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## Message from the President

The Colorectal Cancer Screening Programme (CRCSP) is being implemented by the Department of Health to subsidise asymptomatic Hong Kong residents aged between 50 and 75 to undergo screening tests in private sector for prevention of colorectal cancer. Patients go through the Faecal Immunochemical Test (FIT) screening test first, and if it is found positive, colonoscopy will be arranged with government subsidy. As Family Doctors are the initial contact points of patients for health-related issues, your advice is very important and indeed instrumental in moderating patient's perception and practice towards Colorectal Rectal Cancer (CRC) screening. Please encourage eligible people to join the CRCSP. If you are practising in non-public sector and have not yet enrolled as Primary Care Doctor (PCD) in providing the FIT screening service, you are cordially invited to do so at your earliest convenience. ([https://www.colonscreen.gov.hk/en/service/primary\\_care\\_doctor/before\\_enrollment.html](https://www.colonscreen.gov.hk/en/service/primary_care_doctor/before_enrollment.html))

According to official statistics, cannabis abuse is on the rise in Hong Kong. In order to enhance the knowledge of frontline medical practitioners on the harms and myths of cannabis abuse, the Narcotics Division of Security Bureau is organising a "Capacity Building Online Seminar on Cannabis Abuse" on Friday, 24 September 2021, from 2 pm to 5 pm. Speakers include academics, frontline practitioners of anti-drug service units and Government representatives, who will discuss and exchange views on various aspects of cannabis abuse. Case sharing by drug rehabilitees

who have successfully quit cannabis will be a special feature of the seminar. Please refer to more details per the usual dissemination channels.

This year marks the 50<sup>th</sup> Anniversary of the establishment of College of Family Physicians Singapore. The College of Family Physicians Singapore has made significant contributions to advance Family Medicine in Singapore through her mission to advance the Art and Science of medical practice. On behalf of the Hong Kong College of Family Physicians, I would like to send our warmest congratulations to A/Prof. Tan Tze Lee, President of the College of Family Physicians Singapore, and look forward to closer association and collaboration between our two Colleges in the years ahead.

In this month's Hong Kong Practitioner, we have got the full paper on our survey on family doctors' perception of the District Health Centre (DHC) in Hong Kong. As we have mentioned the gist of the survey previously, the survey found that most family doctors knew about what DHC was and considered it as an useful service for the public. However, increasing efforts in the engagement of private family doctors would be conducive to further enhance the coverage by the network medical practitioners, which would in turn benefit the patients in the community.

*(Continued on page 2)*



## Message from the President

(Continued from page 1)

After being postponed for a year due to the COVID-19 pandemic, the WONCA 2021 World Conference is going to be held fully online between 22–27 November 2021. (<https://wonca2021.com/>) The scientific programme will include three days of pre-conference workshops and three days of conference proceedings. Plenaries, special sessions, expert and breakout sessions will be accessible on-demand for all conference delegates even after completion of

the conference. Oral and Poster presentations will be available for viewing and interactions with the presenters can be done throughout the conference dates. Please mark your diaries and wish you a very enjoyable WONCA World Conference ahead.

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 applications for membership in **July - August 2021**:

### Associate Membership (New Applications)

Dr BUT Lucille Caitlin	畢 志 晴
Dr CHAN Ching Yiu, Cynthia	陳 菁 嬌
Dr CHAN Hue Yan, Stephanie	陳 曉 忻
Dr CHAN Ka Wai	陳 珈 慧
Dr CHAN Sin Hang, Crystal	陳 羨 珩
Dr CHEUNG Tsz Kei	張 芷 萁
Dr IP Wai Ting, Laren	葉 瑋 婷
Dr LAM Ka Wai	林 嘉 慧
Dr LAM Josephine Wai May	林 慧 美
Dr LEE Pak Lik	李 伯 力
Dr LEUNG Ka Man	梁 嘉 文
Dr LEUNG Ka Wing, Karen	梁 嘉 穎
Dr LEUNG Wai Chung	梁 慧 中
Dr NG Ka Wai	吳 家 威
Dr NG Wing Hin, Stephanie	吳 詠 軒
Dr POON Daniel	潘 朗 維
Dr TONG Yuk Ting, Lucy	唐 毓 婷
Dr TSE Flora Chin Ching	謝 展 晴
Dr WU Kit Wah	胡 潔 華
Dr YAN Dorcas	甄 多 嘉

### Transferral from Student Membership to Associate Membership

Dr CHEUNG Chun Lam	張 鎮 林
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Dr CHEUNG Ka Nam	張 嘉 楠
Dr LEE Ka Kei	李 嘉 琦
Dr SO Man Ying	蘇 敏 璦
Dr TONG Hiu Tung	唐 曉 彤
Dr YEUNG Chin Fung	楊 展 峯

### Student Membership (New Applications)

Mr CHAN Pak Wing	陳 柏 榮
Mr CHIU Shing Hei	招 承 禧
Mr LAM Gin Hou, Alan	林 鍵 浩
Miss TSANG Cheuk Ning	曾 卓 寧

### Expiration of Student Membership

Mr AU Hin Fung	區 憲 楓
Miss CHAN Man Sum, Sally	陳 旻 琛
Miss CHEUNG Shun Ting	張 舜 婷
Miss CHEUNG Sze Yui	章 詩 銳
Miss CHIK Wing Man	戚 詠 雯
Mr CHU Hoi Kuen	朱 凱 權
Miss DIDIK Tiffany	吳 婉 詩
Miss LAM Tin Kei	林 天 淇
Mr LAU Wai Hin	劉 瑋 軒
Miss LI Sze Wai	李 詩 慧
Miss TANG Sik Wun	鄧 式 媛
Miss TSE Lok Yan, Corinna	謝 諾 欣
Miss YIU On Lap	姚 安 立

## HKCFP Council Meeting Attendance Summary 2020 / 2021

Council Members		Position	Term	2021 <i>(Dec 2020 - Aug 2021)</i>	2020 <i>(Dec 2019 - Nov 2020)</i>
1	Dr. David VK CHAO	President	Dec 2020-Dec 2022	8/8	11/11
2	Dr. LAU Ho Lim	Vice-President (General Affairs)	Dec 2019-Dec 2021	7/8	11/11
3	Dr. Cecilia YM FAN	Vice-President (Education and Examinations)	Dec 2020-Dec 2022	8/8	8/11
4	Dr. Billy CF CHIU	Honorary Treasurer	Dec 2020-Dec 2022	7/8	11/11
5	Dr. William CW WONG	Honorary Secretary	Dec 2020-Dec 2022	6/8	11/11
6	Dr. Angus MW CHAN	Immediate Past President	Dec 2020-Dec 2022	7/8	11/11
7	Dr. AU Chi Lap	Member	Dec 2020-Dec 2023	8/8	9/11
8	Dr. Edmond CW CHAN	Member	Dec 2019-Dec 2022	8/8	10/11
9	Dr. Alvin CY CHAN	Member	Dec 2019-Dec 2022	8/8	11/11
10	Dr. CHAN Hung Chiu	Member	Dec 2019-Dec 2022	8/8	11/11
11	Dr. CHAN King Hong	Member	Dec 2020-Dec 2023	5/8	9/11
12	Dr. HO Ka Ming	Member	Dec 2018-Dec 2021	8/8	10/11
13	Dr. Eric MT HUI	Member	Dec 2018-Dec 2021	5/8	8/11
14	Dr. KO Wai Kit	Member	Dec 2018-Dec 2021	8/8	11/11
15	Dr. Mary BL KWONG	Member	Dec 2019-Dec 2022	7/8	10/11
16	Dr. Maria KW LEUNG	Member	Dec 2018-Dec 2021	8/8	10/11
17	Dr. LI Yim Chu	Member	Dec 2018-Dec 2021	7/8	10/11
18	Dr. Matthew MH LUK	Member	Dec 2018-Dec 2021	8/8	11/11
19	Dr. Lorna V NG	Member	Dec 2020-Dec 2023	7/8	9/11
20	Dr. NGAN Po Lun	Member	Dec 2020-Dec 2023	8/8	10/11
21	Dr. Wendy WS TSUI	Member	Dec 2019-Dec 2022	7/8	10/11
22	Dr. Marcus MS WONG	Member	Dec 2019-Dec 2022	7/8	9/11
23	Prof. Samuel YS WONG	Member	Dec 2020-Dec 2023	7/8	8/11
24	Dr. YIU Yuk Kwan	Member	Dec 2020-Dec 2023	7/8	8/11
25	Dr. Esther YT YU	Member	Dec 2019-Dec 2022	8/8	11/11

## The 33<sup>rd</sup> and 34<sup>th</sup> Hong Kong College of Family Physicians Conferment Ceremony and the 31<sup>st</sup> Dr. Sun Yat Sen Oration, 1<sup>st</sup> August 2021

### Dr. Ko Wai Kit, Welchie

Chairman, Internal Affairs Committee, HKCFP

This year, with all the infection control measures in place and the availability of vaccines, the 33<sup>rd</sup> and 34<sup>th</sup> Fellowship Conferment Ceremony of the Hong Kong College of Family Physicians (HKCFP) and the 31<sup>st</sup> Dr. Sun Yat Sen Oration was successfully held on the 1st August 2021 Sunday at the Hong Kong Academy of Medicine Building in Wong Chuk Hang, accommodating new Fellows, successful candidates and awardees of 2020 and those of 2021 together.

As one of the most important events of the College, we were honoured by the presence of government officials, representatives from universities, overseas sister colleges from overseas, the Hong Kong Academy of Medicine and local specialty colleges for their participation in celebrating the joyful successes of our Conjoint Fellows and our successful candidates in Exit Examination and Diploma in Family Medicine (DFM) in this auspicious occasion.

The ceremony was officially opened by Our College President, Dr. David Chao, after the introduction of the Official Platform Party by our Public Orator, Dr. Maria Leung. Although Dr. Karen Price, President of the Royal Australian College of General Practitioners (RACGP) could not join us in person for the ceremony due to travel restrictions, she joined the ceremony online to represent our Australian sister college to give a welcome speech and to confer the new Fellows of RACGP.

The Honorary Fellowships of the HKCFP went to Dr. Mark Miller and Dr. Ruby Lee for their tremendous support and contribution towards the development of primary care over the years. This year, there were 46 doctors conferred as HKCFP Fellows and RACGP Fellows, and 33 and 39 doctors awarded the Exit Examination Certificate and Diploma in Family Medicine correspondingly. Congratulations and a warm welcome to you all again for joining our family as fellows and specialists in Family Medicine. Various awards were also presented on stage. The ceremony was concluded by Dr. Mark Miller, the Honorary Fellow of HKCFP and also the Chair of RACGP International, delivering the inspiring 31<sup>st</sup> Dr. Sun Yat Sen Oration titled, "The Golden Journey" remotely.

This could not have happened without the most efficient secretariat support led by Ms. Erica So, especially Ms. Teresa Liu and Ms. Windy Lau and a tremendous helpers' team to ensure the smooth running of the occasion, including the Coordinator, Dr. Edmond Chan; the Marshalling Officers, Dr. David Cheng, Dr. Peter Anthony Fok, Dr. Desmond Ho and Dr. Kwan Yu; the Ushers, Dr. Stephen Chou, Dr. Kinson Lau and Dr. Leung Lok Hang. We would like to thank all new fellows, diplomates, awardees and College officials to stay behind for the group photo taking session after the ceremony.

Last but not least, this year, owing to the social distancing measures, we have to limit the number of guests for the ceremony. Families & friends of new graduates were cheering and witnessing their loved ones receiving their honors on this very special occasion from the screens of the auditorium and theatre. I would like to take this opportunity to thank all the guests once again for their cooperation and understanding in observing all infection control measures.



Dr. Lau Ho Lim, Dr. David Chao, Dr. Donald Li, Dr. Chan Hung Chiu, Prof. Joseph Lau and Dr. Stephen Foo (from left to right)



Dr. Angus Chan, Prof. Hung Chi Tim and Dr. David Chao (from left to right)





Prof. Samuel Wong, Prof. Gilberto Leung, Prof. Joseph Lau and Dr. Angus Chan (from left to right)



Prof. Cheung Chi Wai, Dr. Libby Lee and Prof. Philip Li (from left to right)



Dr. Victor Abdullah, Prof. Clement Tham, Dr. Michael Chan, Dr. Chan Hung Chiu, Prof. Joseph Lau, Dr. David Chao, Prof. Sophia Chan, Dr. Donald Li, Prof. Gabriel Leung, Dr. Ruby Lee, Dr. Cecilia Fan, Prof. Gilberto Leung and Prof. Hung Chi Tim (from left to right)



Dr. Ruby Lee, Dr. Cecilia Fan and Dr. Stephen Foo (from left to right)



Dr. Roger Ng (left) and Dr. Li Yim Chu (right)



Dr. David Chao (left) with Prof. Cindy Lam (right)



Platform guests and Council members taking a group photo



# PHOTO GALLERY



The Marshalling Officers, Dr. Peter Anthony Fok (right) and Dr. David Cheng (left) leading the Officiating Procession into the hall



Group photo of platform guests on stage



Dr. David Chao delivering the welcoming speech on behalf of HKCFP



Dr. Karen Price, President of RACGP delivering the welcoming speech remotely



Dr. Mark Miller receiving the Honorary Fellowship 2020 and delivering the 31<sup>st</sup> Dr. Sun Yat Sen Oration remotely



Dr. Ruby Lee (right) receiving the HKCFP Honorary Fellowship 2021 from Dr. David Chao (left)



Dr. Chung Ka Chun (left) receiving the Dr. Peter C. Y. Lee Best Candidate Award in Fellowship Examination 2019 from Dr. David Chao (right)



Dr. Ng Kai Man (left) receiving the Dr. Peter C. Y. Lee Best Candidate Award in Fellowship Examination 2020 from Dr. David Chao (right)



Dr. Chui Winnie Wan Ying (left) receiving the Outstanding Candidate Award in Exit Examination 2020 from Dr. David Chao (right)



Dr. Lee Shek Hang (left) receiving the Outstanding Candidate Award in Exit Examination 2021 from Dr. David Chao (right)



Dr. Wan Yuk Fai (left) receiving the Best Research Award 2019 from Dr. David Chao (right)





Dr. Esther Yu (left) receiving the Best Research Award 2020 from Dr. David Chao (right)



Dr. Yau King Sun (left) receiving the Best Trainee Research Award 2020 from Dr. David Chao (right)



Dr. Chan Kiu Pak (left) receiving the Research Fellowship Award 2020 from Dr. David Chao (right)



Dr. Jiao Fangfang (left) receiving the Research Fellowship Award 2021 from Dr. David Chao (right)



Council members and platform guests taking a group photo with 33<sup>rd</sup> new HKCFP & RACGP Fellows



Council members and platform guests taking a group photo with 34<sup>th</sup> new HKCFP & RACGP Fellows



Council members and platform guests taking a group photo with successful Exit Examination 2020 candidates



Council members and platform guests taking a group photo with successful Exit Examination 2021 candidates



Council members and platform guests taking a group photo with DFM 2019/20 & 2020/21 diplomates



Dr. David Chao taking a group photo with Conferment helpers  
From left to right: Dr. Stephen Chou, Dr. Kwan Yu, Dr. Edmond Chan, Dr. David Chao, Dr. Welchie Ko, Dr. Maria Leung, Dr. David Cheng and Dr. Leung Lok Hang

## Board of Vocational Training and Standards News

### Basic Training Introductory Seminar

A Basic Training Introductory Seminar will be held in October 2021 for all newly enrolled basic trainees, existing trainees and clinical supervisors. The seminar is designed to help basic trainees and supervisors to understand and get more information of our training programme.

Details of the seminar are as follows:

Speakers	:	Dr. Fok Peter Anthony (Chairman of Basic Training Subcommittee) Dr. Yiu Yuk Kwan (Chairman of Board of Vocational Training and Standards)
Date	:	7 October 2021 (Thursday)
Time	:	7:00 p.m.
Venue	:	802, 8/F Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai

In case of the escalating situation of COVID-19, the seminar would be rescheduled or changed to online platform. Further announcement will be made in due course. In order to facilitate the administration arrangement on social distancing measures in consideration of the COVID-19 pandemic, registration is REQUIRED. For registration, please fill up the form via scanning the QR code below:

For any inquiry, please contact Ms. Kathy Lai at 2871 8899 or email:  
[BVTShkcfp.org.hk](mailto:BVTShkcfp.org.hk)



Basic Training Subcommittee,  
Board of Vocational Training & Standards

## Meeting Highlights

### Online Mental Health Seminar on 7 August 2021

Dr. Wong Tsz Kau, Carl, a Family Physician, delivered a lecture on "The Family Doctor and the Existential World" and Dr. Chan Suen Ho, Mark, General Practitioner and Coordinator of the Mental Health Interest Group, delivered a lecture on "The Gift of Therapy by Irvin Yalom: Practical Counselling Teaching from the Master".



Dr. Chan Suen Ho, Mark (left, Moderator) presenting a souvenir to Dr. Wong Tsz Kau, Carl (right, Speaker).

### Certificate Course in Ophthalmology for Primary Care Doctors 2021

The 1<sup>st</sup> session of Certificate Course in Ophthalmology for Primary Care Doctors 2021 was held on 22 August 2021. Dr. Shaheeda MOHAMED, Specialist in Ophthalmology, delivered a lecture on "Instruments and Recent Advances for Fundal Examination & Optic Disc".



Dr. Chan Chung Yuk, Alvin (right, Moderator) presenting a souvenir to Dr. Shaheeda MOHAMED (left, Speaker).

### Online Seminar on 25 August 2021

We would like to thank Dr. Ginni Mansberg, General Practitioner, Australia, for delivering a lecture on "Importance of Pertussis Prevention during the Flu Season".



Dr. Ginni Mansberg (left, Speaker) and Dr. Au Yeung Shiu Hing (right, Moderator)





# RTC

## Refresher Training Course for Exit Examiners 2021

Organized by Specialty Board

(For Exam Observers, Trainee Examiners & Examiners of Exit Exam)

(Trainee Examiners & Exam Observers need to possess certificate of Refresher Training Course before promotion as Examiners)

### 4 sessions

Dates	Segments	Panel Speakers led by:
2 December 2021 (Thu)	Practice Assessment ( <i>Hybrid</i> )	<b>Dr. Luk Kam Hung</b> (Coordinator, Practice Assessment)
7 December 2021 (Tue)	Consultation Skills Assessment <sup>#</sup> ( <i>Hybrid</i> )	<b>Dr. Wang Hua Li, Jenny</b> (Coordinator, Consultation Skills Assessment)
10 December 2021 (Fri)	Clinical Audit ( <i>by ZOOM</i> )	<b>Dr. Kwong Siu Kei, Alfred</b> (Coordinator, Clinical Audit)
14 December 2021 (Tue)	Research ( <i>by ZOOM</i> )	<b>Prof. Wong Chi Sang, Martin</b> (Coordinator, Research)

<sup>#</sup> Participants of CSA Refresher Training Course would be required to attend a video viewing session for completing the pre-course assignment on either 2 or 7 December 6:15 - 7:00 p.m.

**Time : 7:00 – 9:00p.m.**

**Venue : HKAM Jockey Club Building,  
99 Wong Chuk Hang Road, Hong Kong**

### Highlights of our course:

- Overview on the Exit Exam Segments and interactive discussions
- Concentrate on reaching consensus on the required standard of marking the exam
- CME: 2 points for each session (Cat 4.4) and max. 8 points for whole course
- CPD: Up to 2 CPD points will be awarded, depending on achievement made in the pre & post- course assessment
- Invitation to mark in the coming Exit Examination
- Privilege to receive course materials and free admission to the subsequent years of Refresher Training Courses

### Certificate of attendance:

- Awarded for 75% or more attendance of the whole course (i.e. 3 sessions)

### Course fees:

HK\$1,000 for whole course (4 sessions)

HK\$500 for single session

[Course fee reimbursable upon 100% attendance of the whole course / registered session(s)]



## APPLICATION DEADLINE 5 November 2021

For enquiry, please contact the secretariat,  
Ms. Alky YU or Mr. John MA at 2871 8899 or email to [exit@hkcfp.org.hk](mailto:exit@hkcfp.org.hk)

Enrolment &  
Learn more



## Specialty Board News

### 2022 Full Exit Examination of Vocational Training in Family Medicine

The Specialty Board is pleased to announce the following information on the 2022 Full Examination of Vocational Training in Family Medicine.

#### ELIGIBILITY AND REQUIREMENT

Applicants must fulfill the following criteria:

- Full or limited registration with the Hong Kong Medical Council
- Being active Fellows, or Members (Full or Associate) of the Hong Kong College of Family Physicians (HKCFP)
- Fulfill the CME / CPD requirements under HKCFP Quality Assurance Programme in the preceding year
- Have a qualification in family medicine / general practice; which is recognized by the HKCFP and the Hong Kong Academy of Medicine (HKAM)
- Had completed higher training in Family Medicine; **OR expected to do so by February 28, 2022**; as certified/ approved by the Board of Vocational Training and Standards (BVTs), HKCFP

The relevant approval may take up to two months, therefore applicants are recommended to apply early to BVTs for

✦ Certification of completion of higher training **OR**

✦ Recommendation to sit for Exit Examination 2022

- Active in clinical practice and able to meet the requirements of individual Exit Examination segments:

✦ Clinical Audit: the starting date must be within 3 years before the exam application deadline

✦ Research: the date of ethics approval must be within 3 years before the exam application deadline

✦ Practice Assessment: submit valid Practice Management Package (PMP) report

- From Full Exit Examination 2019 onwards, candidates must have presented their Research or Clinical Audit proposals or completed studies at the Research & Clinical Audit Forum before the application deadline of Exit Examination

Eligibility to enroll in Exit Examination is subject to the final approval of the Specialty Board, HKCFP. Application will be processed only if all the required documents are submitted with the examination application form.

#### IMPORTANT DATES

##### First-attempt candidate:

Deadline of Exit Examination application:	<b>2 November 2021</b>
Collection period for Attachment 12 and 13 (Practice Assessment)	<b>16 September to 31 October 2021 Inclusive</b>
Deadline of Clinical Audit Report / Research Report submission	<b>3 January 2022</b>
Examination periods for Practice Assessment and Consultation Skills Assessment	<b>Period A : 1 December 2021 to 31 January 2022</b> <b>Period B : 1 February 2022 to 31 March 2022</b>

##### Re-attempt candidate:

Deadline of Exit Examination application:	<b>1 December 2021</b>
Collection period for Attachment 12 and 13 (Practice Assessment)	<b>20 October to 30 November 2021 Inclusive</b>
Deadline of Clinical Audit Report / Research Report submission	<b>3 January 2022</b>
Examination periods for Practice Assessment and Consultation Skills Assessment	<b>Period B : 1 February 2022 to 31 March 2022</b>

#### APPLICATION & EXAMINATION FEES

Application forms are available from the College Secretariat, HKCFP or can be downloaded at the College website: [http://www.hkcfp.org.hk/pages\\_6\\_88.html](http://www.hkcfp.org.hk/pages_6_88.html)

The following documents are required when submitting the application:

- A copy of the certificate of completion of higher training, **OR** recommendation letter to sit for 2022 Exit Examination, from BVTs, HKCFP



2. A cheque of the appropriate fee made payable to **"HKCFP Education Ltd."**, and
3. For Practice Assessment Segment (please also refer to the subsequent section of this guideline):
  - i. **FOUR COPIES** of the all required attachments (Attachment 1 to 13); and
  - ii. ONE PMP Report on or before **1 November 2021 (First-attempt candidate) / 1 December 2021 (for the re-attempt candidate who has changed the practice location)**

Completed Application Form and the required documents should be returned to the following address:

**The Specialty Board, HKCFP, Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, HK**

Candidates are recommended to submit the application early. Late applications will not be accepted.

#### Examination fees

Administrative fee	\$9000
Clinical Audit	\$7000
Research	\$7000
Practice Assessment	\$9500
Consultation Skill Assessment	\$9500

A cheque of the appropriate fee made payable to **"HKCFP Education Ltd."** should be enclosed with the application.

**All fees paid are neither refundable nor transferable.**

Incomplete or ineligible applications will be rejected. An administration fee of HK\$500 will be charged for these unsuccessful applications.

## ELIGIBILITY AND REQUIREMENT

Candidates should be aware that passing the Exit Examination does not equate to election to Fellowship of the Hong Kong Academy of Medicine. Please refer to the Hong Kong Academy of Medicine Fellowship Handbook or consult the Specialty Board, HKCFP on the criteria for election to Fellowship of the Hong Kong Academy of Medicine (Family Medicine).

## FORMAT AND CONTENTS

Exit Examination consists of three segments. **Candidates are required to take all the three segments at their first attempt of the Exit Examination. Non-compliance is subject to disqualification.**

Candidate can choose to attempt either Clinical Audit or Research segment.

- + **Clinical Audit:** assesses the candidate's knowledge, skills and attitudes in critical appraisal of information, self-audit, quality assurance and continuous professional improvement

**OR**

- + **Research:** assesses the candidate's ability to conduct a research project which includes: performing a literature search and defining a research question, selecting the most appropriate methodology to answer the research question, performing appropriate analysis and interpreting the results with a discussion and conclusion

**AND**

- + **Practice Assessment:** assesses the candidate's knowledge, application of skills and ability to organize and manage an independent family medicine practice

**AND**

- + **Consultation Skills Assessment:** assesses the candidate's knowledge, skills and attitude in communication, problem solving, working with families and management in different types of family medicine consultations

Detailed guidelines and application form are now available on our College website <http://www.hkcfp.org.hk/>

Should you have any enquiries, please contact our College Secretaries Ms. Alky YU or Mr John MA by email to [exit@hkcfp.org.hk](mailto:exit@hkcfp.org.hk).

Yours Sincerely,

Dr. Wendy Tsui  
Chairlady, Specialty Board

## New normal during COVID-19

Dr. Liu Wing Yee, Natasha

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

It has already been more than one year since COVID-19 struck the world with a hundred million of confirmed cases. People all over the world have started to live with the “new normal” with social distancing and changes in economic activities. Despite being a frontline medical staff, I have to confess that at the beginning of the pandemic, I hoped to stay as far away from COVID-19 as possible, due to fear and uncertainty. In 2020, I was having hospital-based training. Looking back, it has been a privilege for me to see and experience how the pandemic affected different specialties.

I still remember the first confirmed case that I encountered in GOPC back in March 2020, soon after WHO declared the outbreak a pandemic on 11th March 2020. The patient presented with mild upper respiratory tract symptoms after travelling to several countries. Because those countries were not yet defined as high-risk areas at that time, he was not identified at the triage station. I saw him in an ordinary consultation room and was only wearing a surgical mask with no other PPE. I ordered deep throat saliva test and discharged him back home. I only learnt that he was confirmed with COVID-19 on the next day. Although both the patient and I wore surgical masks during the consultation, learning that he was confirmed with COVID-19 has induced significant anxiety among my family. As the pandemic progressed, the criteria for quarantine and compulsory admission were tightened, and these groups of patients were rarely seen in GOPC.

During my rotation in Paediatrics, I had the opportunity to work in the isolation ward. Working in the isolation ward was different from GOPC as we already know those patients were confirmed cases. and staff would always gown up in full PPE. It has been a unique experience as children are quite different from the adult population. During case admission, a doctor and a nurse would enter the isolation room to perform initial assessment. History would be taken from the parent over the phone. During daily ward rounds, doctor would first call the patients to ask about their condition, and then enter the isolation room to examine them. The team would also call the parents daily to update the children's condition. Because children and adolescents with COVID-19 mostly have mild symptoms,

psychological support was much more important than medical treatment for this population.

The first confirmed case that I admitted was a 5-year-old boy who was accompanied by his mother's friend. His mother (single mother) was confirmed with COVID-19 the day before and was admitted to AWE separately. Our team was gowned up in full PPE to wait for him at the ward entrance. I could not forget how his face turned green the moment the door opened, when he saw a group of medical staff in full PPE waiting for him behind the door. I tried my best to comfort him, and he had been very cooperative and well-behaved during his stay.

I was impressed by another 10-year-old girl who was admitted alone. Her whole family, including parents, siblings and grandparents were all confirmed with COVID-19 and were separately admitted to different hospitals across Hong Kong. During ward round on one day, I asked if she had any complaints, and I was expecting her to report physical symptoms. Instead, she surprised me by telling me she was afraid of ghosts in her toilet, which made her sleepless the night before. I just realised then that she had never slept alone. It would be impossible to imagine the psychological impact on this 10-year-old, being away from her family and isolated alone in an unfamiliar environment. After reassurance and encouragement, she was able to sleep well with the toilet lights on. I was glad to see her becoming more independent throughout her hospital stay.



Isolation ward



The most valuable learning experience while working in the Paediatric isolation ward was communication with patients and parents. As doctors could not enter the isolation room too frequently, the interaction with patient largely depended on telephone conversations. And because parents were not allowed to visit their children, it was understandable that parents must be very concerned about their children's condition. Hence it was vital for the medical team to address the psychological stress of both the patients and their parents.

Although we contacted the parents daily to update patient's condition, I still felt rather disconnected with them as we never saw each other's faces. On the bright side, this provided an opportunity for me to practise communication skills.

During the COVID-19 pandemic, telemedicine emerged to become a more frequently used modality for patient encounters, especially in foreign countries where access to medical help is more difficult. I believe in the future, telemedicine will eventually take over physical consultation for selected groups of patients. For example, it may be utilised for some dermatology patients, or for other cases which are less dependent on in-person physical examination. Nonetheless, telemedicine could never fully replace actual physical consultations. During my psychiatric rotation, telemedicine was used for follow-up of some stable patients who were under custody. Despite technological advancement with good quality of audio and visual display, there were still significant limitations of telemedicine. The most obvious one being difficulty in emotional connection, especially for some psychiatric patients who are unable to cooperate to look at the camera or respond appropriately to our questions. Telemedicine also makes it more difficult for doctors and patients to interpret each other's body language clues. If telemedicine were to be implemented in primary care, I believe stable chronic disease patients would be appropriate candidates, with the exclusion of advanced age elderly. It would still be preferable to see patients with episodic complaints in-person, to facilitate physical examination and rapport building.

COVID-19 has indeed changed the interaction and relationship between doctors and patients. In some specialty clinics that I attended, the patient's chair was placed far away from the doctor; or patients were blocked by a big piece of acrylic "wall" from the doctor. Medical



Telemedicine



Protective board

staff have subconsciously become less willing to have contact with patients, due to uncertainties about their contact history. Similarly, many patients are reluctant to return for follow up, or refuse to take off their surgical mask for examination. One of my colleagues have shared an experience that a patient felt annoyed when the doctor tried to touch the patient's mobile phone just to scroll down to see his home blood pressure record - the patient immediately disinfected his phone with an alcohol pad.

Life is definitely different during the COVID-19 pandemic. While humans are adapting to the "new normal" of living, only time will tell if we will win the battle or we will have to coexist with the disease.

## Readiness to Address Social Determinants of Health among Family Doctors in Hong Kong – Report of a Pilot Survey

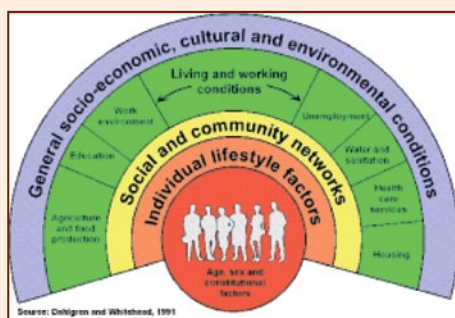
Dr. Paul POON<sup>1</sup>, Ms Angel CHAN<sup>2</sup>, Mr. Dennis LEE<sup>2</sup>

1. Jockey Club School of Public Health and Primary Care (JCSPHPC), The Chinese University of Hong Kong (CUHK)

2. InnovAGE Team, Christian Family Service Centre (CFSC)

### Background and Objective

Primary healthcare (PHC) is the cornerstone of our healthcare system. Up to 80% of health problems can be managed at PHC<sup>1</sup> without resorting to the more costly emergency or secondary care. One of the major pillars of a robust PHC network, supporting the delivery of person-centred care, is its readiness in addressing the wider and interlinking determinants of health or Social Determinants of Health (SDOH). SDOH are, in addition to individual factors in the core of the famous Dahlgren-Whitehead rainbow model, considered root causes of ill-health.



Family doctors are key players of our PHC and are well-trained in managing physical and psychosocial aspects of health. Therefore, we conducted a pilot **survey among family doctors on their perception, readiness, and current practice of addressing SDOH in local PHC context** with a view to gathering preliminary data and informing further studies or actions. The ultimate goal is to provide evidence for a better PHC delivery model and for better health of our community.

### Methods

JCSPHPC of CUHK and CFSC (a local NGO) jointly designed and disseminated an online questionnaire in March to May 2021 to members and fellows of the Hong Kong College of Family Physicians. Consents were obtained from respondents. The study has been approved by the Survey and Behavioral Research Ethics Committee of CUHK.

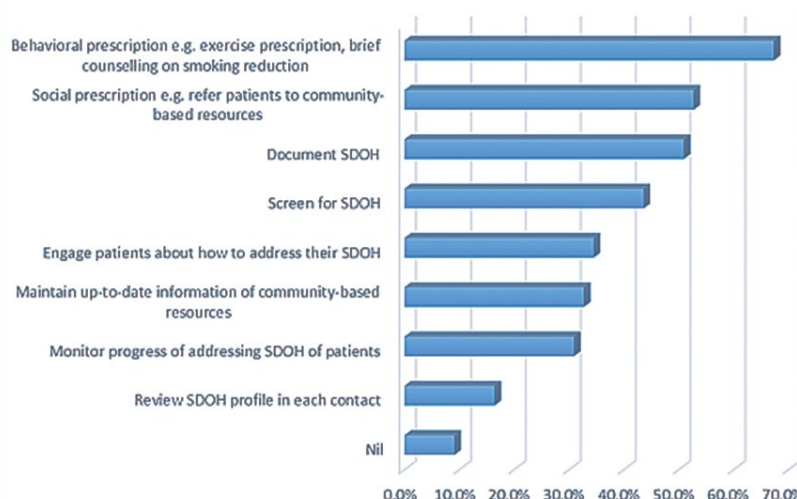
### Results

We collected 55 completed questionnaires. 69.1% of the respondents were male and 60.0% were in the age group 35-54. 58.2% were in private sector, and the mean number of years of practice was 23. The commonest practice size was 3 and mean consultation time for each patient was 11 minutes.

Regarding **benefits of addressing SDOH in their practices**, “addressing the root causes of illness” (89.0%), “improving patients’ health outcome” (89.0%), “enhancing patient satisfaction” (81.8%), and “improving patient-doctor relationship” (81.8%) were the commonly recognised benefits. Additional benefits mentioned by respondents in free texts included “helping patient’s family or caregivers understand the causes of illnesses”, “empowering the patient to take responsibility for own health”, and “reducing total health expenditure in the long term”.

Regarding **current practice of addressing SDOH**, the commonest way was via behavioral prescription (e.g. exercise prescription, brief counselling on smoking reduction) (67.3%). Reviewing SDOH profile in each patient contact (16.4%) and monitoring progress of addressing SDOH (30.9%) were less commonly adopted. 9.1% reported “nil” relevant practice. (Figure 1)

**Fig. 1. In what ways does your practice currently help address patient’s SDOH? (Can choose more than one option)**



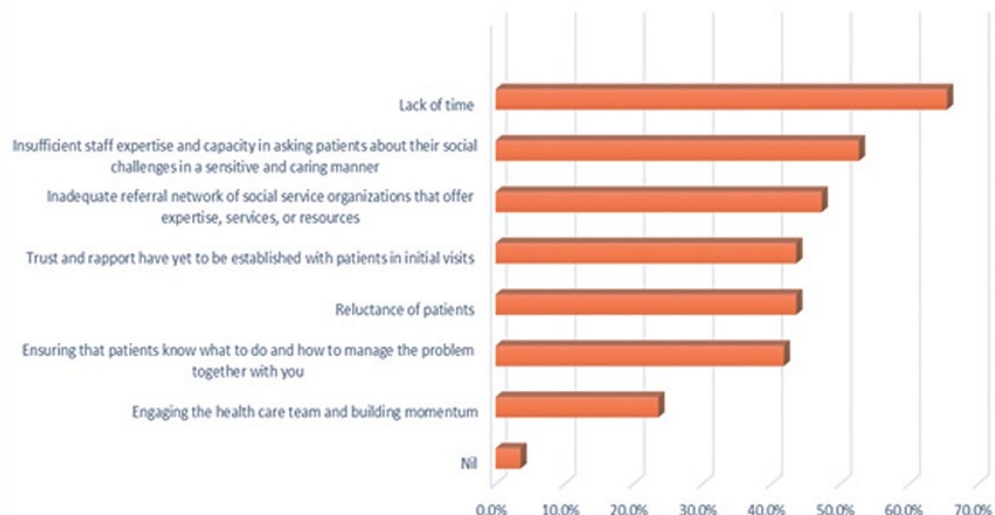


Of note, regarding **systems in place to ensure SDOH were addressed at patient visits**, 27.3% of respondents replied none. For those reported having a system, 32.7% used prompts in the EHR system and 21.8% used flags or stickers on paper patient records.

Regarding existing or anticipated challenges in identifying and addressing patients' SDOH in practice, "lack of time" (65.5%) was the commonest response followed by "insufficient staff expertise and capacity" (52.7%). Besides, it is noteworthy that 43.6% of respondents reported "reluctance of patients" as a hurdle. (Figure 2)

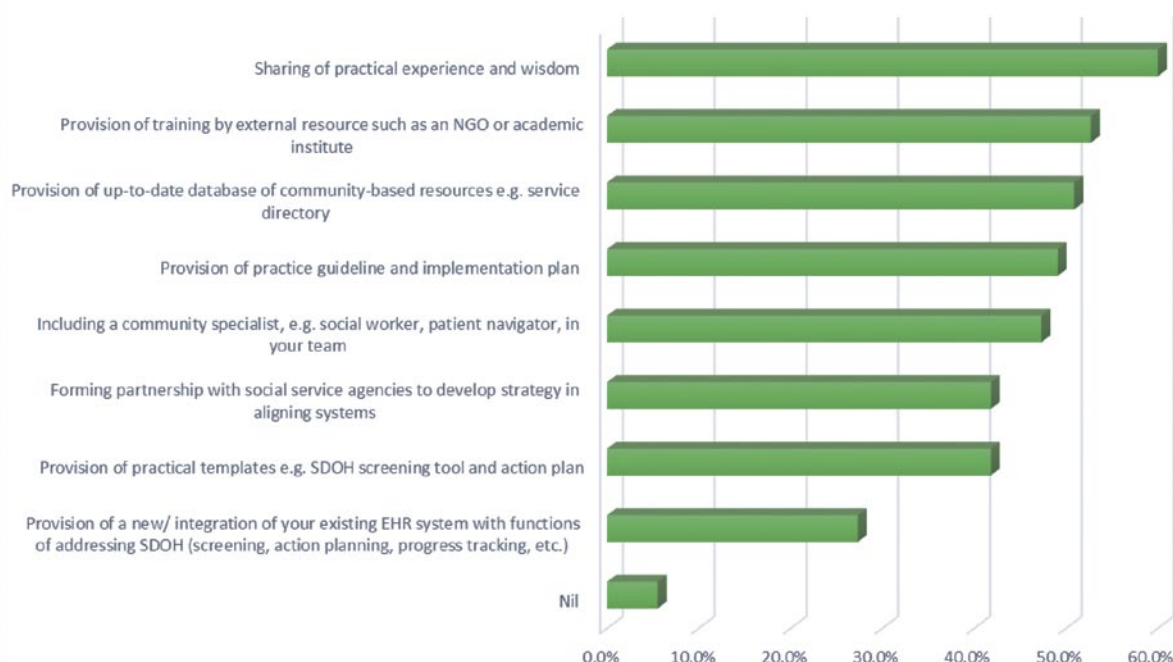
Regarding **facilitators for starting or doing differently to address SDOH**, over half of the respondents considered "sharing of practical experience and wisdom" (60.0%) and "provision of training by external resource" (52.7%) as facilitators. (Figure 3)

**Fig. 2. What are some of the existing/ anticipated challenges you and your practice team face/ will face in identifying and addressing patients' SDOH? (Can choose more than one option)**

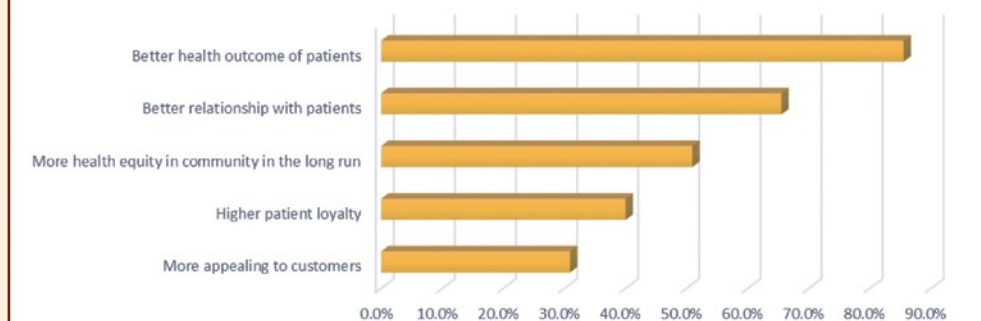


Regarding **expected outcomes when SDOH of patients are fully addressed in their practice**, most respondents (85.5%) believed that there would be "better health outcome of patients" followed by "better relationship with patients" (65.5%), and "more health equity in community in the long run" (50.9%). Making own practice more appealing to customers (30.9%) was a less common expected outcome. (Figure 4)

**Fig. 3. What will facilitate you to consider to start/ do differently in addressing SDOH in your practice? (Can choose more than one option)**



**Fig. 4. Imagine that your practice is successfully doing everything possible to help address SDOH. What would that look like? (Can choose more than one option)**



## Discussion

Most respondents recognized the benefits of addressing SDOH of patients in their practice that largely align with the Triple Aims put forward by the Institute for Healthcare Improvement i.e. better care experience, better health outcome, and better cost-effectiveness of healthcare provision<sup>2</sup>. In fact, most of them have been addressing SDOH of their patients by certain means. However, a significant proportion (27.3%) of respondents did not have a system in place. The lack of a systematic approach might result in concerns on equitable care (SDOH are only addressed in a portion of patients) and continuous care (SDOH are not addressed at each visit). Barriers or challenges to address SDOH of patients could be broadly categorized into operational factors (e.g. lack of time and staff capacity) and patient factors (e.g. reluctance and lack of rapport). Meanwhile, it is noteworthy that the reported average consultation time for each patient was 11 minutes, which was not short indeed or can even be regarded as “luxurious” as compared with situation in the public sector. A systematic approach in addressing SDOH would increase quality and ensure efficient use of consultation time in each visit. More time may also be spared for rapport building. External support, for instance, service enhancement via wisdom sharing and professional training, provision of instrument including practice guidelines and resource directory, were deemed helpful by practitioners. Strategic partnership with social service agencies as well as placement of community specialists at the practice environment may catalyze the uptake of practice or improve efficiency in addressing SDOH in PHC.

Furthermore, the clinical, community and policy level implications of successfully addressed SDOH of patients in PHC were acknowledged by family doctors. Incentives of change-making in daily clinical practice could be multiple including practice-wise reward (increased patient loyalty), public good (better population health outcome), upholding of societal value (reduced health inequality) and effective

use of resources (reduced healthcare expenditure). These co-benefits from multiple perspectives should facilitate the advocacy of SDOH addressing practice or system by both bottom-up and top-down approaches. To take this forward, a possible next step could be the formulation of a model of addressing SDOH in PHC practice environment, which is evidence-based and evaluable, with collaboration between frontline PHC doctors, academia, and NGO, aspiring to a robust PHC network capable of addressing SDOH in the long run.

**For further information, provision of valuable comments, or intention of collaboration, please feel free to reach us at [angel\\_chan@cfsc.org.hk](mailto:angel_chan@cfsc.org.hk) or [dennis\\_lee@cfsc.org.hk](mailto:dennis_lee@cfsc.org.hk).**

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## Could statin help reduce the risk of severe COVID-19?

Patients with cardiovascular (CV) disease or risk factors such as diabetes mellitus and hypertension are at increased risk of severe COVID-19, requiring admission to intensive care units as a result of acute respiratory distress syndrome (ARDS), myocardial injury and thrombotic complications. The anti-inflammatory and antithrombotic properties of statin could make them an attractive agent for treating COVID-19, but the clinical outcomes remain unclear.

One meta-analysis showed no significant decrease in either in-hospital mortality or COVID-19 severity among statin users compared with non-users after univariate comparisons.<sup>1</sup> Yet, another meta-analysis demonstrated that statin therapy was associated with an about 35% reduction in the adjusted risk of mortality in hospitalized COVID-19 patients.<sup>2</sup>

### What are the possible beneficial effects of statin on COVID-19 infection?

A history of myocardial infarction and congestive heart failure is associated with a higher risk of mortality from COVID-19. The potential cardioprotective effects of statin may prevent myocardial injury and detrimental CV events among these patients.<sup>1,2</sup>

Secondly, statins exert a wide range of beneficial pleiotropic effects, including modulating the immune response at various levels, improving endothelial function, and decreasing oxidative stress and inflammation.<sup>1,2</sup>

Thirdly, statins may be associated with less serious infections and enhanced outcomes in patients with viral infections. Previous studies prior to the COVID-19 pandemic had already reported statin exerted favourable effects on the outcome of severe pulmonary infection, especially if hyper-inflammatory phenotype of ARDS occurred.<sup>1</sup>

Finally, the antithrombotic properties of statin could attenuate diffuse thrombosis, which is a major complication characteristic of COVID-19 infection.<sup>1,2</sup>

### What are the possible adverse effects of statin on COVID-19 infection?

Statin may upregulate angiotensin-converting enzyme 2 (ACE2) receptors, a membrane-bound aminopeptidase expressed in the lungs, heart and other tissues that is believed to facilitate entry of SARS-CoV-2 into the cells.<sup>2</sup> Thus, statin may confer a predisposition to more severe

COVID-19 infection. On the other hand, evidence in silico suggests that statins might serve as inhibitors of the main protease of SARS-CoV-2. Moreover, reduction of cholesterol levels by statin in plasma membranes could modify the assembly of ACE2 receptors, leading to failure of SARS-CoV-2 internalization.<sup>1</sup>

Some retrospective studies reported that lower LDL cholesterol levels may have detrimental effect on COVID-19 prognoses. However, reverse causality— LDL cholesterol reduction provoked by SARS-CoV-2—instead of true causality, where LDL cholesterol reduction is a factor boosting the viral infection, might illustrate the association between low LDL cholesterol and severe COVID-19 manifestations.<sup>1</sup>

### Should statin be started to prevent severe COVID-19 infection?

For patients with a history of or at high risk of CV disease, the answer appears to be yes. As COVID-19 infection is associated with a heavy inflammatory burden that can induce vascular damage, myocarditis and cardiac arrhythmias, CV risk factors should be controlled according to international guidelines. On the other hand, as there is no evidence that statin is unsafe in patients with COVID-19, such treatments should not be suspended just because of the patients are at increased risk of COVID-19 infection. Patients exposed to SARS-CoV-2 who are already using statin therapy should continue the treatment.<sup>2</sup>

For statin-free patients, the results of studies were not statistically significant to justify initiating statin therapy to diminish the burden of disease or improve clinical outcomes.<sup>1</sup>

In conclusion, patients who are already using statin should continue treatment when they are exposed to SARS-CoV-2, whereas the initiation of statin therapy to treat COVID-19 is not yet supported by evidence.

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**Complied by Dr. Siu Pui Yi**

## Hong Kong Primary Care Conference 2021 - “Our Finest Hour: Stride Through The Storm” on 30 July – 1 August 2021

### Post Conference Chairman Message

The 11<sup>th</sup> Hong Kong Primary Care Conference was successfully held online from July 30 to August 1, 2021 amidst the ongoing challenges of COVID 19 pandemic. This annual signature conference has consistently attracted the primary care community with an immense response of over 700 registered online delegates.

This year's theme “Our Finest Hour-Striding through the Storm” highlights the resurgence of an even stronger primary health care from this COVID-19 pandemic that continues to threaten health with devastating impact on people's well-being worldwide. This pandemic has reminded us not only of the importance of infection control measures, development and implementation of anti-viral vaccines, but it has also recognized the flexibility and adaptability of primary care professionals in rising to help deal with the pandemic of the century.

This conference was graced with distinguished overseas and local healthcare speakers including Prof Sophia Chan [Secretary for Food and Health, Food and Health Bureau, HKSAR], Prof. Wu Hao [Chief Physician, Department of General Practice, Capital Medical University], Prof. Ivan FN Hung [Chief of the Division of Infectious Diseases, Department of Medicine, LKS Faculty of Medicine, HKU], Prof. Philip Evans [Associate Professor of General Practice and Primary Care, College of Medicine and Health, University of Exeter] and Prof. Karen Tu [Professor, Department of Family and Community Medicine, Temerty Faculty of Medicine, University of Toronto]. Furthermore, this conference had the honor of successfully organizing a joint HKCFP-HKCP Forum on COVID-19 vaccination in elderly led by 3 prominent speakers, namely Prof. Lau Chak Sing [Immediate Past President, Hong Kong Academy of Medicine], Prof. Philip KT Li [President, Hong Kong College of Physicians] and Dr. David VK Chao [President, Hong Kong College of Family Physicians]. As always, our scientific programme with its wide array of interesting yet relevant topics have enthralled our participants.

I would like to express my sincere appreciation to all speakers and facilitators for their valuable support, sponsors for their generosity, all members of our conference organizing committee and secretariat for their dedicated efforts. Last but not least, my utmost gratitude to all delegates for their continuing avid participation in making this hallmark conference an annual success.

#### Dr. Lorna NG

Chairlady, HKPCC Organising Committee

### Opening Ceremony





## Plenary I



Prof. Wu Hao delivered Plenary I

## Plenary II



Prof. Ivan Hung delivered Plenary II

## Plenary III



Prof. Philip Evans delivered Plenary III

## Plenary IV



Dr. Karen Tu delivered Plenary IV

## HKAM webinar with HKCFP & HKCP



(Left to right) Dr. Thomas Tsang (Moderator), Prof. Lau Chak Sing (Speaker), Prof. Gilberto Leung (Moderator), Prof. Philip Li (Speaker) and Dr. David Chao (Speaker)

## Seminar A



Dr. Tsim Koon Lan (middle, Moderator) presenting souvenirs to Speakers Dr. Sunny Liu (left) and Dr. Lam Wing Wo (right)

## Seminar B



Speakers (left to right): Prof. Kelvin Tsoi, Prof. Eric Lee and Ms. Mandy Mak

## Seminar C



Speakers Mr. David Kan (left) and Dr. Robert Hendry (right)

## Seminar D



Dr. Tsim Koon Lan (left, Moderator) presenting souvenir to Dr. Ronald Yip (right, Speaker)

## Seminar E



Dr. Lian Cheng (right, Moderator) presenting souvenir to Ms. Karen Tam (left, Speaker)

## Seminar F



Dr. Lorna Ng (left, Moderator) presenting souvenir to Dr. Ho King Man (right, Speaker)

## Workshop 1



Dr. Aldo Wong (middle, Moderator) presenting souvenirs to Speakers Dr. Fok Peter Anthony (left) and Dr. Lau Chi Hang (right)

## Workshop 2



Dr. Catherine Sze (right, Moderator) presenting souvenir to Ms. Diana Chau (left, Speaker)

## Full Research Paper Competition



The judges of Full Research Paper Competition, (left to right): Prof. Lam Tai Pong, Prof. Albert Lee and Prof. Doris Young

## Full Research Paper Competition –

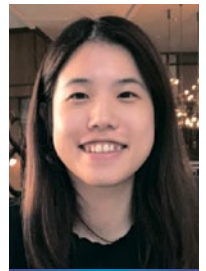
### Best Research Paper Award



Winner, Dr. Wong Arkers Kwan Ching

## Full Research Paper Competition –

### Best Novice Research Paper Award



Winner, Ms. CHUA Ying Pin

## Clinical Case Presentation



Judges of Clinical Case Presentation Competition: Ms. Samantha Chong (2<sup>nd</sup> from left) and Dr. Lorna Ng (3<sup>rd</sup> from left); MC of the competition, Dr. Kwan Yu (1<sup>st</sup> from the left) and presenters

## Clinical Case Presentation –

### The Best Presentation Award



Winner, Dr. Michelle S.S. FU

## Free Paper – Oral Presentation Competition (Part I)



Judges of Free Paper – Oral Presentation Competition (Part I), (left to right): Dr. Ruby Lee, Prof. Samuel Wong (Chief Judge) and Prof. Martin Wong

## Free Paper – Oral Presentation Competition (Part II)



Judges of Free Paper – Oral Presentation Competition (Part II), (left to right): Dr. Ruby Lee, Prof. Cindy Lam (Chief Judge) and Prof. Martin Wong

## Free Paper – Best Oral Presentation Award



(from left to right) Dr. Chiang Lap Kin (Moderator) Dr. Ruby Lee (Judge), Dr. Esther Yu (Winner of the competition), Prof. Cindy Lam (Chief Judge) and Prof. Martin Wong (Judge)



## Free Paper – Poster Presentation Competition



Judges of Free Paper – Poster Presentation Competition, Prof. Sylvia Fung (left) and Dr. Li Yim Chu (right)

## Free Paper – Outstanding Poster Presentation Award



Winners, (left to right) Ms. Go Ting Ting, Ms. Kiki Liu and Dr. Esther Yu

## Sponsored Seminar 1



Dr. Enoch Wu delivered the seminar

## Sponsored Seminar 2



Prof. Gary Wong delivered the seminar

## Sponsored Seminar 3



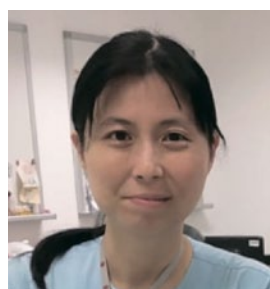
Dr. Bernard Wong delivered the seminar

## Sponsored Seminar 4



Dr. Catherine Sze (left, Moderator) presenting souvenir to Dr. Chan Yu Hong (right, Speaker)

## Sponsored Seminar 5



Dr. Vicki Tam delivered the seminar

## Sponsored Seminar 6



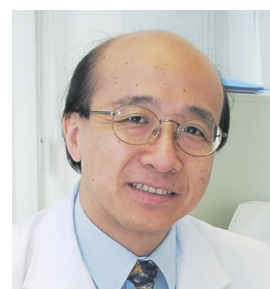
Dr. Lee Chi Nam delivered the seminar

## Sponsored Seminar 8



Dr. Stephen Tam delivered the seminar

## Sponsored Seminar 9



Dr. Peter Tong delivered the seminar

## Sponsored Seminar 10



(Left to right) Dr. Justin Cheng, Dr. Billy Chiu and Dr. Leon George Tong delivered the seminar

## Sponsored Seminar 11



Dr. Joanne Lam delivered the seminar

## Sponsored Seminar 12



Dr. Yu Cheuk Man delivered the seminar

## Sponsored Seminar 13



Dr. Arthur Yung delivered the seminar

# 我的郊遊樂（一） 龍蝦灣郊遊徑

Dr. Yeung Wai Man, Raymond



從龍蝦灣郊遊徑可眺望  
牛尾海一帶的景色

在COVID-19疫情之下，由於不如以往一樣的方便就能到外地旅遊，很多香港人都重新發現在本港行山和郊遊的樂趣。行山確是一項有益身心，能使人心曠神怡及增廣見聞的活動，如果能夠在出發前選擇適合自己的行程和路徑，並作出應有的準備，旅程就能變得更愉快。

今次我想為大家介紹一個自己很喜歡的地點——位於清水灣半島的龍蝦灣郊遊徑。

**路線：**大坳門、大坑墩（郊遊徑起點）→大嶺峒→龍蝦灣（郊遊徑終點）→沿車路返回大坳門

**長度：**全程約6.5公里（郊遊徑長2.3公里）

**所需時間：**約3小時

**難度：**中度（適合一般行山經驗之人士）

**特色：**龍蝦灣郊遊徑沿途風景優美，大海一望無際，是打卡勝地。如選擇於大清早出發，更有機會欣賞到海面上的日出。由於郊遊徑在清水灣郊野公園（大坳門）開始，所以在設計行程時也可安排順路在郊野公園內放風箏和燒烤。郊遊徑終點旁一帶有幽靜石灘可欣賞沿岸及附近島嶼景色，該處亦可進行潛水活動。離郊遊徑終點不遠處還可參觀具有考古價值的龍蝦灣石刻。

**裝備：**足夠食水、晴雨具（傘、帽子、太陽鏡）、行山杖（Optional）

**前往方法：**巴士、專線小巴、的士、自行駕駛







## The Diary of a Family Doctor【家庭醫生的日常】

### 冼銘全醫生

同事轉介43歲媽媽來IMHP (Integrated Mental Health Programme)看焦慮，她帶著10歲女兒進來。

**媽媽：**「我好痛苦，就嚟癲，呢個女又唔聽話，枉老師仲話佢喺學校好乖，屋企成日發癲大叫！」

(女兒靜靜坐著，感覺不到半點反叛氣息。是在家裏扮演不屬於自己的角色？)

**我問小朋友：**「大叫是為了邊個？」

**女兒：**「希望爸爸多注意我。」

原來爸爸只顧工作，回來常發脾氣，還打女兒，有時還用棍打。

**我：**「妳逃得掉爸爸的棒打？」

女兒點頭。

**我：**「那麼危險還大叫大嚷？」

**女兒：**「當幫爸爸發洩一下情緒...」

媽媽開始拿紙巾拭淚。

**我：**「妳想改變媽媽甚麼？」

**女兒：**「想佢多D鼓勵我，唔好鬧我...」眼淚已忍不住滴下

**媽媽：**「咁妳係叫極唔聽又唔比心機讀書...」

**我向著媽媽：**「阿女犧牲自己，吸引你地注意，幫你同丈夫站回同一陣線，仲邊有心機讀書？」

媽媽一愣，然後緩緩伸出左手，女兒拖著，母女相擁而哭。

**媽媽一邊為女兒拭淚，一邊說：**「唔怪得上次我哋話離婚妳咁大反應，我哋講下咋...」

我轉向電腦，想輸入 consultation notes，可淚水已模糊我的視線。

媽媽明白，要處理好夫妻關係，才能讓小朋友專心成長。

### The Diary of a Family Doctor 家庭醫生的日常

We Welcome articles on  
interaction with patients in  
your daily practice.  
Submissions up to 400 words  
in English or 600 words in  
Chinese are always welcome.

Email: [alkyyu@hkcfp.org.hk](mailto:alkyyu@hkcfp.org.hk)



## HKCFP Trainees Research Fund 2021 / HKCFP Research Seed Fund 2021

The Research Committee of HKCFP is pleased 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\$10,000). It is envisaged it will help trainees especially (but not limited to) those doing research projects at their exit examinations. Those who have funding support elsewhere will not be considered.

The Research Seed Fund is open to all HKCFP members when a maximum of HK\$25,000 award will be made to the successful applicant to assist the conduction 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 2021**” or “**HKCFP Research Seed Fund 2021**” on your research project upon submission.

**Submission Deadline: 27<sup>th</sup> October 2021**

Supported by HKCFP Foundation Fund

## Certificate Course on Bringing Better Health to Our Community 2021

*Co-organized by Queen Elizabeth Hospital and Hong Kong College of Family Physicians*

Dates	:	11 September, 9 October, 13 November, 11 December 2021 (Saturdays)
Time	:	2:00pm - 4:00 pm Lecture & Discussion
Venue	:	Video Conference (via Zoom)
Course Fee	:	Free
Accreditation	:	2 CME Points HKCFP (Cat. 5.2) 2 CME Points MCHK (pending)
Certification	:	Certificate will be awarded to participants who have fulfilled the attendance requirement for 3 sessions or more.

### Programme Schedule

Dates	Time	Topics	Speakers
11 September 2021 (Sat)	2:00   4:00 pm	<b>Reversible and Non-reversible Respiratory Diseases</b>	<b>Dr. Derek LEE</b> Associate Consultant, Department of TB & Chest, Tung Wah Group of Hospitals Wong Tai Sin Hospital
		<b>Latest Update on COVID19</b>	<b>Dr. CHAN Shuk Ying</b> Associate Consultant, Department of Medicine, Queen Elizabeth Hospital
9 October 2021 (Sat)	2:00   4:00 pm	<b>Interesting Poisonings in Hong Kong – Experience of The HA Toxicology Reference Laboratory in The Past 15 Years</b>	<b>Dr. CHONG Yeow Kuan</b> Consultant, Chemical Pathologist, HA Toxicology Reference Laboratory
		<b>Abnormal Liver Function Tests and Update in Liver Diseases</b>	<b>Dr. CHEUNG Wing I</b> Consultant, Department of Medicine & Geriatrics, Our Lady of Maryknoll Hospital
13 November 2021 (Sat)	2:00   4:00 pm	<b>Diabetes, Obesity and SGLT2 Inhibitor</b>	<b>Dr. LEUNG Hoi Sze</b> Associate Consultant, Department of Medicine & Geriatrics / Director, Centre for Diabetes and Education Management, Our Lady of Maryknoll Hospital
		<b>Caring for Elderly in Family Practice</b>	<b>Dr. LAM Wing Wo</b> Family Doctor, Private Practice
11 December 2021 (Sat)	2:00   4:00 pm	<b>Breast Problems - From Primary Care to The Surgeon</b>	<b>Dr. Anthony CHAN</b> Associate Consultant, Department of Surgery, Our Lady of Maryknoll Hospital
		<b>Common Eye Symptoms / Signs / Treatment From Young to Old for Primary Health Care and New Eye Procedures</b>	<b>Dr. LAM Nai Man</b> Chief of Service, Department of Ophthalmology, Hong Kong Eye Hospital

**Registration will be first come first served.**

**Please scan the QR code to complete the registration.**

**For enquiry, please contact Ms. Emily LAU at 3506-8610 / Ms. Mary TANG at 3506-8143.**



- Notes :**
- In case of over-subscription, the organiser reserves the right of final decision to accept registration.
  - The link to join the online seminar **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 online seminar 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 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 3/4 of the length of the online seminar 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 each session.

# BOARD OF EDUCATION NEWS

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

Online Seminars			
Date and Time	Topics	Speakers	Moderators
8 October (Fri) 2:00 – 3:00 p.m.	<b>Diagnosis and treatment for Myelofibrosis</b> <i>Sponsored by Novartis Pharmaceuticals (HK) Limited</i>	<b>Dr. Chen Yi Tin</b> <i>Specialist in Haematology &amp; Haematological Oncology</i>	<b>Dr. Chan Ka Shing, Ricky</b>
22 October (Fri) 1:00 – 2:00 p.m.	<b>Evidence based medicine in Diabetic Kidney Disease (DKD) management</b> <i>Sponsored by AstraZeneca Hong Kong Limited</i>	<b>Dr. Chan Ting Pong Anthony</b> <i>Specialist in Nephrology Clinical Assistant Professor, The University of Hong Kong</i>	<b>Dr. Chan Kin Wai</b>

## QR Code for registration

8 October 2021 (Fri)	22 October 2021 (Fri)
	

Accreditation : 8 & 22 Oct : 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
24 September (Fri) 2:30 – 3:30 p.m.	<b>"To Treat or Not to Treat – What is the cut off for treatment in the era of prediabetes" by Dr. Yuen Mae Ann, Michele</b>
29 October (Fri) 2:30 – 3:30 p.m.	<b>"Common Neurological Problems in Primary Care" by Dr. Chu Yim Pui, Jonathan</b>

## QR Code for registration

24 September 2021 (Fri)	29 October 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  
(for all online seminars) 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](mailto:education@hkcfp.org.hk) or call 2871 8899. Thank you.

**Notes** :

- In case of over-subscription, the organizer 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)

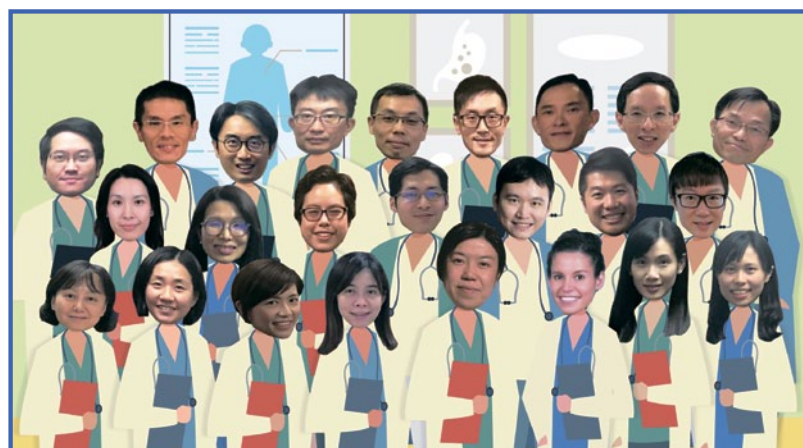
Date/Time/CME	Venue	Topic/Speaker(s)	Registration
<b>Wednesday, 6 October 2021</b>			
14:00 - 17:00	Lecture Theatre, 10/F, YCK, Kwong Wah Hospital	<b>Approach to Joint Pain and Common Joint Conditions in Family Practice</b> Dr Wong Anthea & Dr Or Sui Kei, Alison	Ms. Emily Lau Tel: 3506 8610
14:30 - 17:00	Health Education Room, 1/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	<b>Introduction and General Management of ADHD/Autism and Tourette Syndrome</b> Dr Leung Ching	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room, 3/F, Block P, United Christian Hospital	<b>QA, CME, CPD</b> Dr Wong Bo Hang & Dr Ip Wai Ting, Laren	Ms Elise Haw / Ms. Cordy Wong Tel: 3949 3079 / 3949 3087
15:30 - 17:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	<b>Evidence Base Medicine</b> Dr Chau Chuen & Dr Leung Ka Wing	Mr. Alex Kwok Tel: 5569 6405
<b>Thursday, 7 October 2021</b>			
16:00 - 18:00	Video Conference at Activities Room, 3/F, Yan Oi General Out-patient Clinic	<b>FM Principles in the Management of Infectious Disease</b> Dr Hun Pek I & Dr Zhang Dingzuan	Ms. Eliza Chan Tel: 2468 6813
<b>Wednesday, 13 October 2021</b>			
14:00 - 17:00	Lecture Theatre, 10/F, YCK, Kwong Wah Hospital	<b>Approach to Abnormal Laboratory Results (Microbiology)</b> Dr Tso Sau Lin & Dr Ng Chi Ho	Ms. Emily Lau Tel: 3506 8610
14:30 - 17:00	Health Education Room, 1/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	<b>Management with FM Principles</b> Dr Tsang Lai Ting	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room, 3/F, Block P, United Christian Hospital	<b>Environmental Hazards &amp; Drug Poisoning</b> Dr Ma Ka Yee & Dr Wong Ho Ching	Ms Elise Haw / Ms. Cordy Wong Tel: 3949 3079 / 3949 3087
15:30 - 17:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	<b>Counselling Skill in FM</b> Dr Chau Chuen & Dr Mak Ho Yin	Mr. Alex Kwok Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	<b>Skin Diseases in Pregnant Ladies</b> Dr Chan Ching Yiu, Cynthia	Ms. Sarah Au Tel: 2589 2337
<b>Wednesday, 20 October 2021</b>			
14:00 - 17:00	Lecture Theatre, 10/F, YCK, Kwong Wah Hospital	<b>Update on Management of Chronic Disease (HT, DM, CVA)</b> Dr Ma Joshua & Dr Poon Daniel	Ms. Emily Lau Tel: 3506 8610
14:30 - 17:00	Health Education Room, 1/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	<b>Common Minor Aliments in Pregnancy/Lactation Encountered in Primary Care with Cases Illustration</b> Dr Sheng Wei Yang	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room, 3/F, Block P, United Christian Hospital	<b>Common Symptoms in Orthopaedics (Trigger Finger, Wrist Pain, Overuse Syndromes)</b> Dr Chow Wing Man & Dr Chung Yi On	Ms Elise Haw / Ms. Cordy Wong Tel: 3949 3079 / 3949 3087
15:30 - 17:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	<b>Community Health Center</b> Dr Leung Shuk Yun	Mr. Alex Kwok Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	<b>Problem Solving and Diagnostic Skills in a Family Medicine Consultation</b> Dr Ku Ngai Lam, Ivy	Ms. Sarah Au Tel: 2589 2337
<b>Thursday, 21 October 2021</b>			
16:00 - 18:00	Video Conference at Activities Room, 3/F, Yan Oi General Out-patient Clinic	<b>WHO Hepatitis 2030? What is the Role of Family Physician for that?</b> Dr Tong Ka Hung & Dr Tsui Sau In	Ms. Eliza Chan Tel: 2468 6813
<b>Wednesday, 27 October 2021</b>			
14:00 - 17:00	Video Conference at: Room 7 & Room 19, 8/F, Yau Ma Tei GOPC, Room 10, 1/F, New block, East Kowloon GOPC and Multifunction Room, Shun Tak Fraternal Association Leung Kau Kui Clinic	<b>Common Symptoms in Medicine and Geriatrics (1) (Chest Pain, Shortness of Breath)</b> Dr Peng Xu & Dr Ngai Ching Yee	Ms. Emily Lau Tel: 3506 8610
14:30 - 17:00	Health Education Room, 1/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	<b>Ethical Issue Related to Donation of Body Materials and Human Organ Transplant Ordinance</b> Dr Wu Flora	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room, 3/F, Block P, United Christian Hospital	<b>Update on Management of Hypertension</b> Dr Wong Ching Sze <b>KEC DM Case Conference</b> Ms Maisy Mok (Nurse Consultant (Diabetes))	Ms Elise Haw / Ms. Cordy Wong Tel: 3949 3079 / 3949 3087
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	<b>Psychological and Psychiatric Symptoms in Elderly</b> Dr Tong Yuk Ting, Lucy	Ms. Sarah Au Tel: 2589 2337
<b>Thursday, 28 October 2021</b>			
16:00 - 18:00	Video Conference at Activities Room, 3/F, Yan Oi General Out-patient Clinic	<b>Infection Control Guideline on Ventilation Requirement for Designated Clinic</b> Dr Yap Tsun Hee & Dr Ng Mei Po	Ms. Eliza Chan Tel: 2468 6813

# COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 <b>Sep</b>	20	21	22	23 4:00 – 6:00 p.m. Structured Education Programme	24 2:30 – 3:30 p.m. Video Session	25 2:00 – 6:00 p.m. Assessment Enhancement Course Mock Exam 2:30 – 5:00 p.m. DFM Module III Seminar
26 2:00 – 4:00 p.m. Ophthalmology Course	27	28	29 2:00 – 7:30 p.m. Structured Education Programme	30 4:00 – 6:00 p.m. Structured Education Programme 8:00 p.m. Specialty Board Meeting	1 <b>Oct</b>	2
3	4	5	6 2:00 – 7:30 p.m. Structured Education Programme	7 4:00 – 6:00 p.m. Structured Education Programme 7:00 p.m. Basic Training Introductory Seminar	8 2:00 – 3:00 p.m. Online CME Lecture	9 2:30 – 6:30 p.m. DFM – Musculoskeletal Workshop & Module II Tutorial Session
10 2:00 – 4:00 p.m. Ophthalmology Course	11	12	13 2:00 – 7:30 p.m. Structured Education Programme	14	15	16
17 2:30 – 4:30 p.m. Online Palliative Care Course	18	19	20 2:00 – 7:30 p.m. Structured Education Programme	21 4:00 – 6:00 p.m. Structured Education Programme 8:30 p.m. HKCFP Council Meeting	22 1:00 – 2:00 p.m. Online CME Lecture	23 2:30 – 5:30 p.m. DFM – Counseling Skills Workshop
24 2:30 – 4:30 p.m. Online Palliative Care Course	25	26	27 2:00 – 7:30 p.m. Structured Education Programme	28 4:00 – 6:00 p.m. Structured Education Programme 8:00 p.m. Board of Vocational Training & Standards Meeting	29 2:30 – 3:30 p.m. Video Session	30 2:00 p.m. Conjoint OSCE Exam Day 1
31 12:00 n.n. Conjoint OSCE Exam Day 2	1 <b>Nov</b>	2	3 2:00 – 7:30 p.m. Structured Education Programme	4 4:00 – 6:00 p.m. Structured Education Programme	5	6 2:00 – 4:00 p.m. Interest Group in Dermatology 2:30 – 5:30 p.m. DFM Module III Seminar

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

## FP LINKS EDITORIAL BOARD 2021



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2<sup>nd</sup> row (from left to right): Dr. Maria Leung, Dr. Heidi Fung, Dr. Cheuk Christina, Dr. Leung Lok Hang, Prof. Martin Wong, Dr. John Tam and Dr. Yeung Wai Man  
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

### 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

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