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Message from the President

In order to strengthen district-based primary healthcare services, the Government has been setting up District Health Centres (DHCs) across Hong Kong. DHCs provide a variety of primary healthcare services through a multidisciplinary care approach, including health promotion, disease prevention, chronic disease management and community rehabilitation. The latest addition is the Sham Shui Po DHC at Shek Kip Mei Estate, with St James' Settlement as the DHC operator. I attended the official opening ceremony on 18th October 2021. I found that the Sham Shui Po DHC was quite easy to get to, and very much accessible via public transport. A briefing and guided tour around the DHC were arranged for the participants. I would like to appeal to family doctors in Shum Shui Po and surrounding areas to consider joining the DHC's network of doctors to make use of the services and the facilities for helping the patients in need.



Dr. Cissy Choi (left) and Dr. David Chao (right) at the opening ceremony of Sham Shui Po DHC

You may have noticed that the HKCFP-HKU Primary Care Morbidity Survey in Hong Kong has been ongoing since it was commenced earlier this year. This current morbidity survey is the third of its kind contributing valuable research data to inform primary health care resource allocation and priorities, service planning, and educational curricula for medical and health care students. We highly encourage all doctors in active clinical primary care practice to help and participate in this meaningful project which is fully supported by our College. Participating doctors would be requested to record brief information for patient encounters on a standardised form during a designated week in each season of the year, with a minimum of 1 week participation. Gift certificate, CPD and CME credits are available for the participating doctors on fulfilling the relevant criteria. For more details, please refer to the relevant page of our College website (https://www.hkcfp.org.hk/pages_9_2182.html)

Making reference to experts' recommendations, the Government has announced that eligible persons who are immunocompromised and people with a higher risk of infection, including elderly people aged 60 or above and persons with chronic illnesses, can receive a third dose of a COVID-19 vaccine free

(Continued on page 2)

Message from the President

(Continued from page 1)

of charge starting from 11th November. People can choose to take the Sinovac vaccine or the Fosun/BioNTech vaccine according to their own situations. More details of the third-dose COVID-19 vaccination arrangements are posted at the COVID-19 Vaccination Programme website (www.covidvaccine.gov.hk).

A quick reminder that the 23rd World Conference of Family Doctors (WONCA World Conference) will take place online from 22nd – 27th November 2021. (<https://wonca2021.com/>) The Scientific Programme is very rich and highly relevant to family medicine practice across the globe. For example, the Plenary Lectures include topics on Role of Family Doctors in Times of Conflicts and Natural Disasters, Planetary Health, Artificial Intelligence and Digital Health, Human Resources in Primary Care, and Communication. Please mark your diary if you have not done so.

I attended the WONCA Asia Pacific Regional Council Meeting 2021 with Dr. Lau Ho Lim recently. It was chaired by incoming President A/Prof. Mohammad Husni Jamal who succeeded Prof. Lee Meng-Chih. Dr. Kaviyaran Sailin was elected Honorary Secretary while Dr. Brian Chang was elected as

Honorary Treasurer. Newly elected Members-at-Large included Dr. Aileen Riek-Espina, Dr. Tin Myo Han, Dr. Yang Hua and Dr. Frank Jones. Dr. Wong Ping Foo was elected Chair of The Rajakumar Movement. Congratulations to them all!



The Hong Kong Academy of Medicine is organising a full afternoon of annual events on 17th December 2021 starting from 2:30pm, including the Best Original Research by Trainees (BORT) competition, the Annual General Meeting, and the Annual Fellowship Conferment Ceremony and David Todd Oration. Please do come and support these annual events.

Dr. David V K CHAO
President

The 44th HKCFP Annual General Meeting

The 44th Annual General Meeting (AGM) of the Hong Kong College of Family Physicians will be held on **3 December 2021 (Friday)** with the following details.

Date & Time : Friday, 03 December 2021, 8:00pm - 9:00pm

Venue : Room 802, 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong.

Admission : Members only

In order to facilitate social distancing measures due to the **COVID-19 pandemic**, registration is required.

Please register via membership@hkcfp.org.hk or hkcfp@hkcfp.org.hk.

For any other enquiry, please contact Ms. Erica So, General Manager, at 2871 8899 or email to EricaSo@hkcfp.org.hk.



GELSHIELD DIFFUSION TECHNOLOGY

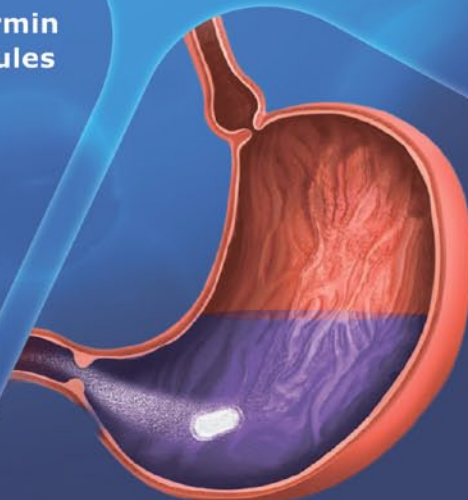
Gastrointestinal Tolerability



Inner polymer matrix

Metformin molecules

- 75%** ↓ in Diarrhoea²
- 50%** ↓ of any GI adverse event²
- O.D.** Provide Once-Daily solution³
- 1:1** Equivalent dose titration from metformin tablet¹



Extended Release of Metformin Hydrochloride

References:

1. Glucophage® XR Prescribing Information Version: July 2019
2. Blonde et al. Curr Med Res Opin 2004;20:565-72
3. Timmins P. Clin Pharmacokinet 2005;44:721-9

Abbreviated Prescribing Information

Contents: Metformin HCl **Indications:** Reduction in risk or delay onset of type 2 DM in adult, overweight patients with IGT and/or IFG, and/or increased HbA1C who are at high risk for developing overt type 2 DM and still progressing towards type 2 DM despite implement intensive lifestyle change for 3 - 6 months. Treatment of type 2 DM in adults as an adjunct to adequate diet & exercise. Monotherapy or in combination w/ other oral antidiabetic medicines or insulin. **Dosage:** Adult w/ normal renal function (GFR ≥90 mL/min) Reduction in the risk or delay of the onset of type 2 DM Initially one 500-mg tab once daily w/ evening meal. After 10-15 days, adjust dose based on blood glucose measurements. Max: 2,000 mg once daily. Monotherapy in type 2 DM & combination w/ other oral antidiabetic agents Usual starting dose: One 500-mg tab once daily, or one 1,000-mg tab once daily. After 10-15 days, adjust dose based on blood glucose measurements. Max. recommended dose for 500 mg and 1g tab is 2g daily. Max. recommended dose for 750 mg tab is 1.5g daily. Combination with insulin Usual starting dose is one tablet XR 500 mg or XR 1 g once daily, while insulin dosage is adjusted on the basis of blood glucose measurements. For renal impairment patients A GFR should be assessed before initiation of treatment and at least annually thereafter. In patients at an increased risk of further progression of renal

impairment and in the elderly, renal function should be assessed more frequently, e.g., every 3 - 6 months. Total max. daily dose of 2 g for GFR 60 - 89 mL/min, consider dose reduction for declining renal function. Total max. daily dose of 2 g for GFR 45 - 59 mL/min, review any increased risk of lactic acidosis before initiating metformin, whereas starting dose is at most half of max. dose. Total max. daily dose of 1 g for GFR 30 - 44 mL/min, review any increased risk of lactic acidosis before initiating metformin, whereas starting dose is at most half of max. dose. **Pre- & Post-Prandial Advice:** Swallow whole, do not chew/crush. **Contraindications:** Any type of acute metabolic acidosis (such as lactic acidosis, diabetic ketoacidosis), severe renal failure (GFR < 30mL/min), hepatic insufficiency, infectious diseases, following an IV urography or angiography, heart failure, recent MI, resp. failure, shock, persistent or severe diarrhoea, recurrent vomiting, alcoholism. Lactation. **Special Precautions:** Regular renal & blood sugar monitoring. Risk of lactic acidosis, most often occurs at acute worsening of renal function or cardiorespiratory illness or sepsis. Discontinue prior administration of iodinated contrast agents or surgery. May impair ability to drive or operate machinery in combination w/ other antidiabetic agents. Pregnancy. Elderly (for reduction of risk or delay of type 2 DM) **Adverse Reactions:** GI & taste disturbances. **Interactions:** Iodinated contrast agents, corticosteroids, NSAIDs, ACE inhibitors, diuretics, sympathomimetics, alcohol, COX II inhibitors, angiotensin II receptor antagonists, OCT1 and OCT2 inhibitor/inducer **Presentations:** XR tab 500 mg x 60's. 750 mg x 30's. 1,000 mg x 60's. **Date of version:** JUN 2018

The information provided herein is intended for the use of healthcare professionals and shall not replace independent professional judgment. It is essential that you always refer to approved product information applicable in Hong Kong.

Quality Assurance & Accreditation Committee News

Important news

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

Dear College Members,

RE: MCHK CME Programme for Practicing Doctors who are not taking CME Programme for Specialists *(Ver. Oct 2021)*

For College members who are new registrant or those who would like to switch their MCHK CME Administrator to Hong Kong Academy of Medicine (HKAM) via College (with current cycle start date 1 January) **starting from 1st January 2022**, they must submit Registration Consent Form to College Secretariat before **22 December 2021 (Wednesday)**, and the processing of MCHK CME record will be facilitated accordingly.

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

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

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

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

HKCFP Secretariat

Quality Assurance & Accreditation Committee News (Con't)

HKCFP Additional Accreditation and Report on CME/CPD Missing Points for Year 2021

Dear Members,

The credit point score of year 2021 for HKCFP QA Programme is going to be finalized. Please kindly check your updated report by visiting the College website at <http://www.hkcfp.org.hk/>.

If you wish to apply for Additional Accreditation or you find any CME/CPD points missing from your CME report, please apply for CME accreditation by sending the application(s) on or before **28 February 2022**.

1. Application for Additional Accreditation

The application of Additional Accreditation for the **year 2021** is now open for those activities **without prior accreditation** by QA&A Committee. For Educational Activities **under items 3.7, 3.8, 3.13, 3.14 and items 5.2 to 5.6 in QA Regulation 2020-22**, please apply in writing with relevant supporting documents and \$500 administration fee (**Non-refundable**) by cheque to QA&A Committee.

Please submit the application for Additional Accreditation with relevant supporting documents at your earliest convenience. **Relevant supporting documents are mandatory for accreditation, e.g. attendance records, photocopies of events, transcripts or published article.** Kindly note that each application will be handled independently upon receipt of the application. Submission of additional information for the application, if any, will incur new charges.

2. Application for reporting CME / CPD missing points from Pre-Accredited Activities

This application is only for the activities held in 2021 with prior accreditation by QA&A Committee, i.e. before the activities took place. If such credit points are missing from the CME Report, please return the **"Report on CMECPD missing points from Pre-Accredited Activity"** together with relevant supporting documents (e.g. attendance records, photocopies of events, transcripts or published articles) to us.

Application Deadline: 28 February 2022

All forms can be downloaded at: http://www.hkcfp.org.hk/pages_5_82.html

For those applying for additional accreditation, please send a cheque payable to "HKCFP Education Ltd" **by post** to: Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong

Please ensure your mail items bear sufficient postage before posting.

Application Form and Supporting Documents can be submitted by post to above mentioned mailing address, **OR** by email to: cmecpd@hkcfp.org.hk

Please observe the application deadline as late application will **NOT** be processed. The QA&A Committee reserves the right to finalize the number of Credit Points to be awarded for each activity according to relevant supporting documents submitted for accreditation. Should you have further question(s), please contact Mr. John Ma and Ms. Iris Ip at 2871-8899 or by email to cmecpd@hkcfp.org.hk.

Yours sincerely,

Dr. King Chan

Chairman, Quality Assurance & Accreditation Committee

Quality Assurance & Accreditation Committee News (Con't)

CME/CPD Compliance

Dear Colleagues,

As cycle year 2021 is going to be finalized, please kindly check your updated report by visiting the College website at <http://www.hkcfp.org.hk/>

The committee wishes to highlight that Colleagues **must engage in ALL categories of activities** in order to fulfill the QA Certificate 2020-2022 criteria, briefly summarized as follows:

- (1) A minimum of 90 points in total, including **at least 30 CPD points**
- (2) A maximum of 45 credit points will be counted for each category of educational activities
- (3) Participants must engage in **ALL** categories of activities
- (4) Maximum point set for Subcategories {3.01, 3.02, 3.03a-c, 3.04, 3.09, 3.10}

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

- i) Category 3, related to CPD activities,
- ii) Category 4, related to activities organized by our College alone, and
- iii) Category 5, related to pre-accredited activities organized by other professional institutions themselves or in collaboration with our College. Examples of this category include accredited educational events by the Hong Kong Medical Association, The Universities, the Hospital Authority, and the Primary Care Office / Department of Health.

To obtain CME Certificate 2021, Members should obtain at least 30 Credit Points in either CME or CPD or both. In particular, **HKAM Fellows** are required to obtain the minimum of 90 points, including **at least 15 CPD points** in a 3-year cycle (2020-2022).

Another point to highlight is the various ways to gain CPD points, please refer to the table summarized by QA committee at: <https://www.hkcfp.org.hk/upload/Documents/QA/Way%20to%20Obtain%20CPD%20Point%20%282021%20ver%29.pdf>

Please see the "Regulations for Award of Quality Assurance 2020-22 (QA)" for more details: http://www.hkcfp.org.hk/pages_5_81.html

Requirements to obtain HKCFP CME for attending online CME events:

- 1) Attend 75% or above of the length of the online session;
- 2) To complete a post event quiz*, questionnaire OR feedback form set by organizer
[* MCQ/ True or False Question; 50% or above correct answer is required]

For any enquiry please contact our QA&A Secretariat (Mr. John Ma or Ms Iris Ip) at 2871 8899 or email to cmecpd@hkcfp.org.hk at your convenience.

Yours sincerely,

Dr. King Chan
Chairman, Quality Assurance & Accreditation Committee

Board of Vocational Training and Standards News

Reminder: Submission of Annual Checklist for Basic Training

To all Basic Trainees,

Please be reminded that all basic trainees must submit the **ORIGINAL** annual checklist to the Board of Vocational Training and Standards either by registered post or in-person on or before **31st January 2022 (Monday)**. Late submission **WILL NOT** be accepted.

The training experience of 2021 will not be accredited if the trainee fails to submit the checklist on or before the deadline.

Should you have any enquiries, please feel free to contact Ms. Maggie Cheung and Ms. Kathy Lai at 2871 8899.

Basic Training Subcommittee,
Board of Vocational Training and Standards

Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **September – October 2021**:

Associate Membership (New Application)

Dr CHOI Sze Yuen	蔡 思 遠
Dr YEUNG Pui Sze	楊 珮 詩
Dr YU Lok Kwan	余 洛 鈞

NON-HKSAR Membership (New Application)

Dr LAO Fei A, Sofie	劉 菲 亞
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HKCFP Membership Annual Subscription 2022 Announcement

Dear College Members,

Please note that the following membership annual subscription would be effective from 1st January 2022.

- Fellow Member: HK\$ 1,450.00
- Full Member: HK\$ 970.00
- Associate Member: HK\$ 970.00
- Affiliate Member: HK\$ 360.00
- Non-HKSAR Fellow Member: HK\$ 910.00
- Non-HKSAR Member: HK\$ 360.00
- Student Member: HK\$ 120.00

Also, a 10% discount is applied to members who settle the annual subscription fee 2022

- on or before 28th February 2022, or
- through PayPal on or before 30th June 2022 or
- through existing Autopay account to be proceeded by the Secretariat before 28th Feb 2022 (please contact the Secretariat not later than 24th December 2021 if you would like to set up the autopay account).

Members please refer to the Debit Note of Annual Subscription 2022 to be issued at end of December 2021 for detailed instructions and please also note the following important dates:

- | | |
|---|---|
| Early Bird Discount | - on or before 28 th February 2022 (according to postal mark). Post-dated and incorrect cheque are not accepted. |
| PayPal Discount | - on or before 30 th June 2022 |
| Normal Rate | - from 1 st March 2022 to 30 th June 2022 |
| Cut-off Date of Membership renewal | - 30 th June 2022 |
| Effective Date of Termination | - date-back from 1 st January 2022 |

Should you have any inquiry, please do not hesitate to contact the Secretariat by phone to 2871 8899 or email to membership@hkcfp.org.hk.

Thank you for your continuing support to the College.

Dr. Maria KW LEUNG
Chairlady, Membership Committee

The Diary of a Family Doctor【家庭醫生的日常】

Dr Sin Ming Chuen

《過度活躍？》

11歲男孩，異位性皮炎(atopical dermatitis)發作，母親陪伴到診。電腦顯示他在Psychiatry被診斷為過度活躍症，正接受藥物治療。

過度活躍症的行為可以來自家庭關係問題，濕疹和情緒也息息相關。

我問男孩：「最近屋企玩D乜先？」

母親搶著回應：「淨係打機，全日剩係食一餐！」

我：「做乜唔食嘢？」

男孩：「邊有心機啫？又俾人打（指住母親），我想佢快D死！」

母親偶有出手，有時用衫架打男孩，他都能躲開，不致受傷太重。

我：「屋企有咩人？」

母：「得我地，先生在大陸，已離婚。」

男孩：「叫你做少少家務，又話乜，一係就睇手機，懶到死！」全程都望著母親。男孩說出了重點。

母：「屋企D家務邊個做咁你話？」

男孩：「我特登唔冲廁，等妳做下嘢，吓，拖地拖一忽忽，唔乾淨...」

我：「你意思係，你引導媽媽做好自己嘅嘢？佢好無動力？」

男孩：「每人引導方式唔同，我呢啲方式無人會明！」

很多小朋友心裡擔憂父母，會用自己方式去提醒或引導父母。這些孩子會時刻暗地裡留意父母的一舉一動(parents-watcher)。暗地，常見的就是把自己關在房中上網打機，其實監察家庭局勢，然後用自己言行（甚至身體病徵）去嘗試改變父母。可惜父母多看不出來，小朋友還落得個不專心學業，不聽話的罪名。後來漸漸變成怨恨父母，關係難以修補。

我：「如果媽媽做好自己，搵番自己，你就唔使咁辛苦不斷提佢？」

男孩突然靜了。剛才的「巴閉」頓時消失。其實全程坐定定，對答如流。

我轉向母親：妳睇到嗎？如果不著眼行為，看意義，就會明白其實仔仔想妳改變，想妳堅強，想妳做番自己，佢突破自己位置，想成為妳的監護人，引導妳改變，是出於愛。」

母親已忍不住，淚如雨下：

「我都知，我比親戚欺負佢都有幫口鬧番佢㗎...」

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



THE HONG KONG
POLYTECHNIC UNIVERSITY
香港理工大學

UNIVERSITY HEALTH SERVICE

Medical Officer (Ref. 21090803-E2) /

Part-time Medical Officer (two posts)(Ref. 21092904)

The University Health Service (UHS) of The Hong Kong Polytechnic University is a community-based Family Medicine training centre, as accredited by The Hong Kong College of Family Physicians. UHS provides primary care to students, staff members and their dependants and other eligible users. The University invites applications for the Medical Officer post in UHS. Duties: (i) provide primary health care and health counselling for full-time students, staff members and their dependants, and other eligible members of the University; (ii) promote health education for the University community; and (iii) assist in other administrative duties when required. Qualifications: (i) possess qualifications registrable with Medical Council of HKSAR; (ii) have a valid Annual Practising Certificate issued by the Medical Council of HKSAR; and (iii) be fluent in spoken English and Cantonese. Preference will be given to those who possess a higher qualification in Internal Medicine, Emergency Medicine and/or Family Medicine. Doctors enrolled in vocational training in Family Medicine are also welcome. Please visit <http://www.polyu.edu.hk/uhs/en> for more information about UHS. Post specification and application form are available from the Human Resources Office (Homepage: <https://www.polyu.edu.hk/hro/careers/>, Email: hrstaff@polyu.edu.hk). Application closing date: Recruitment will continue until the position(s) is/are filled.

www.polyu.edu.hk

Opening Minds • Shaping the Future

Short Summary of Seasonal Influenza Vaccine 2021-2022

The seasonal Influenza Vaccination programme 2021-2022 started on 6 October this year. There are currently three vaccinations recommended by Scientific Committee on Vaccine Preventable Disease:

Inactivated influenza vaccine (IIV), contains inactivated (killed) viruses, given by injection, suitable for age 6 months or above.

Recombinant influenza vaccine (RIV), contains haemagglutinin (a surface protein of influenza virus) that is produced by recombinant technology, does not contain egg protein, given by injection, suitable for age 18 years or above.

Live attenuated influenza vaccine (LAIV), contains weakened viruses and is given by intranasal spray, suitable for age 2 to 49 years old.

For IIVs, quadrivalent IIV is preferred to trivalent IIV due to the additional protection against one more lineage of influenza B offered by quadrivalent IIV. It is safe in pregnant women and those with chronic medical problems. It is contraindicated in those who have a history of severe allergic reaction to any vaccine component or a previous dose of any influenza vaccine. Influenza vaccine contains ovalbumin (an egg protein), but the ovalbumin content is very low. Individuals with mild egg allergy who are considering an influenza vaccination can be given IIV in primary care setting. Individuals with a history of anaphylaxis to egg should have seasonal influenza vaccine administered by healthcare professionals in appropriate medical facilities with capacity to recognise and manage severe allergic reactions.

RIV is recommended for use in individuals of 18 years of age or above. It is contraindicated in who have a history of hypersensitivity to any vaccine component of the RIV. It is safe for pregnant women and those with egg allergy.

LAIV is a quadrivalent vaccine, indicated for people 2 to 49 years of age, it is generally contraindicated in the following conditions:

- History of severe allergic reaction to any vaccine component or after previous dose of any influenza vaccine;
- Concomitant aspirin or salicylate-containing therapy in children and adolescents;
- Children 2 years through 4 years who have asthma or who have had a history of wheezing in the past 12 months**;
- Children[#] and adults who are immunocompromised due to any cause;
- Close contacts and caregivers of severely immunosuppressed persons who require a protected environment;
- Pregnancy; and
- Receipt of influenza antiviral medication within previous 48 hours.

** The UK recommended the use of IIV instead of LAIV for children with increased wheezing and/or needed additional bronchodilator treatment in previous 72 hours. Also, specialist advice should be sought on giving LAIV for children who require regular oral steroid for maintenance of asthma control or who have previously required intensive care for asthmatic attack. Canada recommends that individuals with severe asthma (currently on oral or high-dose inhaled glucocorticosteroids or active wheezing) or those with medically attended wheezing in the 7 days prior to vaccination should not use LAIV.

Reference:

Frequently Asked Questions on Seasonal Influenza Vaccination for the 2021/22 Season in Hong Kong, Centre of Health Protection

Compiled by Dr. Yip Chun Kong, Sam

Application of Shared Decision Making (SDM) to Address COVID-19 Vaccine Hesitancy

Dr. Chan Ka Ho

(Associate Consultant, Family Medicine & Primary Health Care, New Territories West Cluster, Hospital Authority)

Ms. Wu, a 70-year-old retired accountant, came to the clinic for follow-up of her diabetes, hypertension and hyperlipidaemia with stable control. She had been under Dr. Chan's care since she was diagnosed diabetes 3 years ago. At the end of the consultation, Ms. Wu asked for opinion if she should receive COVID-19 vaccine or not.

Ms. Wu initially planned to receive vaccine. One of her considerations was that her grandchildren visit her regularly. She wanted to protect her grandchildren. And also, she wanted to return to normal social life for example going to the church every Sunday or having gatherings with her friends. During the COVID-19 pandemic, she has stayed home most of the time and only went to market when necessary. However, she couldn't decide which option was best for her especially she read some news regarding an elderly developing Bell's palsy after COVID-19 vaccination.

Dr. Chan thanked Ms. Wu for putting her trust in him and seeking his opinion. He explained the pros and cons of vaccination by using the decision aid, provided her with evidenced-based data about the chance of getting Bell's Palsy after vaccination. He also asked Ms. Wu to prioritise

which factors are more important to her and helped her to choose the best option for her situation. Ms. Wu eventually made her decision as she thought the benefits of vaccination outweigh the risks.

"Which vaccine suits me better, doctor?" Ms Wu asked. "It depends on your needs, conditions, values and preferences," Dr. Chan replied and took out the decision aid about the features of the COVID-19 vaccines available in Hong Kong. He used the decision aid with graphics to explain the vaccine efficacy and side effects profiles.

"It is much easier for me to understand with graphics and I am empowered to make my choice now. Thank you doctor!" Ms. Wu left the consultation room with a smile. Dr. Chan feels satisfied too as the aid helps him communicate with Ms. Wu better.

The COVID-19 pandemic causes a significant burden to the healthcare system and affects people's social activities. Although COVID-19 Vaccines have been proven to be effective in reducing the severity of illness and death risk caused by the COVID-19 virus, the unprecedented speed of COVID-19 vaccine development has roused public concern over its safety and effectiveness.



Shared Decision Making Tools containing different decision aids including COVID-19 vaccines, chronic disease management

Misinformation about COVID-19 vaccines negatively affects peoples' willingness to get vaccinated. This misinformation increases the vaccine hesitancy worldwide and affects the vaccination rates.

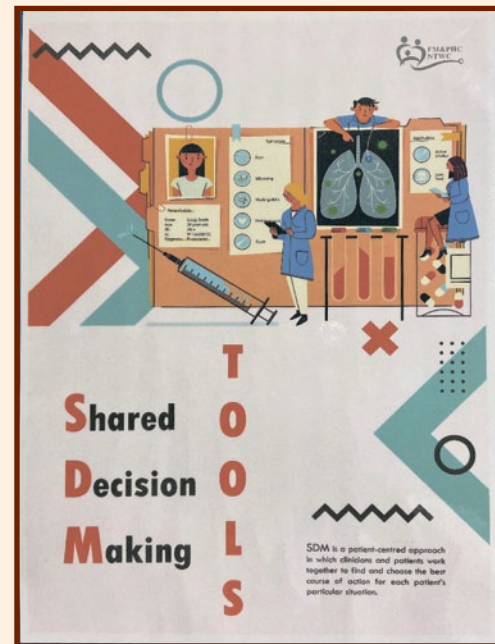
Family physicians play an important role in overcoming those barriers to vaccination.

From previous experience about influenza vaccination, meta-analysis has shown that shared decision making helps improve influenza vaccination rate and significantly enhance patient knowledge. Therefore it is worth trying to use shared decision making approach to address vaccine hesitancy.

Shared decision making is a patient-centred approach in which clinicians and patients work together to find and choose the best course of action for each patient's particular situation. It contains 3 main elements: 1) introducing choice, 2) describing options, often by integrating the use of patient decision support, and 3) helping patients explore preferences and make decisions.

A COVID-19 decision aid is targeted at 2 different target groups: (1) Patient not yet decide to vaccinate or not (2) Patient who wants make choice about different vaccines. This decision aid helps patients understand the details of COVID-19 vaccines and facilitate discussion between healthcare workers and patients.

In summary, shared decision making has a high potential to address vaccine hesitancy and the use of evidence-based decision aid improves communication among patients and healthcare workers. Would you like to help promote SDM and have your own decision aid for consultations?



Decision Aid helps improve patient's understanding and facilitate discussion about COVID-19 vaccine

FP Links Committee News

Time to Go Green

The Hong Kong College of Family Physicians always encourages the use of the electronic copy to replace printed copy in order to reduce paper consumption. Since 2009, all issues of Family Physicians Links (FP Links) have been accessible from college website http://www.hkcfp.org.hk/fplinks_40.html

To be in line with the College's Go Green policy, College members would be recommended to obtain our FP Links ONLINE from now on.

Members who would like to stop receiving physical copies of FP Links in future, please scan the QR code and unsubscribe from our hard copy database. Mailing of FP Links will be discontinued from the following month onwards.

Please join us together in reducing paper consumption and helping conserve natural resources!

For enquire, please contact the College Secretary at 2871 8899.

HKCFP Secretariat

The Hong Kong College of Family Physicians

Address : Rooms 803-4, HKAM Jockey Club Building,
99 Wong Chuk Hang Road, Aberdeen

Email : membership@hkcfp.org.hk

Fax : 2866 0616



釣魚翁聳立於清水灣半島，其形尖削，高聳入雲，
被譽為「西貢三尖」之一

我的郊遊樂（二） 釣魚翁

Dr. Yeung Wai Man, Raymond

在上次的After Hours「我的郊遊樂（一）」，我和大家分享了位於清水灣半島的龍蝦灣郊遊徑，今次我會介紹清水灣半島的另一個行山好去處—釣魚翁。今次行程的難度會比上次的較為高一點，但沿途風景優美，當完成旅程之後，必會覺得值回票價！

正如上期所說，行山確是一項有益身心的活動，而我覺得選擇一些難度較高的路徑，更可以挑戰自己，發掘自己的潛能，並鍛鍊自己的心志。不過一切的登山活動，定必要以安全為第一，基本的登山知識、日常的體能訓練、周詳的旅程策劃，以及合適的裝備，皆十分重要。希望我的分享，可以幫助大家有一個更愉快和充實的行山體驗。

路線：五塊田（起點）→ 廟仔墩 → 釣魚翁 → 蝦山篤 → 田下山 → 大廟坳 近清水灣鄉村俱樂部（終點）

長度：全程約6公里

所需時間：約4.5小時

難度：中度（唯上落釣魚翁山頂路段稍有難度），適合有一般行山經驗以及良好裝備之人士

特色：釣魚翁位於清水灣半島眾山的山脊和山腰上，大部分路段相當平坦好走。但釣魚翁山脊及山頂一帶的山徑較為崎嶇難行，近山頂部份陡斜及略多碎石，須手足並用，只宜有經驗及裝備良好的人士前往，天氣惡劣時切勿嘗試，需加倍小心。另外末段需登上田下山及下降到大廟坳，較需費勁。離終點不遠處還可參觀佛堂門天后古廟和具有歷史價值的大廟灣刻石，也可順道到布袋澳村遊覽和用餐（有酒家和士多）。



釣魚翁（山頂）三角網
測站，高344米

釣魚翁山脊及山頂一帶的山徑較為崎嶇難行，但沿途風景優美



裝備：足夠食水和適量乾糧、晴雨具（傘、帽子、太陽鏡）、行山杖和登山手套（Optional）、建議穿長褲（避免上落釣魚翁山頂時被尖石弄傷）

前往方法：巴士、專線小巴、的士

末段可遠眺布袋澳村及清水灣鄉村俱樂部哥爾夫球場一帶景色



洋溢著漁港風味的布袋澳村

Meeting Highlights

Certificate Course in Ophthalmology for Primary Care Doctors 2021

The last session of Certificate Course in Ophthalmology for Primary Care Doctors 2021 was held on 10 October 2021.

Dr. Chan Chung Yan Tommy, Specialist in Ophthalmology, delivered a lecture on "GP Approach to Red Eyes" on 10 October 2021.



Dr. Chiang Lap Kin (left, Moderator) presenting a souvenir to Dr. Chan Chung Yan Tommy (right, Speaker).

Online Seminar on 18 October 2021

Dr. Angus Lo, Specialist in Respiratory Medicine, delivered a lecture on "What You Need to Know to Diagnose Asthma" and Prof. Eric Bateman, Emeritus Professor of Medicine, Division of Pulmonology, and Department of Medicine, University of Cape Town, delivered a lecture on "GINA 2021: Replacing SABA for All Severities of Asthma" on 18 October 2021 respectively.



The Board thanked Dr. Angus Lo who delivered the online seminar.

Online Seminar on 22 October 2021

Dr. Chan Ting Pong Anthony, Specialist in Nephrology; Clinical Assistant Professor, Department of Medicine, LKS Faculty of Medicine, The University of Hong Kong, delivered a lecture on "Evidence Based Medicine in Diabetic Kidney Disease (DKD) Management" on 22 October 2021.



The Board thanked Dr. Chan Ting Pong Anthony who delivered the online seminar.

Online Certificate Course on Palliative Care for Primary Care Doctors

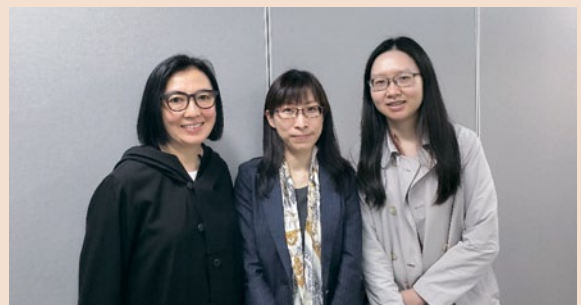
The 1st and 2nd session of Online Certificate Course on Palliative Care for Primary Care Doctors co-organized by the Hong Kong Society of Palliative Medicine (HKSPM) were held on 17 and 24 October 2021.

Dr. Lam Wai Man, Specialist in Palliative Medicine with Dr. Chen Wai Tsan Tracy, Specialist in Palliative Medicine, delivered a lecture on "Palliative Care (PC) Development and Available Services in HK PC Principles & Prognostication" and Dr. Poon Yin, Specialist in Palliative Medicine, delivered a lecture on "Pain Management in Palliative Care" on 17 October 2021 respectively.



Dr. Alvin Chan (left, Chairman of Board of Education) and Dr. Ng Sheung Ching Jeffrey (2nd from the left, Moderator) presenting a souvenir to Dr. Poon Yin (middle, Speaker), Dr. Chen Wai Tsan Tracy (2nd from the right, Speaker) and Dr. Lam Wai Man (right, Speaker).

Ms. Angelina Luk, Solicitor, delivered a lecture on "Legal Issues on End-of-Life (EOL) Care, Home Death and Signing of Advance Directives (AD)" and Dr. Leung Ling Yan Clare, Specialist in Palliative Medicine, delivered a lecture on "Common Cancer Symptoms & Management" on 24 October 2021 respectively.



Ms. Angelina Luk (left, Speaker), Dr. Chen Wai Tsan, Tracy (middle, Moderator) and Dr. Leung Ling Yan Clare (right, Speaker) took a group photo.

THE HONG KONG COLLEGE OF FAMILY PHYSICIANS

Activities are supported by HKCFP Foundation Fund.

Private Video Recording is not allowed.

41st Annual Refresher Course 2021 (Online)

In light of the COVID-19 situation, please note the 41st Annual Refresher Course (ARC) will be held **online via zoom Webinar platform** from 28 November to 19 December 2021. There will be six weekday online lectures and four Sunday online lectures.

As the course will go online this year, please note the following updated arrangement for CME accreditation:

- ✧ **1 CME** point will be awarded for each weekday online lecture and **3 CME** points for each Sunday online lecture according to Category 4.5 (MCHK CME pending).
- ✧ Participants are required to attend a minimum of 75% of the length of each online lecture and complete a post-lecture survey within 7 days from the lecture date for HKCFP & MCHK accreditation.
- ✧ The link to the MCQs will be sent to participants for each session of the Refresher Course if available, i.e. there are a maximum of 10 sets of MCQs. The MCQ answers have to be submitted **latest by 31 December 2021 (Friday)**. Member will be awarded **1 extra HKCFP CME point** for scoring of over 60% for each set of MCQs.
- ✧ Up to 2 CPD points (Continuous Professional Development) will also be awarded for each session (subject to submission of satisfactory report of Professional Development Log); a maximum of two points can be scored for each session.

The ARC, a traditional annual event of the College, has been running for a quarter of a century. Those who have attended 70% or more of all the sessions of the Refresher Course will be awarded an "e-Certificate of Attendance". Members who have attended the ARC for ten consecutive years or more will be awarded one free admission for the whole course. Subsequently, members can enjoy another free admission after every five consecutive years of paid ARC attendance. Please call the College Secretariat to confirm your previous enrollment.

Registration is now open. As the number of seats are limited, it will be offered on a first come, first served basis. **Please also note that admission fees are non-refundable nor transferable.** Ten free registrations for each online lecture will be offered to student members who wish to apply for free registration, please call Ms. Katie Lam at 2871 8899 or by email to education@hkcfp.org.hk.

Sunday Online Lectures

Time : 2:00 p.m. – 4:30 p.m. Lectures and Discussion

Date	Topics	Speakers	Moderators
28 Nov (Sun)	Chronic Coronary Syndrome and Hypertension 1. Chronic Coronary Syndrome (CCS) Management in Clinical Practice: From Stepwise to Personalized Approach 2. Hypertension Management – Is There Still Any Unmet Need? <i>Sponsored by Servier Hong Kong Limited</i>	1. Dr. Chung Yat Kiu Edward <i>Specialist in Cardiology</i> 2. Dr. Kong Chi Ming <i>Specialist in Cardiology</i>	Dr. Louis Chan
5 Dec (Sun)	Asthma and Diabetic Kidney Disease Management 1. Asthma Management in 2021 2. The Pressure is On: Diagnosis and Improving Outcome in Diabetic Kidney Disease <i>Sponsored by AstraZeneca HK Limited</i>	1. Dr. Chan Yu Hang <i>Specialist in Respiratory Medicine</i> 2. Dr. Yap Yat Hin Desmond <i>Specialist in Nephrology</i>	Dr. King Chan
12 Dec (Sun)	Gout and Hyperuricemia 1. Practical Management of Gout 2. The Increased Risk of Cardiovascular Diseases with Hyperuricemia <i>Sponsored by Astellas Hong Kong Limited</i>	1. Dr. Yip Man Lung <i>Specialist in Rheumatology</i> 2. Dr. Tang King Fun Hugo <i>Specialist in Cardiology</i>	Dr. Lorna Ng
19 Dec (Sun)	Menstrual Disorder and Hypertension 1. Investigation, Treatment and Fertility Implication of Menstrual Irregularity 2. The European Society of Cardiology (ESC) Update and Resistant Hypertension <i>Sponsored by Merck Pharmaceutical (HK) Ltd.</i>	1. Dr. Lui Man Wa Ellen <i>Specialist in Obstetrics & Gynaecology</i> 2. Dr. Hung Yu Tak <i>Specialist in Cardiology</i>	Dr. Anthony Ho

Weekday Online Lectures

Time : 2:00 p.m. – 3:00 p.m. Lectures and Discussion

Date	Topics	Speakers	Moderators
30 Nov (Tue)	Allergy Rhinitis Differential Diagnosis of Allergic Rhinitis and Optimal Management to Improve Patients' Quality of Life <i>Sponsored by GlaxoSmithKline Limited</i>	Dr. Yau Kay Chung <i>Specialist in Otorhinolaryngology</i>	Dr. Danny Ma
2 Dec (Thu)	Hemorrhoidal Disease Hemorrhoidal Disease: A Common Issue with Effective Treatment Strategies <i>Sponsored by Servier Hong Kong Limited</i>	Dr. Cheuk Cheung Yan Edmond <i>Specialist in General Surgery</i>	Dr. Yvonne Lo
7 Dec (Tue)	Irritable Bowel Syndrome Updated Management of IBS in the Primary Care Setting <i>Sponsored by A. Menarini Hong Kong Limited</i>	Dr. Lam Long Yan <i>Specialist in Gastroenterology & Hepatology</i>	Dr. Louis Chan
9 Dec (Thu)	Pre-DM Prediabetes Associated Health Outcomes <i>Sponsored by Amgen Hong Kong Limited</i>	Dr. Chan Chi Pun <i>Specialist in Endocrinology, Diabetes & Metabolism</i>	Dr. Robert Tsui
14 Dec (Tue)	Vaccine Vaccinology and The Importance of Adult Vaccination in Local Community <i>Sponsored by GlaxoSmithKline Limited</i>	Dr. Wilson Lam <i>Specialist in Infectious Disease</i>	Dr. Andrew Chan
16 Dec (Thu)	Dry Eye Management The Importance and Recommendation for Dry Eye Disease Management <i>Sponsored by Allergan, an AbbVie company</i>	Dr. Allie Lee <i>Specialist in Ophthalmology</i>	Dr. Au-Yeung Shiu Hing

Registration Fees

Whole Course (6 weekday & 4 Sundays online lectures) are:

College Members : HK\$300.00
Non-members : HK\$600.00

Single online lecture is:

College Members : HK\$ 50.00
Non-members : HK\$ 100.00

Remarks: Topic(s) is/are subject to change without prior notice. Online lectures will be conducted in English.

THE HONG KONG COLLEGE OF FAMILY PHYSICIANS

41st Annual Refresher Course (Online)

28 November – 19 December 2021

Fax: 2866 0616 / Email: education@hkcfp.org.hk / Tel: 2871 8899

Dear Sir / Madam,

I am a Member/ Non-Member* of the Hong Kong College of Family Physicians. (**please delete as appropriate*)



Please scan the QR code in order to complete the registration at zoom webinar by filling in the required information and select the date(s) you would like to join. If you would like to join the full course, please select all dates.

*****Discount will be given to members joining 6 sessions or more***.** Members are strongly recommended to register for full course if they would like to join 6 sessions or more at initial registration. Subsequent registration will follow the normal fee.

REPLY SLIP

Registration Fee	Full Course	Each online lecture	No. of sessions	Total Amount
Member	\$300.00 <input type="checkbox"/>	\$50.00	_____	_____
Non-Member	\$600.00 <input type="checkbox"/>	\$100.00	_____	_____

Payment Method:

- ☐ **By cheque:** Please return this reply slip together with cheque to the secretariat for administrative purpose. Cheque should be made payable to “HKCFP Foundation Fund” and return to the secretarial office address below for processing:
“Room 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, HK”
- ☐ **By PayPal:** The e-debit note with the PayPal link would be provided by the Secretarial staff once ready.

Name: _____ Member ID: _____ Cheque No (if applicable): _____

Email: _____ Mobile: _____ Date: _____

- Notes:**
1. Confirmation would be sent upon completion of registration online and receipt of registration fee.
 2. In case of over-subscription, the organiser reserves the right of final decision to accept registration.
 3. The link to join the online lecture **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 have attended the lecture.
 4. **Please note you can just attend ONE CME activity at a time. If it's found that you attending more than one CME activity simultaneously by the CME administrator later, you may NOT be able to receive the CME point(s).**
 5. 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.
 6. **Please be reminded to complete and submit the post-lecture survey after the session for HKCFP and MCHK CME point(s) accreditation; and to complete the MCQs if available for the extra HKCFP CME point. (*MCQs/ True or False Question; 60% or above of correct answers are required)**
 7. Please be reminded to check the system requirements beforehand to avoid any connection issues.
 8. Due to copyright issue, please note private recording of the lecture is prohibited.

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 Seminar

Date and Time	Topic	Speaker	Moderator
4 Dec (Sat) 2:00 – 3:00 p.m.	Individualized Pharmacotherapy to Treat Depression - How Do We Choose Which Antidepressant to Give? <i>Organized by the Interest Group in Mental Health</i> <i>Sponsored by Servier Hong Kong Limited</i>	Dr. Keith Wilfred Hariman	Dr. Chan Suen Ho, Mark

Online Monthly Video Session

Date and Time	Topic
26 November (Fri) 2:30 – 3:30 p.m.	"Management in "Difficult Hypertension"" by Dr. Cheung Shing Him

QR Codes for registration

4 December 2021 (Sat)



Accreditation :
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)

26 November 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 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
Wednesday, 01 December 2021			
14:00 – 17:00	Lecture Theatre, 10/F, YCK, Kwong Wah Hospital	Approach to Patient with Suicidal Risk Dr Yu Kwun Nam & Dr Sun Dione Tinoi	Ms. Emily Lau Tel: 3506 8610
14:30 – 17:00	Health Education Room, 1/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	What is a Smart Hospital and its Development in Hong Kong? Dr Wan Kwong Ha & Dr Wong Tsz Yan	Ms. Eliza Chan Tel: 2468 6813
14:30 – 17:30	Room 21, Kwun Tong Community Health Centre & Auditorium, Tseung Kwan O Hospital	Common Symptoms in Medicine (Part II) (Headache, Dizziness) Dr Cheung Ka Nam & Dr Yang Tsz Ching, Kelly	Ms. Judy Yu / Ms. Cordy Wong Tel: 3949 3043 / 3949 3087
15:30 – 17:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Approach to IOD Cases and Long Sick Leave Dr Joan Fok	Mr. Alex Kwok Tel: 5569 6405
17:00 – 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	Journal Club All trainees *	Ms. Cherry Wong Tel: 2589 2337

BOARD OF EDUCATION NEWS

Thursday, 02 December 2021

16:00 - 18:00	Online at Activities Room, 3/F, Yan Oi General Out-patient Clinic	Update Management of Patient with Chronic Gastrointestinal Problems e.g. Dyspepsia, HP Gastritis, GERD and Peptic Ulcer Disease Dr Woo Tiffany & Dr Chan Ham	Ms. Eliza Chan Tel: 2468 6813
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Wednesday, 08 December 2021

14:00 - 17:00	Online at Room 7 & Room 19, 8/F, Yau Ma Tei GOPC/ Room 10, 1/F, New block, East Kowloon GOPC/ Multifunction Room, Shun Tak Fraternal Association Leung Kau Kui Clinic	Approach to Abnormal Laboratory Results (Microbiology) Dr Mak Shen Rong, Sharon & Dr Lam Hiu Ching, Natasha	Ms. Emily Lau Tel: 3506 8610
14:30 - 17:00	Health Education Room, 1/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Doctors' Wellbeing and Professionalism Dr Chan Sin Hang	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Room 21, Kwun Tong Community Health Centre & Auditorium, Tseung Kwan O Hospital	Health Problems of Doctors & Management of Burnout Dr Wong Bo Hang & Dr Lam Ka Wing, Kelvin	Ms. Judy Yu / Ms. Cordy Wong Tel: 3949 3043 / 3949 3087
15:30 - 17:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Record Keeping and Personal Data Protection Dr Li Kwok Ho & Dr Tong Hiu Tung, Christy	Mr. Alex Kwok Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	Wound Care Service Dr Li Minru	Ms. Cherry Wong Tel: 2589 2337

Thursday, 09 December 2021

16:00 - 18:00	Online at Activities Room, 3/F, Yan Oi General Out-patient Clinic	Shared Decision Making Dr Tsang Yee Wing & Dr Yu Pui Hang	Ms. Eliza Chan Tel: 2468 6813
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Wednesday, 15 December 2021

14:00 - 17:00	Lecture Theatre, 10/F, YCK, Kwong Wah Hospital	Consultation Enhancement (Physical Examination: Upper Limb Neurology and Video Consultation) Dr Chan Fung Yuen & Dr Yu Lok Kwan	Ms. Emily Lau Tel: 3506 8610
14:30 - 17:00	Health Education Room, 1/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Appointment, Call Back and Reminder System in Daily Practice Dr Ng Wing Hin	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Room 21, Kwun Tong Community Health Centre & Auditorium, Tseung Kwan O Hospital	Evidence Based Screening Dr Ho Sze Ho & Dr Li Wing Chi, Gigi	Ms. Judy Yu / Ms. Cordy Wong Tel: 3949 3043 / 3949 3087
15:30 - 17:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Common ENT Symptom Dr Mak Ho Yin, Ronald & Dr Wong Chun Kit, Arthur	Mr. Alex Kwok Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	Management of Common Dermatological Problems in Primary Care Dr Christina Wong	Ms. Cherry Wong Tel: 2589 2337

Thursday, 16 December 2021

16:00 - 18:00	Online at Activities Room, 3/F, Yan Oi General Out-patient Clinic	Diagnostic Equipment - Technique of Use and Validation Dr Ng Ngai Mui & Dr Chan Ka Ho	Ms. Eliza Chan Tel: 2468 6813
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Wednesday, 22 December 2021

14:00 - 17:00	Online at Room 7 & Room 19, 8/F, Yau Ma Tei GOPC/ Room 10, 1/F, New block, East Kowloon GOPC/ Multifunction Room, Shun Tak Fraternal Association Leung Kau Kui Clinic	Role of Family Physician in Preventive Medicine Dr Chau Kei Wai & Dr Hung Pui Shan	Ms. Emily Lau Tel: 3506 8610
14:30 - 17:00	Health Education Room, 1/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Psychiatric Emergencies in General Practice Dr Lo Tsz Ming	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Room 21, Kwun Tong Community Health Centre & Auditorium, Tseung Kwan O Hospital	Impact of Development of Chinese Medicine to Health Care System Dr Ip Wai Ting, Laren & Dr Ma Ka Yi	Ms. Judy Yu / Ms. Cordy Wong Tel: 3949 3043 / 3949 3087
15:30 - 17:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Clinical Waste Disposal and DD Handling Dr Ng Hok Wai, Vincent & Dr Lau Sin Mei, MiMi	Mr. Alex Kwok Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	Skin Diseases in Pregnant Ladies Dr Liu Wing Yee, Natasha	Ms. Cherry Wong Tel: 2589 2337

Thursday, 23 December 2021

16:00 - 18:00	Online at Activities Room, 3/F, Yan Oi General Out-patient Clinic	Emergency Protocol Review Dr Feng Longyin & Dr Lee Sik Kwan	Ms. Eliza Chan Tel: 2468 6813
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Wednesday, 29 December 2021

14:00 - 17:00	Online at Room 7 & Room 19, 8/F, Yau Ma Tei GOPC/ Room 10, 1/F, New block, East Kowloon GOPC/ Multifunction Room, Shun Tak Fraternal Association Leung Kau Kui Clinic	How to Handle Angry/Difficult Patients Dr Ng Ka Wing & Dr Yan Dorcas	Ms. Emily Lau Tel: 3506 8610
14:30 - 17:00	Health Education Room, 1/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Clinical Approach of Dizziness in Primary Care with Cases Illustration Dr Lee Pak Lik	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Room 21, Kwun Tong Community Health Centre & Auditorium, Tseung Kwan O Hospital	Community Resources : Social Worker, CSSA, DA Dr Kwan Chun Yi & Dr Lam Ka Wai	Ms. Judy Yu / Ms. Cordy Wong Tel: 3949 3043 / 3949 3087
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	Refreshment of Cardiopulmonary Resuscitation Dr Leung Ka Cheong, Alex	Ms. Cherry Wong Tel: 2589 2337

Thursday, 30 December 2021






16:00 - 18:00	Online at Activities Room, 3/F, Yan Oi General Out-patient Clinic	Common Behavioral Problems for Children in Primary Care Dr Leung Hor Yee & Dr Yim Chi Ling	Ms. Eliza Chan Tel: 2468 6813
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After a long journey on OADs, give your patients

The Power to Control Diabetes with Reassuring Confidence

When compared with insulin degludec, Toujeo® achieves:

Glycaemic control		Glycaemic variability	
 <p>Comparable HbA1c reductions in insulin-naïve patients^{1,2}</p> <p>GREATER efficacy among high-risk populations^{3,4}</p>	 <p>Less hypoglycaemia during titration^{1,2}</p> <p>Up to 43% LOWER rates</p>	 <p>Better stability</p> <p>20% LOWER within-day fluctuation⁵</p>	<p>13% GREATER nocturnal TIR^{6,*}</p>
 <p>Elderly</p>  <p>Renal impairments</p>	<p>Comparable rates of hypoglycaemia throughout the study</p>		

This advertisement is only intended for Healthcare Practitioners and should not be re-distributed.

* Time-in-range was defined as the percentage of time with blood glucose level from 3.9 to 10.0 mmol/L.

OAD=oral antihyperglycaemic drug, TIR=time-in-range.

References: 1. Rosenstock J., et al. Diabetes Care. 2018 Oct;41(10):2147-54. 2. Cheng A., et al. Diabetes Obes Metab. 2020 Mar;22(3):346-354. 3. Hatzuk M., et al. Diabetes Obes Metab. 2020 Aug;22(8):1369-1377. 4. Bolli G.B., et al. Diabetes Obes Metab. 2021 Jul;23(7):1588-1593. 5. Bailey T.S., et al. Diabetes Metab. 2018 Feb;44(1):15-21. 6. Congelli, et al. Poster presented at the 56th Annual Conference of the European Association for the Study of Diabetes 2020: September 21 - 25: Virtual meeting. Poster 670.

Abbreviated prescribing information: **Presentation:** Insulin glargine 300 IU/mL solution for injection. **Indications:** Treatment of diabetes mellitus in adults, adolescents and children from the age of 6 years. **Dosage:** Once daily (preferably at the same time every day up to 3 hours before or after the usual time of administration), with adjusted individual dosage. Please refer to the full prescribing information for guidelines on switching between other insulin preparations. **Administration:** Subcutaneous injection. Toujeo is NOT INTENDED FOR INTRAVENOUS USE since it could result in severe hypoglycaemia. Toujeo must not be drawn from the cartridge of the SoloStar pre-filled pen into a syringe or severe overdose can result. **Contraindications:** Hypersensitivity to insulin glargine or to any of the excipients. **Precautions:** Toujeo has not been studied in children below 6 years of age. **Elderly:** Progressive deterioration of renal function may lead to a steady decrease in insulin requirements. **Renal impairment:** Insulin requirements may be diminished due to reduced insulin metabolism. Perform continuous rotation of injection site to reduce risk of lipodystrophy and cutaneous amyloidosis. Blood glucose monitoring is recommended after change in injection site. **Hypoglycaemia:** Intercurrent illness. Combination of Toujeo with pioglitazone. Medication errors prevention. **Interactions:** Effects enhanced by oral antidiabetics, ACEI, disopyramide, fibrates, fluoxetine, MAOIs, pentoxifylline, propoxyphene, salicylates, sulfonamide antibiotics. Effects reduced by corticosteroids, danazol, diazoxide, diuretics, glucagons, isoniazid, oestrogens and progestogens, phenothiazine derivatives, somatropin, sympathomimetics, or thyroid hormones, atypical antipsychotics and protease inhibitors. Beta-blockers, clonidine, lithium or alcohol may either potentiate or weaken the effects of insulin. Pentamidine may cause hypoglycaemia, followed by hyperglycaemia. The signs of adrenergic counter-regulation may be reduced or absent under the influence of sympatholytic medicinal products such as beta-blockers, clonidine, guanethidine and reserpine. **Fertility, pregnancy and lactation:** Animal studies do not indicate direct harmful effects with respect to fertility and reproductive toxicity. The use of Toujeo may be considered during pregnancy if clinically needed. It is unknown whether insulin glargine is excreted in human milk. **Overdose:** Insulin overdose may lead to severe and sometimes long-term and life-threatening hypoglycaemia. Mild episodes of hypoglycaemia can usually be treated with oral carbohydrates. More severe episodes with coma, seizure or neurologic impairment may be treated with glucagon (intramuscular or subcutaneous) or concentrated glucose solution (intravenous). **Undesirable effects:** Hypoglycaemia, lipohypertrophy, injection site reactions. For common, uncommon, rare and very rare undesirable effects, please refer to the full prescribing information. **Storage:** Before first use: Store in a refrigerator (2°C - 8°C). Do not freeze. Protect from light. After first use: Store below 30°C. Use within 42 days. Do not freeze. **Preparation:** Toujeo 5 x 1.5ml (450IU) pre-filled pens. **Legal Classification:** Part 1 Poison **Full prescribing information is available upon request.**

APHK-TOU-20.09

COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 Nov 2:30 – 4:30 p.m. Palliative Certificate Course	22	23	24 2:00 – 7:30 p.m. Structured Education Programme	25 4:00 – 6:00 p.m. Structured Education Programme	26 2:30 – 3:30 p.m. Video Session	27 2:30 – 5:00 p.m. DFM FM Clinical Skills Enhancement
28 2:00 – 4:30 p.m. Annual Refresher Course 2021	29	30 2:00 – 3:00 p.m. Annual Refresher Course 2021	1 Dec 2:00 – 7:30 p.m. Structured Education Programme	2 2:00 – 3:00 p.m. Annual Refresher Course 2021 4:00 – 6:00 p.m. Structured Education Programme 7:00 – 9:00 p.m. Exit Exam - Refresher Course for Examiners (PA)	3 8:00 p.m. HKCFP Annual General Meeting 9:00 p.m. HKCFP Council meeting	4 2:00 – 3:00 p.m. Interest Group in Mental Health 2:30 – 5:00 p.m. DFM FM Clinical Skills Enhancement
5 2:00 – 4:30 p.m. Annual Refresher Course 2021	6 7:00 – 9:00 p.m. Exit Exam - Refresher Course for Examiners (Research)	7 2:00 – 3:00 p.m. Annual Refresher Course 2021 7:00 – 9:00 p.m. Exit Exam - Refresher Course for Examiners (CSA)	8 2:00 – 7:30 p.m. Structured Education Programme	9 2:00 – 3:00 p.m. Annual Refresher Course 2021 4:00 – 6:00 p.m. Structured Education Programme	10 7:00 – 9:00 p.m. Exit Exam - Refresher Course for Examiners (Clinical Audit)	11 2:30 – 5:00 p.m. DFM FM Clinical Skills Enhancement
12 2:00 – 4:30 p.m. Annual Refresher Course 2021	13	14 2:00 – 3:00 p.m. Annual Refresher Course 2021	15 2:00 – 7:30 p.m. Structured Education Programme	16 2:00 – 3:00 p.m. Annual Refresher Course 2021 4:00 – 6:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	17	18 2:30 – 5:30 p.m. DFM Orthopaedic Injection Workshop
19 2:00 – 4:30 p.m. Annual Refresher Course 2021	20	21	22 2:00 – 7:30 p.m. Structured Education Programme	23 4:00 – 6:00 p.m. Structured Education Programme	24	25
26	27	28	29 2:00 – 7:30 p.m. Structured Education Programme	30 4:00 – 6:00 p.m. Structured Education Programme	31	1 Jan

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

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