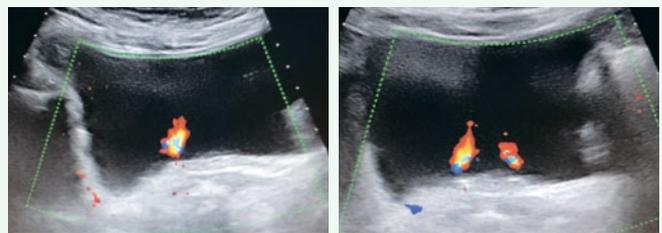


Image G

Take home message:

Urinary tract infection is very common in patients with urolithiasis. In cases of persistent infection resistant to treatment, urinary tract stone, obstructive or non-obstructive, should be suspected. Early detection and treatment can prevent complications.

Case 4

A 70-year-old gentleman with known history of diabetes mellitus, hypertension and mild renal impairment, was followed up in GOPC. He was found to have deterioration in renal function with eGFR dropping from 63 to 40ml/min/1.73m² in 1 year.

KUB X-ray was performed as shown (image H):



Image H

An 8cm smooth contour opacity was found at the lower pole of the right kidney, suggestive of right renal cyst or tumour (image I).



Image I

He was called back for follow-up and a bedside USG was performed which showed a right kidney lower pole cyst sized 7.2cm in diameter. He was referred to the urology SOPD for further management.

Take home message:

X-ray remains as an effective method to detect radio-opaque urinary tract stone. Around 90% of urinary tract stone are radio-opaque in X-ray. Large space-occupying lesions such as cyst or tumor can be shown up as vague radio-opacity (case 4&5) in the renal region. POCUS can be quick and useful to further narrow down the differential diagnosis.

Case 5

A 60-year-old gentleman presented to GOPC with painless gross haematuria for 2 months. He had no other urinary symptoms or abdominal pain. He had no febrile illness or other bleeding. MSU confirmed presence of RBC>100/ μ L, with negative bacterial culture and cytology. He was referred to Urology Department for further management. The patient was also noted to have mild microcytic anaemia, with Hb level of 12.6g/dL.

The KUB report subsequently returned and was alarming (image J). An oval soft tissue shadow (~15.5cm size) blended with the silhouette of right kidney lower pole was noted and presence of a right renal space occupying lesion was suggested. The patient was called back for reassessment.



Image J: KUB image

Physical examination this time revealed a ballotable right abdominal mass. Bedside USG showed a 11.6cm heterogeneous right kidney mass (image K). In addition, a complex left kidney cyst was also found (image L).



Image K : heterogeneous echogenicity inside the right renal lesion, likely due to tumour necrosis because of large tumour size. Chaotic vessels seen with doppler.

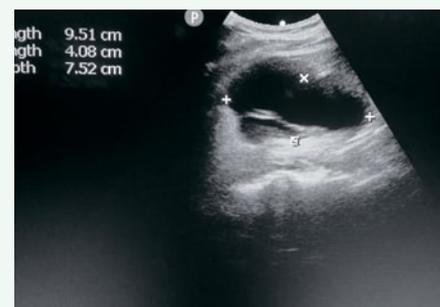


Image L: left kidney cyst with septum and possible soft tissue component

The overall impression was renal cell carcinoma (RCC) of the right kidney. The patient was issued an urgent referral to Urology Department. He was finally seen by Urologist within 2 weeks afterwards. Private PET-CT scan was arranged, and the tentative plan was to perform laparoscopic radical nephrectomy.

Take home message:

Painless gross haematuria in older adults warrants haematuria workup by urologists. 90-95% of all kidney malignancies are RCC. It is most commonly seen in males between 50 and 70 years old. Classical triad of RCC include haematuria, flank pain, and flank mass. Anaemia or polycythaemia may be present in these cases. Appearance of RCC on USG is very variable. It could appear solid or partially cystic and may be hyper-, iso-, or hypoechogetic to the surrounding renal parenchyma.

Conclusion

In public setting, we often encounter difficulty due to delayed formal imaging availability and reporting and eventually, patients suffer. POCUS is a ground-breaking tool that enhances a family doctor's ability to diagnose early, which in turn reduces clinical failure and eventually improves clinical outcome, as well as patients' satisfaction.

SSRI/ SNRI Antidepressants: Small Risk of Postpartum Haemorrhage When Used in The Month before Delivery

Selective serotonin reuptake inhibitors (SSRIs) and serotonin and noradrenaline reuptake inhibitors (SNRIs) are two classes of commonly used antidepressant medicines. These medicines have been known to increase the general risk of bleeding. This is thought to be due to serotonergic effect impairing platelet aggregation. Bleeding abnormalities associated with use of these medicines have been reported rarely and the absolute risk is thought to be low.

A recent review in Europe considered spontaneous data in the context of a wider literature review for SSRI and SNRI. The review identified observational studies reporting an increased risk of postpartum haemorrhage in association with SSRI and SNRI during the month before delivery. The review concluded that this risk might also apply to the new antidepressant vortioxetine.

Information around risks

Rates of postpartum haemorrhage vary by geographical region with one study suggesting rates in Europe of 12.7% with a blood loss greater than 500 millilitres and 2.8% with a blood loss greater than 1000 millilitres.

The review estimated that the use of antidepressant medicines in the month before delivery increases the risk by less than two-fold. The severity of cases was not reported, but no fatalities were flagged in the dataset reported by the European review. Some datasets in the meta-analyses considered in the review defined all postpartum haemorrhage as blood loss of 500 millilitres or higher; some as 1000 millilitres.

Although the added risk of postpartum haemorrhage related to use of SSRI/SNRI antidepressants is small, it may be significant in individual patients when combined with other risk factors for postpartum haemorrhage.

Medicines affected

Taking the evidence into account, the review considered there to be sufficient evidence to update the product information for:

- SSRIs: **citalopram, escitalopram, fluoxetine, fluvoxamine, paroxetine, sertraline**
- SNRIs: **desvenlafaxine, milnacipran, venlafaxine**
- **Vortioxetine**

Advice for use of antidepressants in pregnancy

Mental health conditions such as depression, particularly severe depression, can have serious consequences for both maternal and neonatal health. We should consider the benefits and risks of use of antidepressants during pregnancy, and the risks of untreated depression during pregnancy.

Use of SSRIs and SNRIs is also associated with a risk of persistent pulmonary hypertension in the newborn and neonatal withdrawal and toxicity reactions.

The risks to newborn babies of exposure to SSRIs and SNRIs during pregnancy must be balanced with the risk to the mother and baby of untreated depression during pregnancy.

Reference:

1. Drug Safety Update volume 14, issue 6: January 2021: 5.
2. European Medicines Agency. [‘PRAC recommendations on signals. Adopted at the 28 September-1 October 2020 PRAC meeting’](#). Accessed December 2020.
3. Palmsten K and others. [‘Use of antidepressants near delivery and risk of postpartum hemorrhage: cohort study of low-income women in the United States’](#). BMJ 2013: volume 347, page f4877 (viewed December 2020).
4. Bruning AH and others. [‘Antidepressants during pregnancy and postpartum hemorrhage: a systematic review’](#). Eur J Obstet Gynecol Reprod Biol 2015: volume 189, pages 38–47 (viewed December 2020).
5. Jiang HY and others. [‘Antidepressant use during pregnancy and risk of postpartum hemorrhage: A systematic review and meta-analysis’](#). J Psychiatr Res 2016: volume 83, pages 160–67 (viewed December 2020).
6. Calvert C and others. [‘Identifying Regional Variation in the Prevalence of Postpartum Haemorrhage: A Systematic Review and Meta-Analysis’](#). PLoS ONE 2012 volume 7: e41114 (viewed December 2020).

Complied by Dr. Sin Ming Chuen

HKICC: a milestone in the development of Hong Kong's public healthcare services

Dr. LEUNG Lok Hang, Will (Specialist in Family Medicine; Member of FP Links Committee)

North Lantau Hospital Hong Kong Infection Control Centre (HKICC), a temporary hospital facility of the Hospital Authority (HA) specializing in COVID-19 treatment came into service in February 2021. Located adjacent to the AsiaWorld-Expo (AWE) Community Treatment Facility (CTF), the HKICC marks a chapter in Hong Kong's public healthcare services in enhancing the resilience of the healthcare system against the COVID-19 pandemic, and providing a valuable experience for the construction of healthcare facilities in Hong Kong.

A training day for HA Doctors was successfully held on 19 February 2021 in order to equip the first batch of HA staff to discharge duties safely at the newly opened HKICC constituting six two-storey ward buildings with over eight hundred isolation beds receiving COVID-19 patients at its early phase of service.

The training day consisted of lectures, demonstrations, hands-on workshops, in-situ simulation training and on-site orientation organized by the HA. Dr. Michael Wong, Deputy Hospital Chief Executive of the Princess Margaret Hospital and North Lantau Hospital, and Dr. Larry Lee, Deputy Hospital Chief Executive of the Tin Shui Wai Hospital, introduced HKICC and AWE CTF service scope and operation respectively. Prof. Ivan Hung from the University of Hong Kong and Dr. Jacky Chan from the Princess Margaret Hospital delivered a lecture on Clinical Management for COVID-19 patients at HKICC and AWE CTF, highlighting treatment protocols and anti-virals such as Remdesivir, and immunotherapies such as Baricitinib available in HKICC for treatment for COVID-19 patients under supervision of Infectious Disease Specialist. Additionally, a Special Chinese Medicine Programme for COVID-19 patients was introduced by Ms. Rowena Wong from the HA Chinese Medicine Department to the audience. Infection control is a crucial element at all times, Dr. Vincent Cheng and Ms. Wong Shuk Ching from the Queen Mary Hospital Infection Control Team conducted a lecture on COVID-19 and infection control, followed by a demonstration on hand hygiene and personal protective equipment (PPE) to refresh infection control essence with participants. In order to facilitate doctors performing clinical duties effectively at HKICC, there are a number of technological features including

tele-care, vital signs remote monitoring, bedside smart panel, GCRS-Plus and eSmart Health System as introduced by Dr. Summer Chan, Senior Health Informatician of HA, and his team.

Upon completion of morning training, participants headed to Lantau Island for on-site training at the HKICC including clinical logistics and site familiarization led by Dr. Jacky Chan. Clinical areas, laboratory, pharmacy and staff areas of the new building were eye-catching to all. Consultant Microbiologist Dr. Bosco Lam briefed the participants on the infection control and laboratory logistics of the HKICC with hands-on practice of infection control measures at their workshop. In-situ simulation training was co-ordinated by Dr. Raymond Cheung, a Specialist in Critical Care Medicine, to cover emergency management and resuscitation with scenarios of COVID-19 patients incorporating infection control and advanced cardiac life support element at the training tailored for operational need for HKICC. Doctors actively participated at the resuscitation station treating the COVID-19 "patient" (manikin) with drugs and cardioversion. Dr. Polk Wan, an Emergency Physician, led the group of participants to have an on-site orientation at the AWE CTF, adjacent to the HKICC complex.

The comprehensive training day was just the beginning of equipping staff to serve at the newly established facility. On the job training, on-site supervision and peer education by a group of enthusiastic doctor from various backgrounds are essential elements to maintain a sustainable and high quality service at HKICC. Our first batch of Doctors serving at HKICC included colleagues from Internal Medicine, Emergency Medicine, Anaesthesia and Family Medicine. In the current issue of FP Links, we are honoured to have Dr. SZE Hon Ho, Specialist in Family Medicine, to share his valuable experience with Family Physician peers from a perspective of the first batch of doctors working at HKICC.

Reference: HA Press Release 25 Feb 2021 "North Lantau Hospital Hong Kong Infection Control Centre commences service tomorrow" <https://www.ha.org.hk/haho/ho/pad/210225icc.pdf>



Training for doctors on 19 Feb 2021



Dr. Michael Wong introducing HKICC



Dr. Larry Lee introducing AWE CTF



Dr. Vincent Cheng and Ms. Wong Shuk Ching delivering Infection Control Training



AWE CTF on-site familiarization by Dr. Polk Wan



Emergency and Resuscitation Training at HKICC



Airway hands-on practice at HKICC



Orientation by Dr. Bosco Lam



PPE training at HKICC



HKICC on-site familiarization

Family Physicians in the Vanguard of HKICC

Dr. SZE Hon Ho (Specialist in Family Medicine, Member of FP Links Committee)

The Temporary Hospital located adjacent to the AsiaWorld-Expo (AWE) was formally renamed as the North Lantau Hospital Hong Kong Infection Control Centre (HKICC) in February 2021. It serves to manage the patients who are either preliminarily positive or confirmed positive of COVID-19. The first batch of medical doctors are all volunteers. It is my honour to be one of them. I started my duty on the first day of launching of HKICC's in-patient services, on 26 February 2021, the first day admitting patients. Time flies and by now I have already finished my 4-week deployment there. I would use the words "Challenging", "Supporting", "Collaboration", to conclude my experience at HKICC.

"Challenging" is about the clinical challenges. During the pandemic of this new virus COVID-19, as a primary care doctor, we usually were at most in short contact with suspected patients in out-patient setting. Then we would refer the patients to hospitals for specialist care. However, in HKICC, we had to manage those confirmed cases directly ourselves. Although I had two weeks of experience working in the Community Treatment Facility (CTF) at AWE in January 2021, I learned much from working at the HKICC. Unlike CTF, the first batch of volunteer doctors were all from the medical stream and the in-charge doctor was Infectious Disease (ID) Physician. The severity of COVID-19 cases was extended from mild to moderate at HKICC. We had to monitor the patients closely, and prescribe appropriate treatment timely like antiviral, systemic steroid and immunomodulators. The hospital setting was very much like the Medical wards, although the work shift of doctors used A&E mode. Under the excellent guidance by ID physician, Dr. Jacky Chan, we learned a lot and adapted the change of working pattern swiftly.

"Supporting" refers to the physical, psychological, and social support to patients. Physically, the patients are monitored frequently by vital signs, chest X-ray, and blood tests, and treated with medications. The psychological and social needs of these patients are of

equal importance however. Many patients had anxiety, frustration and anger during their stay at HKICC. All medical doctors would have exposure to these emotions during deployment. We often had to show our empathy, and to introduce hope and reassurance to these patients. We often took a step forward to help to our patients with social needs. For example, we coordinated the transfer of a COVID-confirmed parent to a cluster hospital where her confirmed son was admitted, a confirmed husband to another hospital because her wife was admitted there and developed a poorly controlled mental disorder. We would work out ways to tackle the different needs of each patient, as far as possible, while maintaining clinical safety.

"Collaboration": COVID-19 is a new disease, AWE and HKICC are novel treatment model and facilities. The treatment of COVID-19 is experimental. We have all learnt by working through the process together. The workflow, coordination, management works at HKICC kept being updated, evolving and changing to try to optimise the care for patients. The way of ward rounds, investigation ordering, reports handling, bed arrangement kept evolving. Every colleague was very flexible and cooperative. We thought of ways to improve and make everything well and smooth. It was an excellent team of medical, nursing and supporting colleagues, with HA doctors and private doctors collaborating well together. Our combination also changed according to the fluctuation of number of confirmed cases and workload. We responded quickly, for example, to the sudden wave of the Gym cluster in March 2021. New colleagues joined in within days. The success could not be made without a group of enthusiastic colleagues from all over Hong Kong. There was also great technical support to ensure adequate air exchange; IT support with regards to Bluetooth vital signs recording and CMS usage; clerical support on the rostering and document handling, not to mention the contribution of supporting staff who helped maintain a safe and disinfected environment for us. I salute all these colleagues who contributed to the success of HKICC.



Orientation to new comers by Dr. Sze



Dr. Sze Hon Ho and Dr. Will Leung at HKICC



30 July – 1 August 2021 (Friday – Sunday)



For more
conference
details:

Scientific Programme at-a-glance

Date Time	30 July 2021 (Friday)		
19:30 - 20:30	<i>Sponsored seminar 1</i>	<i>Sponsored seminar 2</i>	<i>Sponsored seminar 3</i>
Date Time	31 July 2021 (Saturday)		
12:30 - 13:00	<i>Sponsored seminar 4</i>	<i>Sponsored seminar 5</i>	<i>Sponsored seminar 6</i>
13:10 - 13:30	ePoster and eBooth Exhibition		
13:30 - 13:50	Opening Ceremony		
13:50 - 14:35	Plenary I (Prof. WU Hao) Community-based Prevention and Control		
14:40 - 15:25	Plenary II (Prof. Ivan F.N. HUNG) COVID-19 Pandemic and Vaccines in Hong Kong		
15:30 - 16:15	Plenary III (Prof. Philip H. EVANS) Rising to the Challenge of COVID-19: A UK Primary Care Perspective on COVID-19 Research and Vaccine Delivery		
16:20 - 16:30	ePoster and eBooth Exhibition		
16:30 - 17:45	Seminar A Mental Health Considerations during the COVID-19 Pandemic	Seminar B Application in Telemedicine - Public Health Care System	Free Paper - Oral Presentation Part I
17:50 - 18:20	<i>Sponsored seminar 7</i>	<i>Sponsored seminar 8</i>	
Date Time	1 August 2021 (Sunday)		
9:00 - 9:30	<i>Sponsored seminar 9</i>	<i>Sponsored seminar 10</i>	<i>Sponsored seminar 11</i>
9:35 - 10:50	Clinical Case Presentation Competition	Seminar C Update in Telemedicine from a Medico-Legal Point of View	Workshop 1 Motivational Interviewing in Brief Consultation: Slow down to Speed up Health Behavioral Change
10:55 - 12:10	Seminar D Clinical Update on Rheumatology for Family Physicians	Seminar E Self-care for Primary Care Providers	Free Paper - Oral Presentation Part II
12:15 - 13:00	Plenary IV (Dr. Karen TU) International Consortium of Primary Care Big Data Researchers INTRePID: Studying the Pandemic Impact on Primary Care around the World		
13:05 - 14:20	Asia-Pacific Research Forum	Seminar F The Gaps in Clinical Management of Psoriasis in the Biologics Era	Workshop 2 An Overview of Foot Assessment and Orthotic Treatment
14:25 - 14:55		<i>Sponsored seminar 12</i>	<i>Sponsored seminar 13</i>

ePoster and eBooth Exhibition

Disclaimer

Whilst every attempt will be made to ensure all aspects of the conference mentioned will take place as scheduled, the Organizing Committee reserves the right to make changes to the programme without notice as and when deemed necessary prior to the Conference.

(Supported by HKCFP Foundation Fund)



30 July – 1 August 2021 (Friday – Sunday)

Registration Information

Online
Registration



Registration Deadline: 12 July 2021 (Monday)

A) Conference Registration Registration to the conference is required.		Member: HK\$200 Non-member: HK\$1000
B) Workshop Registration First come first served. Please prepare a separate cheque(s). Cheques will be returned to unsuccessful registrants. • CPD application for workshop participants in progress.		
1 August 2021 (Sunday)	09:35 Workshop 1: Motivational Interviewing in Brief Consultation: 10:50 Slow down to Speed up Health Behavioral Change	HK\$500
	13:05 Workshop 2: An Overview of Foot Assessment and Orthotic 14:20 Treatment	HK\$500

Payment Method

- **Pay by cheque**
 - Please send completed registration form with crossed cheque(s) payable to “HKCFP Education Ltd” to the Conference Secretariat.
 - Please use SEPARATE cheques for payment of conference, workshop(s) registration fees, etc.
- **Pay by PayPal**
 - Payment information will be sent within 5 working days after your submission of registration.
- **Pay by Tele-transfer**
 - For overseas delegates only.
 - Payment information will be sent within 5 working days after your submission of registration.
 - All bank charges and related transaction fees should be borne by the remitter of the funds.

Refund Policy

- Withdrawal of registration **on or before 15 June 2021: Full refund** after deduction of all bank charges and related transaction fees
- Withdrawal of registration **after 15 June 2021: No refund** will be accepted.
- All refunds, including unsuccessful workshop registration, etc. would be arranged within 8 weeks after the Conference. All bank charges and related transaction fees if any would be deducted from the amount of the refund payment.

For inquiries, please contact the Conference Secretariat on (852) 2871 8899 or via email to hkpcc@hkcfp.org.hk.



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

Hong Kong Primary Care Conference 2021 “Our Finest Hour: Stride Through The Storm”

30 July – 1 August 2021 (Friday – Sunday)



Online
Submission

Full Research Paper Competition

We cordially invite your participation in the **Full Research Paper Competition** of the HKPCC 2021. The Competition is a long-standing tradition of the College’s Annual Conference to promote and recognize well-designed and innovative research which bears potential impact on clinical practice or development of primary care. This year, we will have TWO Awards:

AWARDS

Best Research Paper Award

Best Novice Research Paper Award

The HKPCC 2021 Organizing Committee will invite renowned scholars as judges to review the participating papers. Both winners will receive a **Certificate of Award** and will be invited to present their research papers at the conference.

ELIGIBILITY AND AUTHOR GUIDELINES

For **Best Research Paper Competition**: the first author of the paper must meet ALL of the following conditions:

- (1) The author must be registered for the Conference;
- (2) The author completes the majority of the research and writing of the paper;
- (3) The author has not used the paper to apply for other awards.
- (4) The paper had not been awarded in other competitions in the past.
- (5) If the paper has already been published, it must be published after 1 January 2019.

For **Best Novice Research Paper Award**: the first author of the paper must meet ALL of the following conditions:

- (1) The author must be registered for the Conference;
- (2) The author completes the majority of the research and writing of the paper;
- (3) The author has not used the paper to apply for other awards.
- (4) The paper had not been awarded in other competitions in the past.
- (5) If the paper has already been published, it must be published after 1 January 2019.
- (6) The first author must not have published any other research paper in any scientific journal as first author before (for example, The Hong Kong Practitioner, Hong Kong Medical Journal or other academic journals).

The participating paper should be a full-length article. It should include a structured abstract of no more than 250 words. The text should contain at least 2,000 words, organized as **INTRODUCTION, METHODOLOGY, RESULTS and DISCUSSION**. It should consist of no more than 6 illustrations (tables/figures). Only electronic versions are accepted. The full paper should be typed using the 12-point size Microsoft Word format.

AWARD SELECTION CRITERION

Each paper will be evaluated against the following criteria:

- (1) Academic rigor of the paper (e.g. originality, methodology, organization and presentation).
- (2) Relevance and impact to primary care (e.g. importance of the topic and the impact of the findings on the practice or development of primary care).

The panel reserves the right of granting /withholding an award for this year.

HOW TO SUBMIT

Online Submission – Please go to <https://forms.gle/FQKGHXm57nasCC2X9> to complete the submission form and send your full research paper to hkpcc@hkcfp.org.hk.

For enquiries, please do not hesitate to contact our Conference secretariat, Ms. Suki Lung or Ms. Crystal Yung, at 2871 8899 or by email hkpcc@hkcfp.org.hk.

EXTENDED SUBMISSION DEADLINE

13 May 2021 (Thursday)

“We look forward to receiving your research articles!”



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

Hong Kong Primary Care Conference 2021 “Our Finest Hour: Stride Through The Storm”

30 July – 1 August 2021 (Friday – Sunday)



Online
Submission

Free Paper Competition

Apart from the Full Paper Competition, we also have the **Free Paper Competition** which sees many pioneering research ideas, pilot studies and thought-provoking case studies, commentaries and stimulating discussions. The Free Paper Competition is one of the highlights of the HKPCC and can be in the form of an **ORAL** presentation or **POSTER** presentation. We look forward to your active participation in the Free Paper Competition.

AWARDS

Best Oral Presentation

Outstanding Poster Presentation

Both the winners will receive a **Certificate of Award**.

Author Guidelines

- The presentation of the free paper can be in the form of an **ORAL** presentation or **POSTER** presentation. (The details of oral or poster presentation will be announced later.)
- Electronic version is preferred for abstracts. Abstract should be typed in 12-point size in Microsoft Word format. Handwritten abstracts will NOT be accepted.
- The abstract must not exceed 300 words, and should be organized as follows: **TITLE, AUTHOR(S), INTRODUCTION, METHOD, RESULTS and CONCLUSION**. Commentaries and discussion papers need not follow the above format apart from the TITLE and AUTHOR(S).
- Authors' full names and affiliations must be specified. Surnames should be printed in bold.
- All abstracts must be submitted in English. All accepted abstracts must be presented in English.

ELIGIBILITY REQUIREMENTS

To be eligible for participation in the free paper presentation, **the first author of the paper must meet ALL of the following conditions:**

- (1) The author (and the presenting author if applicable) must be registered for the Conference.
- (2) The author completes the majority of the research and writing of the paper.
- (3) The author has not submitted the same paper* to other conference conducting at the same time period of HKPCC.
- (4) The paper has not been granted any award(s) in the past.
- (5) Only **ONE** designated presenter can present the accepted abstract. Co-authors are welcome to register and attend the session of the conference.
- (6) The Organizing Committee has the right of final decision on the acceptance of an abstract.

* If the paper has been granted any award(s) in the past, the paper can be submitted for poster presentation only and will be automatically excluded from award competition.

AWARD SELECTION CRITERIA

For the **Best Oral Presentation Award**, each oral presentation will be evaluated against the following criteria:

- (1) Quality and thoroughness of research methods used to generate findings;
- (2) Quality of visual presentation if applied;
- (3) Relevance, innovation and impact to primary care.

For the **Outstanding Poster Presentation Award(s)**, each poster will be evaluated against the following criteria:

- (1) Quality of visual presentation (poster layout);
- (2) Quality and thoroughness of research methods used to generate findings;
- (3) Relevance, innovation and impact to primary care.

HOW TO SUBMIT

Online Submission – Please go to <https://forms.gle/S2ySEpDZuouSc51w8> to complete the submission form and submit your abstract.

For enquiry, please do not hesitate to contact our Conference secretariat, Ms. Suki Lung or Ms. Crystal Yung, at 2871 8899 or by email hkpcc@hkcfp.org.hk.

EXTENDED SUBMISSION DEADLINE

13 May 2021 (Thursday)



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Online
Submission

Clinical Case Presentation Competition

Following the success of the previous years' HKPCC Clinical Case Presentation Competition, the Organizing Committee of the upcoming HKPCC 2021 is honored to organize the competition again this year!

The Presentation can be in the form of individual or group presentation with up to 5 people per group. The details of the competition are listed as below. We look forward to your active participation in the Clinical Case Presentation Competition.

COMPETITION OUTLINE

- (1) Target participants: Doctors, nurses, physiotherapists, clinical psychologists, occupational therapists, dieticians, podiatrists and any other allied health professionals.
- (2) Presentation materials: Any kind of clinical cases relevant to primary care.
- (3) Presentation format: In the form of individual presentation, role-play, drama or any other possible format for 15 minutes. Either individual or group presentation with up to 5 people per group is acceptable.
- (4) The Organizing Committee has the right of final decision on the acceptance of the cases for the presentation.

AWARDS

The Best Presentation Award winner will receive a **Certificate of Award**.

ELIGIBILITY REQUIREMENTS

To be eligible for participation in the Clinical Case Presentation Competition, the presenter must meet ALL the following conditions:

- (1) The presenter must be registered for the Conference.
- (2) The presentation should be the original work of the participants.
- (3) The candidates should have submitted their presentation proposals prior to the Conference.

AWARD SELECTION CRITERIA

Each presentation proposal should state the theme, outline of presentation, format (e.g. role-play, drama, video), language and rundown.

Each presentation will be evaluated against the following criteria -

- (1) Quality of presentation.
- (2) Content of presentation: Relevance and impact to primary care, presentation skills and time management, enhancement to patient care in daily practice and useful take home message.

HOW TO SUBMIT

- **Online Submission** – Please go to <https://forms.gle/vcxeBgzmAwSYKioW6> to complete the entry form and submit your presentation proposal.
- *The presentation needs to be submitted prior to the Conference secretariat **on or before 15 July 2021 (Thursday)**.*
- *If you have any questions concerning the “Clinical Case Presentation”, please contact our conference secretariat, Ms. Suki Lung or Ms. Crystal Yung, at 2871 8899 or by email hkpcc@hkcfp.org.hk.*

ENTRY FORM, PRESENTATION PROPOSAL EXTENDED SUBMISSION DEADLINE

13 May 2021 (Thursday)

PRESENTATION MATERIAL SUBMISSION DEADLINE

15 July 2021 (Thursday)

Online Seminar on Dermatology – The 78th Meeting on 13 March 2021

Dr. Chan Kwan Ho, Dr. Choi Sze Wai Michelle and Dr. Yuen Man Ki

Theme : **Should the Treatment Paradigm for Mild to Moderate Atopic Dermatitis Evolve – Children in Focus?**

Speaker : **Dr. Joseph Lam**

Clinical Assistant Professor, Department of Pediatrics, the University of British Columbia, Vancouver, Canada

Moderator : **Dr. Lam Wing Wo, Board of Education**

Learning points

In this talk, Professor Lam aimed to discuss whether the treatment paradigm for mild to moderate atopic dermatitis should evolve with various new therapies. He first talked on the current challenges in treating paediatric atopic dermatitis. Despite eczema is one of the most common dermatological conditions affecting paediatric patients, there are multiple important mimickers of eczema. He kindly shared clinical photos of patients with mimickers including allergic contact dermatitis, scabies, molluscum dermatitis, eczema herpeticum, tinea corporis and psoriasis to remind the participants.

He also discussed on the role of food consumption and atopic dermatitis. In contrary to traditional belief, true non-IgE mediated exacerbation of eczema is very rare. Meticulously limiting food choice may lead to nutritional deficiency and jeopardizing food tolerance. Filaggrin, which is a filament-associated protein that binds to keratin fibers in epithelial cells, has important role in pathogenesis of atopic dermatitis. Filaggrin deficiency related to gene mutations has been linked to more severe atopic dermatitis.

Dr. Lam has shared with us the different topical treatment options for eczema including topical steroid, calcineurin inhibitor and phosphodiesterase 4 inhibitors. Children are more prone to systemic effects of topical medications due to the higher ratio of body surface area to weight. The benefits, limitations and risks of each of the topical treatment are summarised in the following table.

Topical treatment	Benefits	Risks/Limitation
Topical steroid	<ul style="list-style-type: none"> Available in a wide range of strengths and formulations for the severity and site of eczema Decreases inflammation, skin irritation, pruritus and lichenification 	Chronic Use Associated With: <ul style="list-style-type: none"> Striae Skin atrophy Ecchymosis Skin discolouration Telangiectases Possible hpa suppression Steroid rebound, steroid addiction, tachyphylaxis
Topical calcineurin inhibitor	<ul style="list-style-type: none"> Rapid effect (often within first week of therapy) Can be safely used on the entire body including eyelids No atrophy or striae Hpa-axis intact 	<ul style="list-style-type: none"> Most common adverse events: transient burning, stinging and itching early in administration Safety warning: long-term safety of topical calcineurin inhibitors has not been established. Cost
Topical phosphodiesterase 4 inhibitors	<ul style="list-style-type: none"> Rapid effect (often within first week of therapy) Can be safely used on the entire body including eyelids No atrophy or striae Hpa-axis intact 	<ul style="list-style-type: none"> Most common adverse events: transient burning early in administration Cost

In the end, Dr Lam shared with us the clinical experience with PDE-4 inhibitors. The three cases were patients with moderate eczema who previously tried different treatments without good control. After one to two weeks of PDE-4, there were modest improvement. It is advised to

use the sample tube to “test” the skin in the office. Some advantages of PDE-4 inhibitors are as follows: No black box warning; No worries about systemic absorption; No worries about thinning of the skin. Crisaborole can be applied to all affected areas of the skin. It is indicated for topical treatment of mild-to-moderate atopic dermatitis in patients 2 years of age and older. It is the first and only steroid-free topical PDE4 inhibitor indicated for treatment of mild-to-moderate allergic dermatitis in patients aged ≥ 2 years.

In summary, Dr Lam discussed current challenges in treating pediatric atopic dermatitis. There was a promising role of Crisaborole in the management of mild-to-moderate pediatric atopic dermatitis.



Upper row (from left to right): Dr. Choi Sze Wai and Dr. Lam Wing Wo
Bottom: Dr. Joseph Lam

Summary of presented cases

1. Case presented by Dr. Chan Kwan Ho

Mr. Yung is a 67-year-old patient suffering from multiple papulopustular eruptions over face for ten years. He was treated with topical metronidazole gel from private doctors in the past. He was diagnosed as rosacea of papulopustular subtype. Oral doxycycline was started. Clinical response was satisfactory with significant reduction of facial papules and erythema. Lifestyle measures was explained to him to prevent future relapse. Pathophysiology, clinical features of rosacea subtypes, diagnosis and management of rosacea is discussed in the second part of presentation.

2. Case presented by Dr. Choi Sze Wai Michelle

The presented case is nummular eczema. It is a chronic relapsing and inflammatory skin disease which occurs more frequently in middle-aged population. It is characterized by multiple pruritic, coin-shaped, eczematous lesion involving the extremities and less commonly the trunk. Diagnosis is made by the typical clinical findings. Management of the nummular eczema aims at reducing skin dryness and exposure to skin irritants. We could prescribe topical steroid for patients to apply onto the eczematous lesions. Intralesional steroid could be considered for isolated recalcitrant lesions. Phototherapy could be used for patients with extensive disease that does not respond to topical steroid.

3. Case presented by Dr. Yuen Man Ki

The case was a 41-year-old female presented with focal hair loss for 1 day. There was mild pruritus. Physical examination showed exclamation point hair. Alopecia areata is a chronic, immune-mediated disorder that targets anagen hair follicles and causes nonscarring hair loss. The condition most commonly presents with discrete, smooth patches of alopecia on the scalp but may also occur in other hair-bearing areas, such as the eyebrows, eyelashes, beard, and extremities. The differential diagnosis includes androgenetic alopecia, scarring alopecia, secondary syphilis, tinea capitis, trichotillomania and triangular alopecia. The treatment is topical or intralesional corticosteroids. After 8 weeks of topical Betamethasone, the patient showed significant regrowth of hair.

ASSESSMENT ENHANCEMENT COURSE (AEC) FOR FAMILY PHYSICIANS 2021

Please note the schedule of AEC sessions might be affected due to the outbreak of COVID-19 and the format might change to online platform if necessary. Announcement would further be made in case there is a change of schedule and/or format. Thanks.

- Organizer** : Assessment Enhancement Sub-committee, Board of Education, HKCFP
- Tutors** : Family Medicine Specialists, Fellows of HKCFP and RACGP
- Supervisors** : **Dr. Chan Chi Wai**
- Co-ordinator** : **Dr. Lai Sheung Siu**
- Objectives** :
 1. To improve clinical knowledge, problem solving and consultation skills through different workshops
 2. To improve physical examination technique and clinic procedural skills through hands-on experience
 3. To provide opportunity for inter-professional communication and social network expansion through self-help groups
 4. To improve time management through simulated examination
- Venue** : HKCFP Wan Chai office, Duke of Windsor Social Service Building and HKAM Jockey Club Building
- Date** : 5 months' course starting from April 2021
- Course Structure** : The course will consist of 4 main components:
 1. Seminars
 2. Workshops
 3. Self-help Group Support
 4. Mock Exam
 Seminars and Workshops will be arranged on Saturday afternoons (2:30 p.m. to 5:30 p.m.)
- Accreditation** : Up to 15 CME points (Category 4.4) & 5 CPD points (Category 3.15) for the whole course
- Course Fee** : Members : HK\$3,400 (Whole course)
 HK\$950 (Spot admission for each seminar or workshop only)
 All cheques payable to "HKCFP Education Ltd"
 All Fees received are non-refundable and non-transferable.
- Capacity** : 50 doctors maximum
- Enrolment** : Enrolment is now open. Registration form is available at College website:
http://www.hkcfp.org.hk/pages_9_463.html
 Please return the completed application and the cheque to the Secretariat for processing. Please contact the Secretariat, Ms. Teresa Liu or Ms. Windy Lau by email to education@hkcfp.org.hk or call 2871 8899 for details. Successful applications will be informed by email later.
- Disclaimer** : All cases and answers are suggested by our tutors only. They are not standard answers for examination.
- Remarks** :
 1. Post-AEC training course (optional) will be organized for category 2 candidates who have enrolled in AEC if there is sufficient enrolment.
 2. **Please note the schedule of AEC sessions might be affected due to the outbreak of COVID-19 and the format might change to online platform if necessary. Announcement would be made in case there is a change of schedule and/or format.**

Assessment Enhancement Course 2021 Timetable for Workshop

Date	Topics	Venue
24 April 2021 (Sat) 2:30 – 5:30 p.m.	Introduction	Room 802, Duke of Windsor Social Service Building, Wan Chai, Hong Kong
22 May 2021 (Sat) 2:30 – 5:30 p.m.	Approach to Physical Complaints	
26 June 2021 (Sat) 2:30 – 5:30 p.m.	Viva Practice: Enhance Interprofessional Communication	
24 July 2021 (Sat) 2:30 – 5:30 p.m.	Problem Solving Skills	
21 August 2021 (Sat) 2:30 – 5:30 p.m.	Proper Physical Examination & Common Clinic Procedures	
25 September 2021 (Sat) 2:30 – 6:00 p.m.	Mock Exam	HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong

BOARD OF EDUCATION NEWS

The Board of Education is pleased to let you know that there would be online seminars to be conducted via the ZOOM Webinar platform in the coming month with the details below:

Online Seminar			
Date and Time	Topic	Speakers	Moderators
8 May (Sat) 2:00 – 4:00 p.m.	Medicine and Humanities: A Humanistic Perspective 醫學與人文：「人文的醫學觀」 <i>Organized by the Interest Group in Medical Humanities</i>	Dr. Lee Wai Choi, Eddy <i>Former Senior Scientific Officer of the Hong Kong Observatory</i>	Dr. Chan Suen Ho, Mark
11 May (Tue) 2:00 – 3:00 p.m.	Update on Subfertility and Assisted Reproductive Treatment	Dr. Lam Po Mui, Emily <i>Specialist in Obstetrics & Gynaecology</i>	Dr. Chan Ka Shing, Ricky
18 May (Tue) 2:00 – 3:00 p.m.	Update on Stroke Management	Dr. Hon Fong Kwong, Sonny <i>Specialist in Neurology</i>	Dr. Chan Chung Yuk, Alvin

QR Code for registration

8 May 2021 (Sat)	11 May 2021 (Tue)	18 May 2021 (Tue)
		

Accreditation : 8 May: 2 CME Point HKCFP (Cat. 4.3)
2 CME Point MCHK (pending)
11 May and 18 May: 1 CME Point HKCFP (Cat. 4.3)
1 CME Point MCHK (pending)
Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)

Online Monthly Video Session

Date and Time	Topic
30 Apr (Fri) 2:30 – 3:30 p.m.	“How Family Physicians can Co-manage with Oncologists in Patients with Colorectal and Lung Cancer” by Dr. Law Chi Ching and Dr. Wong Kam Hung
28 May (Fri) 2:30 – 3:30 p.m.	“Management of Atrial Fibrillation in Primary Care” by Dr. Chan Chi Kin, William

QR Code for registration

30 Apr 2021 (Fri)	28 May 2021 (Fri)
	

Accreditation : 1 CME Point HKCFP (Cat. 4.2)
1 CME Point MCHK (pending)
Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)

***CME points would be given for self-study at online recorded CME lectures only if participating doctors have not attended the same live CME lectures and completed the relevant quiz.**

Admission Fee : Member Free
Non-member HK\$ 100.00 for each session
For non-members, please contact the secretariat for registration details. All fees received are non-refundable nor transferable.

Registration Method : Please register via the registration link to be sent by email later or scan the QR code above. For enquiry about registration, please contact Ms. Katie Lam by email to education@hkcfp.org.hk or call 2871 8899. Thank you.

Notes :

- In case of over-subscription, the organiser reserves the right of final decision to accept registration.
- The link to join the webinar **SHOULD NOT** be shared with others as it is unique to each individual who has completed prior enrolment procedures. If additional attendee(s) is/are found using the same unique link to join the webinar with you, all attendees joining the lecture via your unique link would be dismissed. You can only login with one device at a time. CME point(s) would only be given to those on the pre-registration list and attended the lecture.
- Please note you can just attend **ONE** CME activity at a time. If it's found you are attending more than one CME activity simultaneously by the CME administrator later, you may NOT be able to receive the CME point(s).
- Members who have attended less than 75% of the length of the online lecture may not be able to receive CME. Final decision would be subject to the approval of the related Board / Committee.
- Please be reminded to complete and submit the *MCQs or survey after the session for HKCFP and MCHK CME point(s) accreditation. (*MCQs/ True or False Questions; 50% or above of correct answers are required)**
- Please be reminded to check the system requirements beforehand to avoid any connection issues.
- Due to copyright issue, please note private recording of the lecture is prohibited.
- Registration will be closed 3 days prior to the event.

Structured Education Programmes

Free to members

HKCFP 2 CME points accreditation [Cat 4.3]

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
05 May 2021 (Wed)			
2:00 – 5:00 p.m.	(Video Conference) Rooms 7 & 19, 8/F, YMT GOPC & Lecture Theatre, 10/F, YCK, KWH	Health Problems of Doctors & Management of Burnout Dr. Noh Young Ah & Dr. Chan Kai Lung	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	Rm 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Medical Professionalism in the Internet Age Dr. Leung Ching	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F HMB, Tseung Kwan O Hospital	Complaint Management Dr. Chau Yiu Shing & Dr. Wong Bo Hang	Ms. Polly Tai / Ms Elise Haw Tel: 3949 3430 / 3949 3079
3:30 – 5:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Emergency Surgical Conditions Dr. Li Kwok Ho Eric & Dr. Leung Wai Yan Viola	Mr. Alex Kwok Tel: 5569 6405
5:00 – 7:00 p.m.	(Video Conference) ZOOM	Journal Club Dr. Chou Chun Wing Stephen	Ms. Cherry Wong Tel: 2589 2342
06 May 2021 (Thu)			
4:00 – 6:00 p.m.	(Video Conference) Activities Room, 3/F, Yan Oi GOPC	Prevent Unplanned or Unwanted Pregnancy - What Contraception Would you Recommend? Dr. Chan Yuen Ching & Dr. Ng Mei Po	Ms. Eliza Chan Tel: 2468 6813
12 May 2021 (Wed)			
2:00 – 5:00 p.m.	(Video Conference) Rooms 7 & 19, 8/F, YMT GOPC & Lecture Theatre, 10/F, YCK, KWH	Better Patient Communication Dr. Lai Siu Wai & Dr. Ho Ka Ming Ken	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	Rm 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Clinical Approach to Patients with Personality Disorders Dr. Sheng Wei Yang	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F HMB, Tseung Kwan O Hospital	Preventive Medicine and Anticipatory Care Dr. Ma Man Ki & Dr. Fung Wai Yee	Ms. Polly Tai / Ms Elise Haw Tel: 3949 3430 / 3949 3079
3:30 – 5:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Common Office Procedures in GP Dr. Fung Yat Wang Andrew	Mr. Alex Kwok Tel: 5569 6405
5:00 – 7:00 p.m.	(Video Conference) ZOOM	Principles of FM: Characteristics of a Family Practice Consultation Dr. Leung Ka Cheong Alex	Ms. Cherry Wong Tel: 2589 2342
13 May 2021 (Thu)			
4:00 – 6:00 p.m.	(Video Conference) Activities Room, 3/F, Yan Oi General Out-patient Clinic	Update Management of CV Disease with Cases Sharing - IHD, CVA & PVD Dr. Tsang Kam Wah & Dr. Ho Chung Yu	Ms. Eliza Chan Tel: 2468 6813
20 May 2021 (Thu)			
4:00 – 6:00 p.m.	(Video Conference) Activities Room, 3/F, Yan Oi General Out-patient Clinic	Approach to Dysmenorrhea Dr. Leung Lai Man & Dr. Sze Chung Fai	Ms. Eliza Chan Tel: 2468 6813
26 May 2021 (Wed)			
2:00 – 5:00 p.m.	(Video Conference) Seminar room, G/F, Block A, QEH, Rooms 7 & 19, 8/F, YMT GOPC, East Kowloon GOPC (new block 1/F Room 10) and Multifunction Room, Shun Tak Fraternal Association Leung Kau Kui GOPC	Environmental Hazards & Drug Poisoning Dr. Lam Hiu Ching Natasha & Dr. Joshua Ma	Ms. Emily Lau Tel: 3506 8610
2:30 – 5:00 p.m.	Rm 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Update, Management of Endocrine Disease with Cases Sharing - DM Dr. Lam Sze Yan	Ms. Eliza Chan Tel: 2468 6813
2:30 – 5:30 p.m.	Auditorium, G/F HMB, Tseung Kwan O Hospital	Pitfalls in Accident and Emergency Care Dr. Wong Chung Ming & Dr. Ma Ka Yee	Ms. Polly Tai / Ms Elise Haw Tel: 3949 3430 / 3949 3079
3:30 – 5:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Common Poisoning and Management Dr. Mak Ho Yin / Dr. Ge Shicong George	Mr. Alex Kwok Tel: 5569 6405
5:00 – 7:00 p.m.	Lecture room, 5/F, Tsan Yuk Hospital	Sexual Problems and Their Management Dr. Ng Man Lun	Ms. Cherry Wong Tel: 2589 2342
27 May 2021 (Thu)			
4:00 – 6:00 p.m.	(Video Conference) Activities Room, 3/F, Yan Oi General Out-patient Clinic	Community Resources for Screening and Preventive Care (Children) Dr. Li Shun Hoi & Dr. Ho Tsz Bun	Ms. Eliza Chan Tel: 2468 6813

COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 Apr	19	20 9:00 p.m. Board of Conjoint Exam Meeting	21 2:00 – 7:30 p.m. Structured Education Programme 7:00 – 9:00 p.m. Exit Exam Preparatory Workshop	22 4:00 – 6:00 p.m. Structured Education Programme 8:30 p.m. HKCFP Council Meeting	23	24 2:30 – 5:30 p.m. Assessment Enhancement Course
25	26	27	28 2:00 – 7:30 p.m. Structured Education Programme 7:30 – 8:30 p.m. Online CME Lecture	29 2:00 – 3:00 p.m. Online CME Lecture 4:00 – 6:00 p.m. Structured Education Programme	30 2:30 – 3:30 p.m. Video Session	1 May
2	3	4	5 2:00 – 7:30 p.m. Structured Education Programme	6 4:00 – 6:00 p.m. Structured Education Programme	7	8 2:00 – 4:00 p.m. Interest Group in Medical Humanities
9	10	11 2:00 – 3:00 p.m. Online CME Lecture	12 2:00 – 7:30 p.m. Structured Education Programme	13 4:00 – 6:00 p.m. Structured Education Programme	14	15 3:00 – 5:00 p.m. DFM Written Examination
16 DFM Clinical Examination	17	18 2:00 – 3:00 p.m. Online CME Lecture 8:30 p.m. HKCFP Council Meeting	19	20 4:00 – 6:00 p.m. Structured Education Programme	21	22 2:30 – 5:30 p.m. Assessment Enhancement Course
23	24	25	26 2:00 – 7:30 p.m. Structured Education Programme	27 4:00 – 6:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Exam Meeting	28 2:30 – 3:30 p.m. Video Session	29 2:00 – 6:00 p.m. APCLS Training Workshop
30 2:00 – 6:00 p.m. APCLS Training Workshop	31	1 Jun	2	3	4	5

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

FP LINKS EDITORIAL BOARD 2021



Back row (from left to right): Dr. Sin Ming Chuen, Dr. Chan Man Li, Dr. David Cheng, Dr. Sze Hon Ho, Dr. Ho Ka Ming, Dr. Fok Peter Anthony, Dr. Yip Tsz Hung, Dr. Alfred Kwong and Dr. Alvin Chan
2nd row (from left to right): Dr. Maria Leung, Dr. Heidi Fung, Dr. Cheuk Christina, Dr. Leung Lok Hang, Prof. Martin Wong and Dr. Tam John Hugh
Front row (from left to right): Dr. Law Tung Chi, Dr. Tsui Hiu Fa, Dr. Judy Cheng, Dr. Catherine Ng, Dr. Wendy Tsui, Dr. Natalie Yuen, Dr. Anita Fan and Dr. Natalie Siu

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The Hong Kong College of Family Physicians

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