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Message from the President

The recent trend of daily number of confirmed COVID-19 patients has decreased to a few thousand cases, thanks to the great efforts of everyone adhering to the infection control and social distancing measures, as well as the ongoing vaccination efforts against COVID-19. The availability of new oral antivirals also helped us to provide treatment for COVID-19 positive patients with mild symptoms. However, we must continue to be vigilant against the virus as the social distancing measures are being adjusted and the schools are reopening.

Further to my urgent appeal in March for concerted efforts in combating the fifth wave of COVID-19 in fighting against the virus including clinical support in Community Isolation Facilities, for people under quarantine or isolation at home, etc., I would like to take this opportunity to thank all the colleagues and friends who have responded promptly. As a matter of fact, a lot of family doctors have involved themselves in the fight against the virus from the very beginning of the pandemic back in 2020.

I am pleased to announce that our College Council has unanimously agreed to launch the "HKCFP Together We fight the Virus Campaign 2022" in appreciation of the great work being done by our College members. The aim of the Campaign is to demonstrate our determination, unity and solidarity as Family Doctors in helping the community in various ways during this current crisis. As a simple token of appreciation, College members who can demonstrate that they have actively contributed

towards the fight against the virus between 1 January and 30 June 2022 would be offered an Appreciation Pack, comprising: 1) an appreciation letter, and 2) free admission to HKPCC 2022 (for replies received by 31 May 2022). Members are therefore strongly encouraged to report their COVID-19 related work by filling in and returning the Reply Slip (via <https://forms.gle/VckP3gozkfJRLkVc7>) to College secretariat by 30 June 2022, so that your great contributions can be collated accordingly, and the overall contributions may be presented in future College activities, if applicable. Appreciation packs would be sent to individuals as soon as possible. Please watch out for announcements to be distributed through the usual College channels. I look forward to receiving your responses soon!



The current HKCFP-HKU Primary Care 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. This survey has been ongoing since 2021 and the project data collection period has been scheduled to close by the end of September 2022. All doctors in active clinical primary care practice are cordially invited to participate in this meaningful

(Continued on page 2)

Message from the President (Con't)

(Continued from page 1)

project which is fully supported by HKCFP. Please refer to the relevant page of our College website for details. (https://www.hkcfp.org.hk/pages_9_2182.html) Kindly grasp this opportunity to help us in updating the primary care morbidity landscape.

Carcinoma of the breast is the most common cancer among women in Hong Kong. The Cancer Expert Working Group on Cancer Prevention and Screening (CEWG) has reviewed the most recent international and local scientific evidence and updated its Breast Cancer screening recommendations. Existing recommendations were preserved for women at high risk and slightly changed for women at moderate risk. A few major updates have been made concerning recommendations for other women in the general population, including women aged 44 to 69 with certain combinations of personalised risk factors (e.g. presence of history of Breast Cancer among first-degree relative, a prior diagnosis of benign breast disease, nulliparity and late age of first live birth, early age of menarche, high body mass index and physical inactivity) putting them at increased risk of Breast Cancer are recommended to have mammography screening every 2 years. Potential benefits and harms should be discussed with their doctors before undergoing mammography screening. For more information, please refer to the publication link that follows. (<https://www.hkmj.org/earlyrelease/hkmj219622.htm>)

Our College's Young Doctors' Committee helps to organise an annual career talk for interns and



Dr. Will Leung (left) and Dr. David Chao (right) at the Tele-health Hub where phone support to COVID-19 was provided



(From left to right) Dr. Li Yim Chu, Dr. David Chao and Dr. Chan Hung Chiu at Tele-health Hub

other doctors who want to know more about HKCFP Family Medicine vocational training, career development opportunities and the discipline in general. The 5th HKCFP Career Talk would be hosted on 27 May 2022 (Friday) from 6:30pm via an online platform. If you are interested to find out more about Family Medicine, please mark your diary and keep an eye on the relevant announcements.

Please keep well and stay safe.

Dr. David V K CHAO
President

Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following application for membership in **February 2022 – March 2022**:

Associate Membership (New Application)

Dr. LEE Eric Yuk Ho

李旭皓

Diploma in Family Medicine (HKCFP) 2022 - 2023

The Board is pleased to announce that the Diploma Course in Family Medicine (DFM) organized by The Hong Kong College of Family Physicians will commence in July 2022.

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

Details of the course are as follows:

1. Objectives:

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

2. *Syllabus:

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

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

Module I – Principles of Family Medicine (Distance Learning)

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

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

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

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

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

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

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

*Module V - Practical Family Medicine (Practical Workshops)

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

*Modules III - V would be scheduled on Saturday and Sunday afternoons.

3. Articulations:

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

4. *Schedule:

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

July to October 2022	Module I
October to December 2022	Module II
July 2022 to April 2023	Module III, IV & V
April / May 2023	Final Examination

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

5. Admission Requirement:

Registered Medical Practitioner with Bachelor's Degree in Medicine.

6. Teaching Staff:

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

7. Teaching Medium:

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

8. Course Fees:

Whole course:
HK\$39,800 for members of HKCFP
HK\$79,600 for non-members

(A discount of HK\$5,000 for early bird applications on or before 31 May 2022)

Individual Modules:	Members	Non-members
Module I (Distance Learning – Principles of Family Medicine)	\$5,000	\$10,000
Module II (Distance Learning – Common Problems in Family Medicine)	\$5,000	\$10,000
Module III (Structured Lectures & Seminars)	\$5,100	\$10,200
Module IV (Updates & Clinical Attachment)	\$5,000	\$10,000
Module V (Practical Workshops)	\$6,500	\$13,000
Examination	\$12,300	\$24,600
Administration Fee	\$5,000	\$10,000

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

9. Awards/Credits:

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

10. Application Procedure:

Applications are now open.

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

- Photocopy of the current Annual Practising Certificate;
- A recent photo of the applicant (passport size);
- A signed "Disclaimer of Liability";
- An administration fee for application of HK\$1,000 by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable;
- A Course Fee of HK\$39,800 (or HK\$79,600 for non-members) by crossed cheque payable to "HKCFP Holdings Development Limited". This fee is non-transferable and non-refundable.

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

Information and application forms can be obtained from the College or can be downloaded at the College website (<http://www.hkcfp.org.hk>). Members who were not admitted in the course in 2021 have to send in their application again if they want to study the course this year. Please contact the College secretariat, Ms. Alky Yu at 2871 8899 for any queries.

11. Application Deadline: 30 June 2022

Comments From Former DFM Graduates

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

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



APCLS Training Workshop



Women's Health Workshop



Orthopaedic Injection Workshop



Musculoskeletal Workshop

HKCFP CERTIFICATE COURSE IN ESSENTIAL FAMILY MEDICINE 2022-2023

The HKCFP Certificate Course in Essential Family Medicine (CCEFM) is designed to meet the training needs of practicing primary care doctors who would like to refresh or update their clinical knowledge and skills relevant to Family Medicine practice. The curriculum of this course also forms part of the well-established HKCFP Diploma in Family Medicine (DFM) course. Our teaching faculty are experienced clinicians working in primary care, in secondary care and in academia. The course has been designed to enhance the course participants' competencies in daily Family Medicine practice in the community.

1. OBJECTIVES:

- To provide knowledgeable, pragmatic and structured training in Family Medicine for medical practitioners
- To encourage professional development of practising medical practitioners
- To improve standards and quality in Family Medicine practice by adopting holistic patient-centered care via an integrated care approach

2. SYLLABUS:

The CCEFM consists of THREE segments, including Modules III, IV (FM attachment + Update) and parts of Module V in the Diploma in Family Medicine (DFM). Doctors who have graduated from the CCEFM are expected to have acquired the following essential concepts and course contents:

- The role of Family Doctors particular in providing cost-effective primary care to the community
- The essential knowledge and skills on common problems encountered in Family Medicine
- Enhancement in the consultation and problem solving skills
- Acquiring the knowledge and skills in common practice procedures related to family practice

3. AWARDS/CREDITS:

- After completion of all the components and course requirements (max. within TWO years), a certificate will be awarded to the successful candidates
- The completed modules and credits can be accredited towards the quotable HKCFP DFM course, if the candidates would like to enroll into DFM course subsequently
- 25 CME and 5 CPD credit points will also be awarded by HKCFP.

4. COURSE CONTENT:

Segment I – Essentials of Family Medicine (Structured Seminars)

Objectives:

- ◆ Strengthen knowledge in Family Medicine
- ◆ Understand the potential growth of Family Medicine
- ◆ Enable the evidence-based Family Medicine practice

Contents:

Anticipatory Care, Elderly Care and related issues, Chronic Disease Management, Common Musculoskeletal Problems, Evidence Based Medicine & Critical Appraisal, Mental Health, Practice Management; and Clinical Audit, Research & Teaching in Family Medicine.

Segment II – Problem Solving and Clinical Updates

Objectives:

- ◆ Acquire in-depth knowledge by clinical scenario/simulated cases in our daily Family Medicine practice
- ◆ Transfer the practical skills and hand-on experience by interactive learning methods led by Family Medicine Fellows

Contents:

A site visit plus scenario based training including Diagnostic Challenges on Common Symptoms, Problem-based Learning on Chronic Disease, Motivational Interviewing, Child Health, Women's Health, Aging and End-of-Life and Common Musculoskeletal Problems.

Segment III – Practical Family Medicine (Practical Workshops)

Objectives:

- ◆ Enhance practical and communication skills in Family Medicine by practical workshops in selected areas
- ◆ Transfer the practical skills and hand-on experience by interactive learning methods led by Family Medicine Fellows

Contents:

Consultation Skills and Orthopaedics Injection

5. ADMISSION REQUIREMENTS:

Registered Medical Practitioner with Bachelor's degree in Medicine.

6. TEACHING STAFF:

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

7. TEACHING MEDIUM:

English (Cantonese may be used in some sessions in the course)

8. COURSE FEES:

Administration fee for application	HK\$ 1,000		
plus			
Enrolment for the complete Certificate Course	HK\$ 23,000	for members	HK\$ 46,000 for Non-members
Or			
Enrolment for individual session:			
Single session from Segment I and Segment II	HK\$ 1,800	for members	HK\$ 3,600 for Non-members
Single Session from Segment III	HK\$ 2,300	for members	HK\$ 4,600 for Non-members

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

9. APPLICATION PROCEDURES:

Application is now open.

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

- Photocopy of the current Annual Practising Certificate;
 - A recent photo of the applicant (passport size);
 - A signed "Disclaimer of Liability";
 - An administration fee for application of HK\$1,000 by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable;
 - A Course Fee in appropriate amount by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-transferable and non-refundable.
- Successful applicants will be notified by an official letter of admission after the application deadline.

Information and application forms can be obtained from the College or can be downloaded at the College Website (<http://www.hkcfp.org.hk>). Please contact the College secretariat, Ms. Alky Yu by email to dfm@hkcfp.org.hk for any enquiries.

Application Deadline: 30 June 2022

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

**The schedule might be affected due to the outbreak of COVID-19 and the format might be changed to online platform if necessary. Announcement would further be made in case there is a change of schedule and/or format*



HKCFP Family Medicine Career Talk 2022

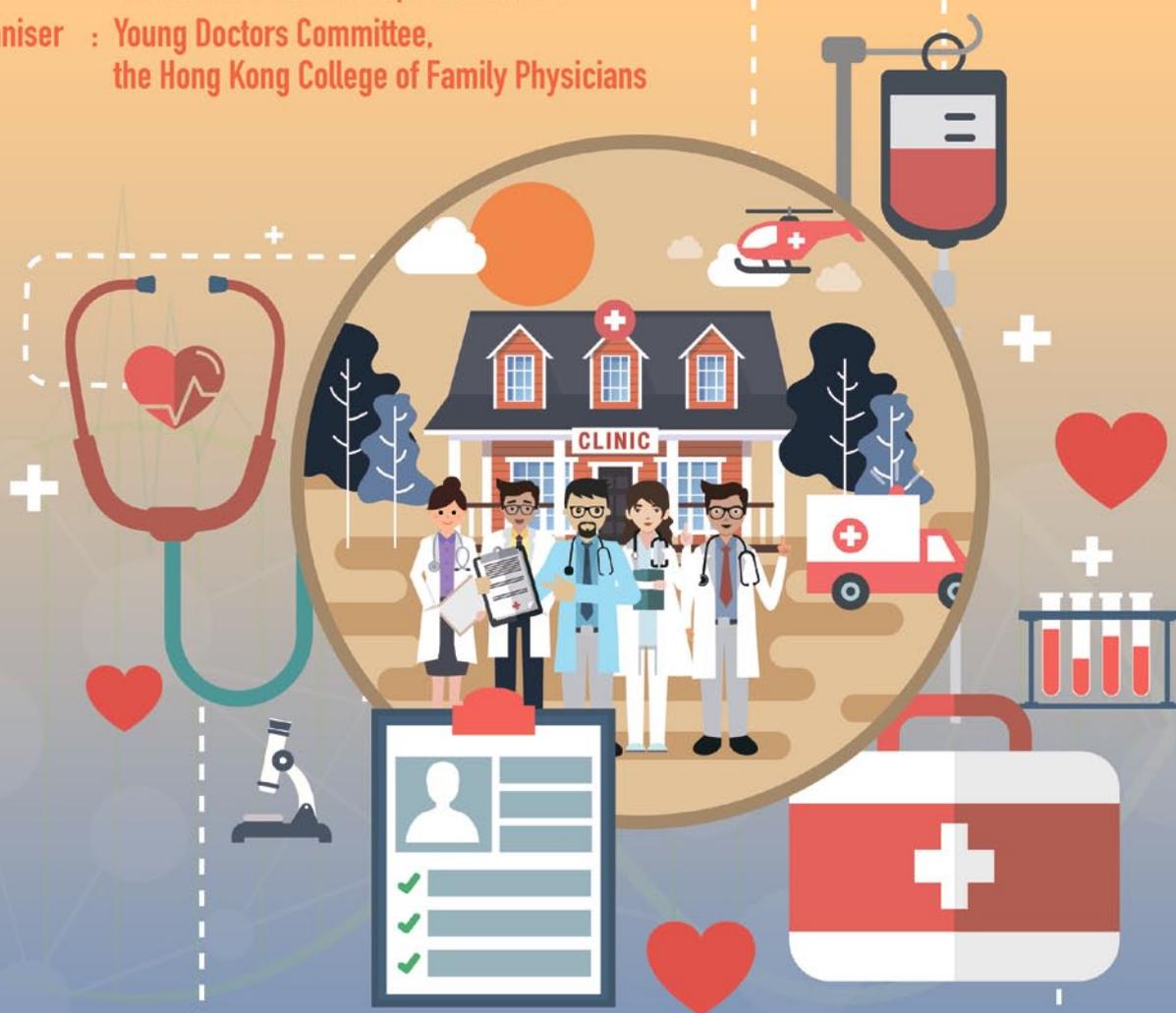
Date : 27 May 2022 (Friday)

Time : 18:30 - 21:00

Link to Zoom would be provided later.

Organiser : Young Doctors Committee,
the Hong Kong College of Family Physicians

Scan to register:



Content:

- Training & Development of Family Medicine in Hong Kong
- Life and career path of family physicians in different settings
- "Q&A session" and "Tips to apply Family Medicine training post"

Registration:

- Free-of-charge
- Please scan the QR code to register via Google form

For other enquiry,
please contact Ms. Erica So or Ms. Kathy Lai
through email YDC@hkcfp.org.hk or
telephone at 2871 8899.

Board of Vocational Training and Standards News

The Hong Kong Primary Care Conference 2022 will be held again as a digital conference online from **17 – 19 June 2022**.

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

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

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

Please contact Ms. Maggie Cheung or Ms. Kathy Lai at BVTS@hkcfp.org.hk for details.

Board of Vocational Training and Standards

The Diary of a Family Doctor【家庭醫生的日常】

《為自己打氣》

冼銘全醫生

50多歲男士，回來覆診高血壓。上一次表示有腹痛，加上多年前輸尿管結石病史，同事已轉介到泌尿專科，但排期至明年。

我：「最近肚痛情況如何？」

男士：「都係一樣，冇好過。下腹常陣痛。」

我：「幾時開始咁樣痛？」

男士：「2017年開始。」他不假思索地道。除了腹痛，還有每天腹瀉兩三次。體重沒大改變。2018年大腸鏡檢查正常。不似是泌尿問題。

我：「2017年發生咗咩事？」

原來他是職業司機，2017年遇上交通意外，一直腰背痛，腹痛，不斷看醫生，也再沒有上班。

我：「屋企仲有邊位？」

男士：「太太，佢有工作，依家最擔心兩個女，因為兩個都唔打得針，我血壓又高，又唔敢打，影響埋兩個女，都唔知點算。」面對疫情和疫苗，大家都有不少壓力。

我：「兩個女咩事？」

男士：「大女兒二十歲，最近做了心臟手術，而且經常頭痛，醫生說不適宜打針。小女兒又有惡性腫瘤，醫生說也不適宜。」他不斷在想身邊的人。

我：「呢幾年你兩個女有冇對你講啲乜嘢？」

男士：「細女話叫我唔好咁緊張，快啲返番工啲。」

我：「唔好介意，請問你有幾多兄弟姊妹？父母以前待你如何？」

男士：「四個，我排行最細。D阿哥唔爭氣，我10零歲就要出嚟做嘢幫補屋企，咩都搵我做…」

我：「先生，雖然第一次見你，但我感到你一直顧住背負其他人，好似有咗自己咁。你埋藏咗好多恐懼同痛苦，冇表達出嚟，所以個身體幫你表達。例如你嘅腹痛，好大機會係腸易激綜合症，你越不安，你條腸就越不安，血壓就越高，然後你越擔心，形成了一個惡性循環。如果你能夠放低一啲過去，集中做返好自己，相信你嘅身體同家庭成員都會好受好多。」

男士呆在那裏，在思考。

我也要喘息一下。帶着高規格口罩和面罩做counseling，十分辛苦，但值得。

疫情下我們要為病人打氣，也要為自己打氣。

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: FPLinks@hkcfp.org.hk



Hong Kong
Primary Care
Conference

The Hong Kong College
of Family Physicians

Hong Kong Primary Care Conference 2022

**Committed.
Versatile.
Ever-growing:
Primary Healthcare
in the Time of COVID**

**17 - 19
June 2022**
(Fri – Sun)

Wellness

Prevention

Community

Empathy

家庭

關懷

關懷



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

Hong Kong Primary Care Conference 2022
**“Committed. Versatile. Ever-growing:
Primary Healthcare in the Time of COVID”**

17 - 19 June 2022

CHAIRLADY'S MESSAGE

On behalf of the Hong Kong College of Family Physicians, the members of the Organizing Committee and myself, we are very proud to announce the “13th Hong Kong Primary Care Conference” under the overarching theme of: “Committed. Versatile. Ever-growing: Primary Health Care in the Time of COVID” will be held online from 17th to 19th of June 2022.

This year's conference takes its theme from the COVID-19 pandemic that, for almost two years now, has shocked the world and will continue to affect how we conduct our daily lives. People with chronic diseases are not only susceptible to complications and death from the COVID-19, but also from disruptions in their regular care routines. Furthermore, the lives of those who have not been infected have also been deeply affected by the collateral damage this virus causes. As primary care is the fundamental pillar and the “front door” to the health system of most people, there is a need to further enhance a comprehensive primary health care system. I quote excerpts from the keynote speech of WONCA Immediate Past President Prof. Donald Li in his opening speech at the 2021 World WONCA Conference, “there can be no Universal Health Care without comprehensive Primary Health Care (PHC). There can be no comprehensive PHC without Family Medicine.” Thus, we as Family physicians and primary care providers, should continue to stay committed, be versatile and work together ever more to meet the challenges now and in the years to come.

As always, our hallmark conference, held online for the past 2 years, continues to enthral our participants with its well-curated program. Our program will retain the well-received structure with various theme-based seminars, plenary sessions, interactive workshops and interesting discussion forum. This annual event offers an inspiring platform for bringing together international and local experts, family physicians, nurses and primary care professionals to promote collaborative and networking opportunities in addressing present and future challenges. Last but not least, I cordially invite you to submit cases to our signature clinical case competition, as well as abstracts to our full and free paper competitions. So please stay tuned for further details.

I strongly believe that you will undoubtedly have a fruitful and enjoyable learning experience in the forthcoming conference.

Dr. Lorna Ng
Chairlady, Organizing Committee
Hong Kong Primary Care Conference 2022

(Supported by HKCFP Foundation Fund)



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

Hong Kong Primary Care Conference 2022

“Committed. Versatile. Ever-growing: Primary Healthcare in the Time of COVID”

17 - 19 June 2022

Scientific Programme at-a-glance



Date	17 June 2022 (Friday)				
Time	ROOM-1	ROOM-2	ROOM-3	ROOM-4	ROOM-5
19:30 - 20:30	Sponsored seminar 1	Sponsored seminar 2		Workshop 1 Myths about Exercise Prescription and Clients with Chronic Diseases <i>Dr. Leo HO</i>	
20:30 - 21:00					

Date	18 June 2022 (Saturday)				
Time	Zoom Webinars			Zoom Meeting	
	ROOM-1	ROOM-2	ROOM-3	ROOM-4	ROOM-5
12:30 - 13:15	Sponsored seminar 3	Sponsored seminar 4	Sponsored seminar 5		
13:20 - 13:40	e-Poster and Exhibition Booth Viewing				
13:30 - 13:50	Opening Ceremony				
14:00 - 14:45	Plenary I Long COVID Syndrome and other Challenges for Primary Care arising from the Pandemic <i>Prof. Michael Kidd</i>				
14:50 - 16:05	Seminar A Gut Microbiota and Health: Research on Health Outcomes and Dietary Advice <i>Prof. Martin Wong</i>	Seminar B <i>Dr. Frank Chan</i>	Seminar C Update on Common Eye Problems in Primary Care <i>Dr. Kendrick Shih</i>	Workshop 2 Medical Legal Workshop <i>Prof. Albert Lee</i>	
16:10 - 16:55	Plenary II Family Medicine Development and Healthcare Reform During Challenging Times <i>Dr. Donald Li</i>				
17:00 - 17:40	Seminar D Different Diets and their Effects on Health <i>Ms. Sally Poon</i>	Seminar E Vertigo and Dizziness: How Can We Do Better? <i>Dr. Peter Kwan</i>	JC Joy Age Seminar <i>Prof. Terry Lum</i>		
17:40 - 18:15					
18:20 - 19:00	Sponsored seminar 6	Sponsored seminar 7			

Date	19 June 2022 (Sunday)				
Time	Zoom Webinars			Zoom Meeting	
	ROOM-1	ROOM-2	ROOM-3	ROOM-4	ROOM-5
9:00 - 10:15	Seminar F Child Psychiatric Conditions for Primary Healthcare: ASD & Dyslexia <i>Dr. Stephen Ho & Dr. Amos Cheung</i>	Clinical Case Presentation Competition	Seminar G End of Life Care in the Community - What can a Team of GPs and Nurses Do? <i>Dr. Jonathan Lau, Dr. Frances Wong, Dr. Arkers Wong, Mr. Jonathan Bayuo & Dr. Welgent Chu</i>	Workshop 3 Non-drug Intervention Toolbox for Psychological Distress <i>Dr. Weng Yee CHIN</i>	
10:20 - 11:05	Plenary III Burnout in Primary Healthcare Providers – Stepping Forward <i>Dr. Margaret Kay</i>				
11:10 - 11:40	Seminar H <i>Dr. Clarence Leung & Dr. Paulin Ma</i>	Full Research Paper Awards Presentation*	Sponsored seminar 8	Discussion Forum on Hypertension	
11:40 - 11:55					
11:55 - 12:25					
12:25 - 13:40		Free Paper - Oral Presentation		Workshop 4 Quick and Key Physical Examination of MSK Problems in a Busy Primary Care Setting <i>Prof. Regina Sit, Dr. Stanley Lam & Dr. Mark Lai</i>	

*The winners of the Best Research Paper Award and Best Novice Research Paper Award will present their work during this session (11:10am - 11:40am)

Disclaimer

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



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

Hong Kong Primary Care Conference 2022

“Committed. Versatile. Ever-growing: Primary Healthcare in the Time of COVID”

17 - 19 June 2022

Registration is now open.
For registration and conference details:



Registration Information

Registration Deadline: 2 June 2022 (Thursday)

A) Conference Registration		Member: HK\$200 Non-member: HK\$1000
Registration to the conference is required.		
B) Workshop Registration		
First come first served.		
Please prepare a separate cheque(s). Cheques will be returned to unsuccessful registrants.		
• CME/ CPD application for workshop participants in progress.		
17 June 2022 (Friday)	19:30 21:00	Workshop 1 Myths about Exercise Prescription and Clients with Chronic Diseases HK\$500
18 June 2022 (Saturday)	14:40 16:05	Workshop 2 Medical Legal Workshop HK\$500
19 June 2022 (Sunday)	09:00 10:15	Workshop 3 The Non-drug Intervention Toolbox for Psychological Distress: What Family Doctors Can Do in a Routine Consultation HK\$500
	12:25 13:40	Workshop 4 Quick and Key Physical Examination of MSK Problems in a Busy Primary Care Setting HK\$500

Payment Method

• Pay by cheque

- Please send completed registration form with crossed cheque(s) payable to “HKCFP Education Ltd” to the Conference Secretariat.
- Please use SEPARATE cheques for payment of conference, workshop(s) registration fees, etc.

• Pay by Tele-transfer

- For overseas delegates only.
- Payment information will be sent within 5 working days after your submission of registration.
- All bank charges and related transaction fees should be borne by the remitter of the funds.

Refund Policy

- Withdrawal of registration **on or before 3 May 2022: Full refund** after deduction of all bank charges and related transaction fees.
- Withdrawal of registration **after 3 May 2022: No refund** will be accepted.
- All refunds, including unsuccessful workshop registration etc. would be arranged within 8 weeks after the Conference. All bank charges and related transaction fees if any would be deducted from the amount of the refund payment.

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

Friends, Keep Going, Day by Day!

Dr. Lam Wing Wo (Family doctor in private practice)

Almost two and a half year into the COVID-19 pandemic, many family doctors have given their blood, sweat, and tears to work on multiple tasks to combat the virus and protect our people. At times, we felt lost, helpless, and despair. Even so, we bounce back, support each other mutually, and continue to fight.

Learning from the excruciating lessons of the fifth wave locally, we understand how crucial vaccination is in saving lives. Since the implementation of the COVID-19 vaccination programme in late February 2021, it is encouraging to see that more and more community clinics have been on board. Regarding the proportion of the population received one vaccine dose, the contribution of private clinics has climbed up from 14% to 21.7 % (almost 1.5 million people) lately!¹ To pursue our journey in achieving adequate vaccination coverage, I would like to share the following insights that I learned together with peer family doctors actively supporting the programme:

A. Be Up-to-date and Meticulous

During the pandemic, we can easily get down in the sea of information. There are exciting reports on new discoveries, but also biased news and hoaxes. Different studies may contradict with each other, so are expert opinions. Clinical guidelines and recommendations from various sources can be incongruent, and they are constantly updating. To advise people and facilitate them to make sound decisions, medical professionals should regularly update themselves with the “current best evidence” and analyse and apply them critically, and always refer to the official information, such as those provided by the Department of Health. Another point to note is to ask around whenever in doubt.



Sharing a photo of the CoronaVac vaccines with my friends in social media after giving every 100 doses; the LIKES are the supports to continue my inoculation journey



Another post of the CoronaVac vaccines

B. Be proactive

Opportunistic prevention is a key component in primary healthcare. A substantial proportion of people who received vaccinations at clinics were initially coming for consultation of other health issues rather than for vaccination. It was the doctor’s effort to reach out that made a lot of difference. Simply asking, “by the way, did you get vaccinated against COVID-19?” after a consultation may already open the door for discussion. We can also take the chance to ask about the vaccination status of the other family members and provide advice. From our experience, most people would highly appreciate if you could spend extra time to listen and talk about vaccination with them. For people with hidden concerns, such as whether they are considered as immunocompromised and whether they need an additional dose, our clarification can be the timely rain for them.

C. Understand, empathize and work together

The nature of work of family doctors allows us to meet diverse personalities from all walks of life. We are trained to be open-minded, empathetic, and collaborative. When people come to see us, we seek to understand them, assess professionally, and offer management for their best interest. Regarding vaccination, people may come for different reasons:

1. Coming for inoculation:

Before inoculation, we ask, assess, explain, and discuss with the vaccinee for reaching an informed decision. The process usually lasts for just a few minutes. It may take longer if we are unfamiliar with their health and need

to review thoroughly including the e-health record, or when there are misconceptions to be clarified and issues identified that require attention. For people who expressed that they came for vaccination primarily for complying with the "Vaccine Pass" rather than for health reasons, we may try to educate them and urge them to complete the full regime of vaccination. For people found to have health issues, such as white-coat hypertension and other anxiety-related conditions, we may provide advice, treatment, and follow-up accordingly.

2. Asking for advice and assessment

We now know that over 99.9% of the population can receive COVID-19 vaccination without a problem. Unless with contraindications, even those who are suffering from severe health conditions can receive vaccination once treated and stabilized. Nonetheless, since the implementation of the vaccination programme and in particular during the first eight months, many people have had misunderstandings and concerns regarding the vaccines and whether they were fit enough to receive vaccination. Hence, they would ask for a comprehensive check-up before getting vaccinated. As I learned from other family doctors, there were so many undiagnosed health conditions being identified during these pre-vaccination assessments, such as Diabetes Mellitus, Hypertension, Coronary Heart Disease, Iron-deficiency Anaemia related to menorrhagia or haemorrhoidal bleeding, Thyrotoxicosis, Hepatitis B, Cancers, and Mood Disorders. Most of them subsequently received proper management and were later vaccinated. Some went on to improve their lifestyle with perseverance, such as exercising regularly, eating healthily, and quitting smoking. In turn, some have established the invaluable doctor-patient relationship!

Some chronic disease patients came to ask about their suitability to get vaccinated as they forgot to ask their doctor-in-charge specifically on that, or they could not get a conclusive answer. For example, an oncologist told a cancer patient that he could receive vaccination if his cardiac status allowed, but then the next cardiologist follow-up was scheduled half-a-year later. Besides, some elders expressed in tears that their children had disagreement over allowing them to get vaccinated or not and

resulted in a state of conflict and disharmony. These scenarios highlight the importance for every citizen/family to have a family doctor who knows him/her well and can provide comprehensive, continuing, and collaborative care throughout the life course. For the time being, despite all the difficulties and limitations, let's try our best to help these needy people.

3. Requesting for vaccine exemption

Bearing a vaccine medical exemption certificate means that you are deprived of the protection from vaccination and are especially vulnerable to the virus. Therefore, we will look into every such request very seriously. Somehow, most requests encountered were out of misinformation or anxiety. As expected, the consultation would possibly end unhappily. Yet, there were still a few that we could rectify their biases or relieve their worries, and finally engaged them in vaccination!

D. Optimize infection control

During the peak period of the fifth wave from mid-February to mid-March, there were so many people infected with the Omicron subvariant BA.2. in the community, including medical professionals. Up to 30% of the vaccination appointments were cancelled or deferred because of infection. A significant number of clinics suspended services during the critical stage. To survive the fifth wave, below were some hints collected from peer doctors:

1. Implement infection control and preventive measures with reference to the updated recommendation provided by the Centre for Health Protection.²
2. Triage and cohort robustly to identify suspected COVID-19 patients early for minimizing cross-infection. Make use of Rapid Antigen tests as needed.
3. Where applicable and feasible, separate people coming for vaccination from other patients by physical barriers and proper appointment system. Keep waiting room well-ventilated and discourage chatting.
4. Ensure all visitors to wear mask properly. Ask them to wear double-mask as needed (provide extra mask).
5. All clinic staff should wear double-mask or preferably N95 Respirator, and eye protection (face shield/goggles) during high-risk sessions.

6. Encourage all clinic staff to be fully vaccinated.
7. Use air sterilizer with adequate air-exchange at consultation room. Use Ultraviolet-C lamps to disinfect the space during lunch break and after clinic sessions.
8. Household bleach and alcohol are the most reliable disinfectants when used correctly. Yet, spraying disinfectants is not recommended. Consider using antiviral coating for additional protection.

After all, I believe that we should try our best not to get infected even though Omicron infection is apparently mild for most.

E. Stay positive and healthy

During the pandemic, our daily lives have become full of changes, uncertainties, sufferings, and adaptations. When you feel bad, try to recognize your negative emotions – anxiety, fear, anger, disgust, sadness, guilt – and the reasons and thoughts behind. Try to understand your emotions and reframe thoughts positively. While anti-vaxxers may upset you from time to time, there are also people who really appreciate your little help in inoculating them. You may get uplifted by having a hug of thanks from a kid, “Thanks doc, I can now fight against the virus.” To stay positive and healthy, the following are some suggestions:

1. Maintain your routine: Sticking to a sleep schedule, regular mealtimes, organize your work and daily activities at the same time every

day can make you feel more grounded and prepared for the day ahead.

2. Eat healthily: “Let food be thy medicine, thy medicine shall be thy food.” – Hippocrates. Making a dish at home can be a wonderful family activity.
3. Keep active if you can: Exercise regularly and preferably in outdoor setting. Incorporate physical activities into your daily routine, such as cleaning your house and online exercise workouts.
4. Do/Learn something new: Novelty can motivate us to keep going in life. Think about those childhood dreams and try to accomplish them.
5. Strengthen your relationships: Treasure the chance to stay at home and to cultivate marriage and family relationships; reach out to others using technology at times.
6. Take physical, mental, and spiritual rest: Sleep adequately, take brief pauses at times (learn to practice mindfulness, stretching exercises). And I would like to share with you a morning prayer³ that I contemplate in a quiet environment early every morning.

There is still a long way to go. We have not seen an end to the pandemic yet. Perhaps, you may think that you have contributed very little, but as a whole we can make a difference. Every day is a new day; live the best out of it. Friends, keep going, day by day!



Providing vaccination to a group of very cheerful elders

A Morning Prayer

God of my life, I welcome this new day.

It is Your gift to me — the first day of the rest of my life.

I thank You for the gift of being alive this morning.

I thank You for the sleep which has refreshed me.

I thank You for the chance to begin life all over again.

This day is full of promise and of opportunity, I will waste none of it.

This day is full of mystery and of the unknown, I will face it without fear or anxiety.

This day is full of beauty and adventure, I will be fully alive to it all.

During this day, may I become a more thoughtful person, a more thankful, a more generous and kind person.

Help me not to be turned in on myself, but to be sensitive and helpful to others.

Let me do nothing today that will harm anyone.

Let me help, at least a little, to make life more pleasant for those I meet.

When night comes, may I look back on this day without regrets.

May nobody be unhappy because of anything I have done, or anything I have failed to do.

Lord, bless this day for me and for all of us.

「生命的主，我歡喜地迎接這新的一天。

這是祢賜予我的 — 餘生中的第一天。

感謝祢賜我今早起來，仍然活著。

感謝祢讓我一覺醒來，重新得力。

感謝祢給予我重新再活的機會。

今天滿有祢的應許和機遇；我會好好珍惜。

今天滿有奧秘和我所未知的；我會欣然面對，不會懼怕和憂慮。

今天充滿美麗和奇妙的歷程；我會善活這精彩豐盛的一天。

在今天中，我會成為
 一個更懂為人設想的人，
 一個更會珍惜和感恩的人，
 一個更慷慨和良善的人。
 求祢使我不要單顧自己，
 求祢使我可體會別人的需要和作出切實的幫助。
 但願我今天不會作任何傷害別人的事。
 但願我所作的可讓遇上的人活得美好一點。
 當夜幕低垂，願我無悔今天。
 但願我所作的或未能做到的事，沒讓人不快。
 主，求你祝福我和所有人的這一天。」

Reference:

1. <https://www.covidvaccine.gov.hk/en/dashboard>
2. https://www.chp.gov.hk/files/pdf/ic_advice_for_nid_in_healthcare_setting.pdf
3. <https://www.catholicdoors.com/prayers/english3/p02481.htm>



Playing with a kid after inoculation, as a reward

Updated information related to COVID-19

Some COVID-19 related links for quick reference:

General Information:

- **Updates on Infection Situation** - https://www.coronavirus.gov.hk/chi/index.html#Useful_Information

For a quick look-up for the location situation, list of buildings visited by cases tested positive for COVID in the past 14 days.

Information related to COVID Testing:



- **“Early Testing and Detection”** - <https://www.coronavirus.gov.hk/eng/early-testing.html>

Page containing information of the test facilities available in HK (i.e. The Community Testing Centres CTCs, DTS & Stool specimen collection packs distribution points, the recognized local testing institutions and laboratories), as well as education material on how to self-collect and handle the specimens.

- **Community Testing Centres** - <https://www.communitytest.gov.hk>

Page containing the online booking system for test arrangements at CTCs as well as a show-up of the booking status and waiting time for the testing facilities.

- **Prevention and control measures for persons travelling to Guangdong and Macao from Hong Kong & Recognised medical testing institutions for COVID-19 nucleic acid test** - https://www.coronavirus.gov.hk/chi/recognised_testing_institutions.html

Testing arrangements for those with related travel needs.

Information related to COVID Vaccination:



- **The COVID Vaccination Program Website** - <https://www.covidvaccine.gov.hk/zh-HK/programme>
Page containing all the locations and booking methods for public to obtain the vaccine (i.e. The Community Vaccination Centres CVCs, GOPCs under HA, Designated Private Clinics, Designated Clinics of DH, etc.), as well as who are eligible for receiving vaccination.
- **Health Education Materials** - <https://www.covidvaccine.gov.hk/zh-HK/resources>
Materials for public education with pamphlets and posters related to the vaccines available in HK. Updated highlights include latest recommendations and vaccine arrangements for the COVID vaccines by the Joint Scientific Committees on Vaccine Preventable Diseases and Emerging and Zoonotic Diseases joined by the Chief Executive's expert advisory panel (JSCEAP)
- **The Frequently Asked Questions FAQs** - <https://www.covidvaccine.gov.hk/zh-HK/faq>
FAQs covering the most frequently encountered enquiries during our consultations.
- **Interim Guidance Notes on Common Medical Diseases and COVID-19 Vaccination in Primary Care Settings** - https://www.covidvaccine.gov.hk/pdf/Guidance_Notes.pdf
Latest update on 30/3/2022, with updated recommendations on vaccinations from the local expert panel.
- **Healthcare Professional Corner** - <https://www.covidvaccine.gov.hk/zh-HK/professional>
Besides the guideline mentioned above, also contains further reference materials. Recent updates include recommendations on Personal Protective Equipment (PPE) usage, guideline to prevent COVID-19 vaccine-strain environmental contamination as well as consent forms for vaccination (for mentally incapacitated persons or persons below 18 years old). You may also find here the template of the medical certificate for those medically not suitable for COVID-19 vaccine, and the form for those medically eligible for the third dose of COVID-19 vaccination.
- **Updated Consensus Statements on COVID-19 Vaccine Allergy Safety in Hong Kong** - <https://www.allergy.org.hk/doc/Consensus%20Statements%20Updates%20on%20COVID19%20VAS%20%282021.08%29.pdf>
Consensus Statement by the Hong Kong Institute of Allergy for a quick reference. The flow chart here is particularly useful and self-explanatory.

Compiled by Dr. John-Hugh Tam

Meeting Highlights

Online Dermatology Seminar co-organized with Hong Kong Paediatric and Adolescent Dermatology Society (HKPADS) on 5 March 2022

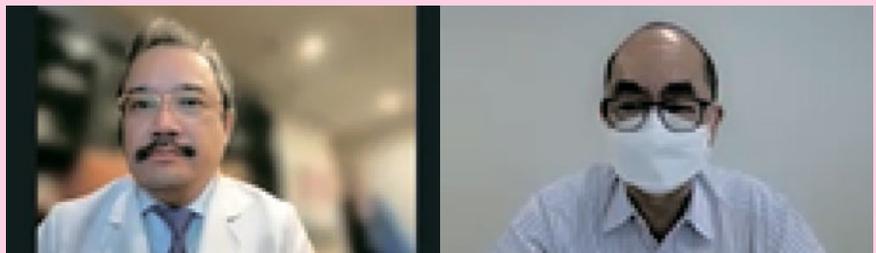
Dr. Luk Chi Kong, David, Specialist in Paediatrics; delivered a lecture on "Overview of Treatment Options for Mild to Moderate Atopic Dermatitis in Children".



A screenshot taken on 5 March 2022
Dr. Luk Chi Kong, David (left, Speaker) and Dr. Lam Wing Wo (right, Moderator)

Online Seminar on 18 March 2022

Dr. Yip Wai Man, Specialist in Geriatric Medicine; Founding Vice-president, Hong Kong Private Geriatrician Association, delivered a lecture on "Multimodal Approach to Pain Management".



A screenshot taken on 18 March 2022
Dr. Yip Wai Man (left, Speaker) and Dr. Au Yeung Shiu Hing (right, Moderator)

Online Seminar on 22 March 2022

Dr. Alvin NG Choon Yong, Intensivist and Pulmonologist, The Respiratory Practice, Parkway East Hospital, Farrer Park Hospital, Singapore, delivered a lecture on "Adult Vaccination in Chronic Condition Patients – The Story of Pertussis".



A screenshot taken on 22 March 2022
Dr. Alvin NG Choon Yong (left, Speaker) and Dr. Tsui Hing Sing (right, Moderator)

Online Seminar on 24 March 2022

Dr. Changhai Ding, M.D., Ph.D., Professor and Director of Clinical Research Centre, Zhujiang Hospital at Southern Medical University, China; Adjunct Professor at University of Tasmania, Australia, delivered a lecture on "Out of Box Solution for Joint Inflammatory Management: Omega-3 Fatty Acids and Inflammatory Control".



A screenshot taken on 24 March 2022
Dr. Changhai Ding, M.D., Ph.D. (Speaker) and Dr. Ho King Yip, Anthony (right, Moderator)

The HKCFP Awards for the Best Research and Best Trainee Research of 2021

The Research Committee of the Hong Kong College of Family Physicians is calling for The Award for The Best Research of the Year 2021. All members and fellows of the College are invited to participate and submit their research papers to the Research Committee for selection.

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

Both the abovementioned Awards will be presented at the Conferment Ceremony in 2022.

Please note that each applicant can only apply for either one of the above Awards

Entry and assessment criteria are listed below.

Entry Criteria:

For Best Research Paper:

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

For Best Trainee Research Paper:

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

Assessment Criteria:

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

Each research project submitted will be assessed according to the seven criteria listed above by a selection panel. Each criterion may attract a different weighting to be decided by the selection panel. Please indicate the research award that you applied for, i.e. “The HKCFP Award for the Best Research of 2021” or “The HKCFP Award for the Best Trainee Research of 2021”, on your research project upon submission, and send your submission either

By post to Research Committee, HKCFP, Rm 803-4, 8/F, HKAM Jockey Club Building,
99 Wong Chuk Hang Road, Aberdeen, Hong Kong

Or, **by email** to research@hkcfp.org.hk

DEADLINE OF SUBMISSION: ~~31 March 2022~~ **27 April 2022 (Wednesday)**

Supported by HKCFP Foundation Fund

HKCFP Research Fellowship 2022

Introduction

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

Eligibility

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

Selection criteria

Application will be judged on*:

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

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

How to apply

1. Application form, terms and conditions of the Fellowship can be downloaded from www.hkcfp.org.hk or obtained from the College Secretariat, HKCFP at Rm 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. Tel: 2871 8899 Fax: 2866 0616
2. Applicants must submit:
 - The completed application form;
 - The signed terms and conditions of the HKCFP Research Fellowship;
 - Curriculum vitae from the principal investigator;
 - Curriculum vitae from the co-investigator(s) (no more than two pages) AND,
 - Curriculum vitae from the supervisor.
3. Applications close on: ~~31 March 2022~~ **27 April 2022 (Wednesday)**. Late applications will not be accepted.
4. Applications can be either sent:

By post to Research Committee, The Hong Kong College of Family Physicians, Rm 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong;

Or, **by email** to research@hkcfp.org.hk

Supported by HKCFP Foundation Fund

ASSESSMENT ENHANCEMENT COURSE (AEC) FOR FAMILY PHYSICIANS 2022

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

- Organizer** : Assessment Enhancement Sub-committee, Board of Education, HKCFP
- Tutors** : Family Medicine Specialists, Fellows of HKCFP and RACGP
- Supervisor** : **Dr. Chan Chi Wai**
- Co-ordinator** : **Dr. Lai Sheung Siu**
- Objectives** :
 1. To improve clinical knowledge, problem solving and consultation skills through different workshops
 2. To improve physical examination technique and clinic procedural skills through hands-on experience
 3. To provide opportunity for inter-professional communication and social network expansion through self-help groups
 4. To improve time management through simulated examination
- Venue** : HKCFP Wan Chai office, Duke of Windsor Social Service Building and HKAM Jockey Club Building
- Date** : 6 months' course starting from April 2022
- Course Structure** : The course will consist of 4 main components:
 1. Seminars
 2. Workshops
 3. Self-help Group Support
 4. Mock Exam
 Seminars and Workshops will be arranged on Saturday afternoons (2:30 p.m. to 5:30 p.m.)
- Accreditation** : Up to 15 CME points (Category 4.4) & 5 CPD points (Category 3.15) for the whole course
- Course Fee** : Members : HK\$3,400 (Whole course)
 HK\$950 (Spot admission for each seminar or workshop only)
 All cheques payable to **"HKCFP Education Ltd"**
 All Fees received are non-refundable and non-transferable.
- Capacity** : 50 doctors maximum
- Enrolment** : Enrolment is now open. Registration form is available at College website:
http://www.hkcfp.org.hk/pages_9_463.html
 Please return the completed application and the cheque to the Secretariat for processing. Please contact the Secretariat, Ms. Teresa Liu or Ms. Windy Lau by email to education@hkcfp.org.hk or call 2871 8899 for details. Successful applications will be informed by email later.
- Disclaimer** : All cases and answers are suggested by our tutors only. They are not standard answers for examination.
- Remarks** :
 1. Post-AEC training course (optional) will be organized for category 2 candidates who have enrolled in AEC if there is sufficient enrolment.
 2. **Please note the schedule of AEC sessions might be affected due to the outbreak of COVID-19 and the format might change to online platform if necessary. Announcement would be made in case there is a change of schedule and/or format.**

Assessment Enhancement Course 2022 Timetable for Workshop

Date	Topics	Venue
23 April 2022 (Sat) 2:30 – 5:30 p.m.	Introduction	Room 802, Duke of Windsor Social Service Building, Wan Chai, Hong Kong
21 May 2022 (Sat) 2:30 – 5:30 p.m.	Approach to Physical Complaints	
11 June 2022 (Sat) 2:30 – 5:30 p.m.	Viva Practice: Enhance Interprofessional Communication	
16 July 2022 (Sat) 2:30 – 5:30 p.m.	Problem Solving Skills	
13 August 2022 (Sat) 2:30 – 5:30 p.m.	Proper Physical Examination & Common Clinic Procedures	
4 September 2022 (Sun) 2:30 – 6:00 p.m.	Mock Exam	HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong

The Board of Education is pleased to let you know that there would be some online seminars to be conducted via the Zoom webinar platform in the coming months with the details below:

Online Seminars

Date and Time	Topics	Speakers	Moderators
22 April (Fri) 2:00 – 3:00 p.m.	Online Seminar: Updates on the Two New Oral Antivirals for COVID-19	Dr. Wong Tin Yau, Andrew <i>Specialist in Infectious Disease; Honorary Consultant, Infectious Disease Centre and Department of Medicine & Geriatrics, Princess Margaret Hospital</i>	Dr. Chan Chung Yuk, Alvin
30 April (Sat) 2:00 – 3:00 p.m.	Online Dermatology Seminar: Microbiome Therapeutics and Probiotics in the Management in Atopic Dermatitis <i>Co-organized with the Hong Kong Paediatric and Adolescent Dermatology Society (HKPADS) Sponsored by Pfizer Corporation Hong Kong Limited</i>	Dr. Loo King Fan, Steven <i>Specialist in Dermatology and Venereology</i>	Dr. Tse Sut Yee
7 May (Sat) 2:00 – 3:00 p.m.	Atopic Dermatitis in Adult Population <i>Co-organized with the Hong Kong Paediatric and Adolescent Dermatology Society (HKPADS) Sponsored by Pfizer Corporation Hong Kong Limited</i>	Dr. Wong Sze Man <i>Specialist in Dermatology and Venereology</i>	Dr. Lam Wing Wo

QR Code for registration

22 April 2022 (Fri)	30 April 2022 (Sat)	7 May 2022 (Sat)
		

Accreditation :

22 Apr : 1 CME Point HKCFP (Cat. 4.3)
1 CME Point MCHK (pending)
30 Apr & 7 May : 1 CME Point HKCFP (Cat. 5.2)
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
29 Apr (Fri) 2:30 – 3:30 p.m.	"An approach to patients with Renal impairment in Primary Care Setting" by Dr. Chan Siu Kim
27 May (Fri) 2:30 – 3:30 p.m.	"Prediabetes: Why and How should treat?" by Dr. Chow Chun Chung, Francis

QR Code for registration

29 Apr 2022 (Fri)	27 May 2022 (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 :	On-site Events	Online Events
	<ol style="list-style-type: none"> All participants are required to fill-in all required information in the registration form and indicate their COVID-19 vaccination status. All information provided will be kept confidential and will not be disclosed to other parties. All participants must use the "LeaveHomeSafe" mobile application (LHS) before entering the venue. All participants are required to fill-in all information as stated on the health declaration form. The form would be sent later upon successful registration. On-site temperature check for each participant would be done before entering the venue. Participants with symptoms of fever (higher than 38.0) and/or respiratory symptoms (e.g. cough, shortness of breath etc.) are not allowed to take part in the event and should seek medical attention promptly. All participants are required to put on surgical masks properly throughout the event. Please bring sufficient surgical masks for replacement if necessary. Please maintain good personal hygiene and use the alcohol handrub available on-site if needed. 	<ol style="list-style-type: none"> 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, 04 May 2022			
14:30 - 17:00	Room 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Evidence Based Medicine: Management of Hepatitis B in GOPD Dr. Chan Sin Hang	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Update of Management of Chronic Disease (Dementia, Parkinsonism) Dr. Chan Fung Yuen & Dr. Hung Pui Shan	Ms. Emily Lau Tel: 3506 8610
14:30 - 17:30	Online - Zoom	Update on Management of Common Cardiac Arrhythmia Dr. Wu Sum Yi & Dr. Cheung Ka Nam	Ms. Judy Yu / Ms. Cordy Wong Tel: 3949 3043 / 3949 3087
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	Psychological and Psychiatric Symptoms in Children Dr. Ada Lee	Ms. Cherry Wong Tel: 2589 2342
17:30 - 19:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Sexually Transmitted Diseases Dr. Fung Yat Wang, Andrew & Dr. Fan Vei Chen, Kevin	Mr. Alex Kwok Tel: 5569 6405
Thursday, 05 May 2022			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Evidence Based Medicine - Chest X-ray Interpretation in Primary Care Setting Dr. Lam Yat Hei & Dr. Kum Chung Hang	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 11 May 2022			
14:30 - 17:00	Room 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Applying Principles of Medical Ethics in Primary Care Dr. Ng Wing Hin	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Common Emergency Conditions Recognized by ECG Tracing Dr. Zhu Yin & Dr. Sun Dione Tinoi	Ms. Emily Lau Tel: 3506 8610
14:30 - 17:30	Online - Zoom	Emergency Infectious Disease Dr. Huang Wanshu & Dr. Tse Chin Ching, Flora	Ms. Judy Yu / Ms. Cordy Wong Tel: 3949 3043 / 3949 3087
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	Introduction of Family Therapy Mr. Presley Ko	Ms. Cherry Wong Tel: 2589 2342
17:30 - 19:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Preventive Care In Women Dr. Lee Jerrold	Mr. Alex Kwok Tel: 5569 6405
Thursday, 12 May 2022			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Patient Confidentiality and Privacy in Healthcare Dr. Lam Kang & Dr. Kwok Vincci	Ms. Eliza Chan Tel: 2468 6813
Wednesday, 18 May 2022			
14:30 - 17:00	Room 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Clinical Approach to Depression/Bipolar Disorders Dr. Chan King Hang	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Shared Care, Referral System and Difference between Primary and Secondary Care Dr. Ng Ka Wing & Dr. Yeung Pui Sze	Ms. Emily Lau Tel: 3506 8610
14:30 - 17:30	Online - Zoom	Update on Use of Antibiotic in General Practice Part II (Urinary, Skin and Soft Tissue Infections) Dr. Kwan Chun Yin & Dr. Ip Wai Ting, Laren	Ms. Judy Yu / Ms. Cordy Wong Tel: 3949 3043 / 3949 3087
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital	Journal Club All trainees*	Ms. Cherry Wong Tel: 2589 2342
17:30 - 19:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Public Private Interface Dr. Li Kwok Ho, Eric & Dr. Tong Hiu Tung, Christy	Mr. Alex Kwok Tel: 5569 6405

Thursday, 19 May 2022

16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Suicidal Ideation and Behavior in Children and Adolescents - Evaluation and Management Dr. Tsang Yee Wing & Dr. Lau Lai Na	Ms. Eliza Chan Tel: 2468 6813
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Wednesday, 25 May 2022

14:30 - 17:00	Room 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	China Social Insurance (Medical) Dr. Lee Pak Lik	Ms. Eliza Chan Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Premarital Counseling, Antenatal and Postnatal Care Dr. Chau Kei Wai & Dr. Yan Dorcas	Ms. Emily Lau Tel: 3506 8610
14:30 - 17:30	Online - Zoom	How to Prepare for Medical Litigation & Medical Witness Dr. Ho Sze Ho & 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	Application of Family Therapy in Primary Care Dr. Lam Wing Wo	Ms. Cherry Wong Tel: 2589 2342
17:30 - 19:30	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Menstrual Disorder Dr. Chu Pui Ling, Candice & Dr. Ge Shicong, George	Mr. Alex Kwok Tel: 5569 6405

Thursday, 26 May 2022

16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Principle and Practice of LAP with Video Demonstration Dr. Zhang Dingzuan & Dr. Ng Kai Man	Ms. Eliza Chan Tel: 2468 6813
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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



COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 May	2	3	4 <i>2:00 – 7:30 p.m.</i> Structured Education Programme	5 <i>4:00 – 6:00 p.m.</i> Structured Education Programme	6	7 <i>2:00 – 3:00 p.m.</i> Dermatology Seminar
8	9	10	11 <i>2:00 – 7:30 p.m.</i> Structured Education Programme	12 <i>4:00 – 6:00 p.m.</i> Structured Education Programme	13	14
15	16	17	18 <i>2:00 – 7:30 p.m.</i> Structured Education Programme	19 <i>4:00 – 6:00 p.m.</i> Structured Education Programme <i>8:30 p.m.</i> HKCFP Council Meeting	20 <i>7:00 – 9:00 p.m.</i> Exit Exam Preparatory Workshop (Online)	21 <i>2:30 – 5:30 p.m.</i> Assessment Enhancement Course
22	23	24	25 <i>2:00 – 7:30 p.m.</i> Structured Education Programme	26 <i>4:00 – 6:00 p.m.</i> Structured Education Programme	27 <i>2:30 – 3:30 p.m.</i> Video Session <i>6:30 p.m. – 9:30 p.m.</i> HKCFP 2022 FM Career Talk	28
29	30	31	1 Jun <i>2:00 – 7:30 p.m.</i> Structured Education Programme	2 <i>4:00 – 6:00 p.m.</i> Structured Education Programme	3	4 <i>2:00 – 4:00 p.m.</i> Interest Group in Mental Health
5 <i>2:00 p.m. – 5:30 p.m.</i> DFM Pre-exam Workshop I	6	7	8 <i>2:00 – 7:30 p.m.</i> Structured Education Programme	9 <i>4:00 – 6:00 p.m.</i> Structured Education Programme	10	11 <i>2:30 – 5:00 p.m.</i> Assessment Enhancement Course

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

FP LINKS EDITORIAL BOARD 2022



Back row (from left to right): Dr. Sin Ming Chuen, Dr. Chan Man Li, Dr. David Cheng, Dr. Sze Hon Ho, Dr. Ho Ka Ming, Dr. Fok Peter Anthony, Dr. Yip Tsz Hung, Dr. Alfred Kwong and Dr. Alvin Chan
2nd row (from left to right): Dr. Maria Leung, Dr. Heidi Fung, Dr. Cheuk Christina, Dr. Leung Lok Hang, Prof. Martin Wong, 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

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The Hong Kong College of Family Physicians

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