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## Message from the President

The Primary Healthcare Commission (PHC Commission) under the Health Bureau of the Hong Kong SAR Government has been officially established on 15<sup>th</sup> July 2024 to succeed the ongoing work of the Primary Healthcare Office (PHO). (<https://www.info.gov.hk/gia/general/202407/15/P2024071500326.htm>) Dr Pang Fei-chau, as the Commissioner for Primary Healthcare, will lead the PHC Commission, taking charge of overseeing the service supply, standard setting, quality assurance and personnel training related to primary healthcare. The Commission is responsible for planning primary healthcare related services and resources allocation through strategic purchasing with the support of the Strategic Purchasing Office to further strengthening the primary healthcare services.

The release of the Primary Healthcare Blueprint at the end of 2022 has paved the way to setting out concrete recommendations and implementation plans, and outlining a strategic roadmap for the future development of primary healthcare in Hong Kong. The Government's goal is to revamp the healthcare system, shifting the current treatment-oriented, hospital-based structure to a prevention-focused, community-based system, and devote more resources to promote primary healthcare.

Various initiatives to promote primary healthcare development in accordance with the Blueprint have been launched by the Government, including the Chronic Disease Co-Care Pilot Scheme (CDCC Pilot Scheme) last November, with a view to establishing a family doctor regime and positioning District Health Centres (DHCs) as a hub in fostering an expansion of the healthcare network at the community level. The CDCC Pilot Scheme has been well received since its launch.



Family Doctors involved in the Advisory Committee on Primary Care Directory with PHC Commission team (left to right): Dr. Sara Chan, Prof. William Wong, Prof. Samuel Wong, Dr. David Chao, Dr. Pang Fei-chau, Dr. Christy Lam, Dr. Denise Tam and Dr. Anna Wong

Furthermore, in order to strengthen the role of family doctors in the community healthcare system, with effects from early October 2023, only doctors enlisted in the Primary Care Directory (PCD) are allowed to enrol in various government-subsidised primary healthcare programmes. The number of doctors enlisted in the PCD, compared to the end of 2022 when the Blueprint was released, has increased by over 40 percent as at June this year, which is an encouraging sign of the family doctor network getting into shape. In case, you have not yet registered with the PCD, please find the following link to the relevant information and do so asap. ([https://www.pcdirectory.gov.hk/files/PCD\\_SP\\_PDF\\_EnrolGuide\\_EN.pdf](https://www.pcdirectory.gov.hk/files/PCD_SP_PDF_EnrolGuide_EN.pdf))

The PHC Commission will take forward various key tasks, employing a more comprehensive, co-ordinated, systematic and quality-assured strategy, in the following domains:

- (1) Co-ordinating primary healthcare services and enhancing cross-sectoral and inter-organisational co-ordination.
- (2) Setting standards and agreed protocol-driven care pathway to ensure primary healthcare services quality.

*(Continued on page 2)*

## Message from the President (Con't)

(Continued from page 1)

- (3) Reinforcing the training for primary healthcare professionals.

In order to assist the PHC Commission in performing its functions and exercising its powers effectively, the Government also set up the Primary Healthcare Committee to gather wisdom from the Committee members to advise the PHC Commission from multiple perspectives. Chaired by the Commissioner for Primary Healthcare, Dr. Pang Fei-chau, the Committee comprises ex-officio members and non-official members. The latter covers persons from different professional backgrounds, including professionals from family medicine, Chinese medicine, dentistry and other professional sectors.

The Government established the Primary Care Directory (the Directory) in 2011 with the objective of providing the public and healthcare service providers an easily

accessible electronic database containing practice information and professional qualification of primary care providers of various disciplines in the community. ([https://www.pcdirectory.gov.hk/main/about\\_directory.html?lang=2](https://www.pcdirectory.gov.hk/main/about_directory.html?lang=2))

In 2016, the Advisory Committee on Primary Care Directory was established to provide advice on the continual development and maintenance of the Directory. With the establishment of the PHC Commission in July 2024, the Directory is now administered by the PHC Commission. The first meeting of the current term of office has recently been held. In addition to the Government officials, the membership includes Doctors, Dentists, Chinese Medicine Practitioners, Occupational Therapists, Physiotherapists and Pharmacists.

**Dr. David V K CHAO**  
President

## Meeting Highlights

### CME Lecture on 19 July 2024

Prof. Andrea Britta MAIER, Professor, Department of Medicine, Yong Loo Lin Sch Of Medicine, National University of Singapore, delivered a lecture on "Multivitamins and Minerals (MVM) for Cognitive Health".



Dr. CHAN Ka Shing, Ricky (right, Moderator) presenting a souvenir to Prof. Andrea Britta MAIER (left, Speaker).

### Interest Group in Counselling on 27 July 2024

Ms. Iris CHAN, Head of Service, Hong Kong Cancer Fund, delivered a lecture on "Psycho-oncology Support in the Community" and Ms. Marian WONG, Clinical Psychologist, Hong Kong Cancer Fund, delivered a lecture on "Psycho-Education, Psychotherapy and Counselling for Cancer Patients".



Group Photo taken on 27 July 2024 (From left to right) Ms. Iris CHAN (Speaker), Dr. HO King Yip, Anthony (Moderator) and Ms. Marian WONG (Speaker).

### Certificate Course on Updates on the Management of Common Urological Conditions

The 1<sup>st</sup> and 2<sup>nd</sup> sessions of Certificate Course on Updates on the Management of Common Urological Conditions were held on 20 July 2024 and 10 August 2024.

Dr. LI Kai Man, Joseph, Associate Consultant, NTE Cluster Urology Unit, Hospital Authority, delivered a lecture on "Loin Pain, Stone and Urinary Tract Infections (UTI)" and Dr. CHAN Yun Sang, Samson, Consultant, NTW Cluster Urology Unit, Hospital Authority, delivered a lecture on "Scrotal problem and other".



Group Photo taken on 20 July 2024 (From left to right) Dr. LI Kai Man, Joseph (Speaker), Dr. CHAN Kin Wai (Moderator) and Dr. CHAN Yun Sang, Samson (Speaker).



Group Photo taken on 10 August 2024 (From left to right) Prof. NG Chi Fai, Anthony (Speaker), Dr. CHIANG Lap Kin (Moderator) and Dr. WONG Ho Fai, Julius (Speaker).

The 2<sup>nd</sup> session of Certificate Course on Updates on the Management of Common Urological Conditions was held on 10 August 2024.

Prof. NG Chi Fai, Anthony, Tzu Leung Ho Professor of Urology, Department of Surgery, CUHK, delivered a lecture on "Diagnosis and Assessment of BPH" and Dr. WONG Ho Fai, Julius, Associate Consultant, NTE Cluster Urology Unit, Hospital Authority, delivered a lecture on "Treatment update".

## BVTS Basic Training Introductory Seminar & YDC Family Medicine Boot Camp 3<sup>rd</sup> October 2024 (Thursday)

Dear 2024 newly enrolled Basic Trainees,

### [Invitation]

Board of Vocational Training and Standards (BVTS) and Young Doctors Committee (YDC) are proud to announce that the Basic Training Introductory Seminar and Family Medicine Boot Camp will be held specifically for the newly enrolled Basic Trainees on **3<sup>rd</sup> October 2024 (Thursday)** from **19:00 - 21:30 (TBC)** at Room 802, 8/F, Duke of Windsor Social Services Building, Wan Chai.

This first-ever joint event between BVTS and YDC aims to connect the newly enrolled basic trainees with the College, experienced Fellows and senior trainees and familiarize them with the Family Medicine Vocational Training Programme through BVTS and senior trainees' sharing.

Please refer to the details as below:

### Basic Training Introductory Seminar & Family Medicine Boot Camp

Date : 3<sup>rd</sup> October 2024 (Thursday)  
 Time : 19:00 - 21:30  
 Venue : Room 802, 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai  
 Target Participants : 2024 newly enrolled Basic Trainees

For registration, please fill up the form via scanning the QR code or via URL:  
<https://forms.gle/c5NbSLDhLaxsGpdw7> on or before **27<sup>th</sup> September 2024 (Friday)**:



Basic Training Logbook and Handbook would be distributed that evening. For those unavailable to attend, please also fill up the above e-form to advise your **preferred** way to obtain the Basic Training Logbook and Handbook.

For those new College members, our Membership Committee has sent you a souvenir collection letter attached with the membership package by post earlier. Please be reminded to bring along your souvenir collection letter and a bag for immediate redemption of tie / scarf and HKCFP 40<sup>th</sup> anniversary book with our staff during this event as well.

Should you need further information, please do not hesitate to contact Ms. Nana CHOY or Ms. Kathy LAI or Ms. Hannah LOK at 2871 8899 or via email at [ydc@hkcfp.org.hk](mailto:ydc@hkcfp.org.hk) or [BVTS@hkcfp.org.hk](mailto:BVTS@hkcfp.org.hk) for assistance.

We are looking forward to seeing you at this exciting event.

Yours sincerely,

**Dr. Fok Peter Anthony**  
 Chairman,  
 BVTS Basic Training Subcommittee

**Dr. Yiu Yuk Kwan**  
 Chairman,  
 Board of Vocational Training & Standards

**Dr. YU Yee Tak, Esther**  
**Dr. Chan Lam, Chloe**  
 Co-Chairmen,  
 Young Doctors Committee

## Board of Vocational Training and Standards News

### Reminder: Submission of Application for Certification of Completion of Basic Training

To those who will complete Basic Training,

You are advised to submit the 'Application Form for the Certification of Completion of Basic Training in Family Medicine' and the **original copy** of your training logbook to BVTS for certification of completion of training within 3 months upon the completion date.

If the training logbook is found incomplete after review by BVTS, you should complete the training process within 6 months upon the completion date and the completion date of training will only be counted from the time all required documents are handed in to complete the certification and **basic training fee of next year will be charged**.

The above information has already been stated in the IMPORTANT NOTICE and the related forms are available at the College website: [https://www.hkcfp.org.hk/pages\\_9\\_95.html](https://www.hkcfp.org.hk/pages_9_95.html)

Basic Training Subcommittee

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### Reminder: Application for Recommendation for Exit Examination 2025

To all Higher Trainees,

For those who prepare to sit for the 2025 Full Exit Examination, please submit the application letter and the checklist for recommendation for Exit Examination on or before **30 September 2024**. Late applications **WILL NOT** be entertained.

Higher Training Subcommittee

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Should you have any inquiries, please contact Ms. Hannah Lok or Ms. Kathy LAI at 2871 8899 or email at [BVTS@hkcfp.org.hk](mailto:BVTS@hkcfp.org.hk).

Board of Vocational Training and Standards

## Specialty Board News

### Pre-Exit Examination Workshop – For 2025 Exit Examination (Hybrid Event)

The Specialty Board is pleased to announce the Pre-Exit Examination workshop on Exit Examination of Vocational Training in Family Medicine. The workshop will give participants an insight into the preparation of Exit Examination. ALL candidates who are preparing to sit for Exit Examination 2025 are strongly encouraged to attend. Clinical supervisors and Examiners are also welcome.

Date : 30 August 2024 (Friday)

Time : 7:00 – 9:00 p.m.

Speakers : Chairperson and Segment Coordinators of Specialty Board

Participants: 1. For Higher Trainees and Potential candidates of Exit Exam  
2. For all Exit Examiners, Exit Trainee Examiners, Clinical Supervisors and Mentors of candidates

\* Demonstration videos for CSA segment will only be shown to potential candidates who physically attended the seminar. The video will not be shared and uploaded online.

\* Limited seats are available at the venue. Priority will be given to the potential candidates of 2025 Full Exit Exam

For registration, please complete and submit the e-form on or before 25 August 2024. Should you have any question, please contact the corresponding staff, Ms. Alky YU or Mr. John MA by email to [exit@hkcfp.org.hk](mailto:exit@hkcfp.org.hk).

Yours Sincerely,

Dr. Wendy Tsui  
Chairlady, Specialty Board



Enrolment

## Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **June - July 2024**:

### New Application

#### Associate Membership

|                          |       |
|--------------------------|-------|
| Dr. CHUNG Wing           | 鍾 穎   |
| Dr. FONG Lok Ki          | 方 樂 琪 |
| Dr. LI Ronald Muk Lam    | 李 沐 霖 |
| Dr. LOO Ling Chi, Newton | 盧 令 智 |
| Dr. MA Kin Fai           | 馬 建 輝 |
| Dr. NG Wai Chung         | 吳 偉 聰 |
| Dr. TAM Tsz On           | 譚 子 安 |
| Dr. WONG Bao Yi          | 黃 寶 怡 |
| Dr. WONG Ting Wai        | 王 廷 慧 |
| Dr. YEUNG Lewis Yan      | 楊 穎 諺 |

#### Student Membership

|                        |       |
|------------------------|-------|
| Ms. LEE Hsin Yi        | 李 信 誼 |
| Mr. LING Man To        | 寧 文 韜 |
| Ms. IP Yin Yu          | 葉 彥 妤 |
| Ms. TSANG Yuen Ying    | 曾 元 英 |
| Ms. YUE Serena Ru Bing |       |

#### Non-HKSAR Membership

|                |       |
|----------------|-------|
| Dr. NG Man Kit | 吳 文 傑 |
|----------------|-------|

### Re-application

#### Associate Membership

|                  |       |
|------------------|-------|
| Dr. TANG Sik Mun | 鄧 式 媛 |
|------------------|-------|

### Transferral

#### From Student to Associate Membership

|                         |         |
|-------------------------|---------|
| Dr. ASAI Yoshi Nobu     | 淺 井 富 靖 |
| Dr. CHAN Hoi Lam, Letty | 陳 愷 琳   |
| Dr. CHAN Lai Yung, Macy | 陳 麗 容   |
| Dr. OR Ego              | 柯 景 濤   |

### Cessation

#### Foundation Fellow & Honorary Fellow

|                    |       |
|--------------------|-------|
| Dr. CHIU Hin Kwong | 招 顯 光 |
|--------------------|-------|

#### Foundation Fellow & Fellow

|                  |       |
|------------------|-------|
| Dr. MO Kam Chuen | 巫 錦 銓 |
|------------------|-------|

### Termination

#### Full Membership

|                          |       |
|--------------------------|-------|
| Dr. MA Yee Chung, Julian | 馬 宜 聰 |
|--------------------------|-------|

#### Fellowship

|                         |       |
|-------------------------|-------|
| Dr. CHIU Ho Ching       | 趙 皓 晴 |
| Dr. LEE Hung Fai        | 李 熊 輝 |
| Dr. POON Wing Kwan      | 潘 穎 君 |
| Dr. WONG Yeuk Ka, Harry | 黃 若 加 |

#### Associate Membership

|                              |       |
|------------------------------|-------|
| Dr. CHAN Man Kei             | 陳 敏 琦 |
| Dr. CHAN Yiu Wing            | 陳 耀 榮 |
| Dr. FUNG Kwok Shan           | 馮 國 山 |
| Dr. LEUNG Hilching Eunice    | 梁 曉 菁 |
| Dr. LI Chun Fai              | 李 俊 輝 |
| Dr. LO Tsz Ming              | 羅 子 明 |
| Dr. LUI Lai Ching            | 雷 麗 貞 |
| Dr. MAK Hon Fai, Christopher | 麥 漢 輝 |
| Dr. MO Chun Hung, Eric       | 毛 震 雄 |
| Dr. NG Hoi Ling, Helen       | 吳 海 鈴 |
| Dr. OR Sui Kei, Alison       | 柯 萃 琦 |
| Dr. PAN Regina Hiu Chi       | 潘 曉 枝 |
| Dr. PONG Hiu Yan             | 龐 曉 欣 |
| Dr. SO Man Ying              | 蘇 敏 瓊 |
| Dr. YAN Dorcas               | 甄 多 嘉 |

#### Non-HKSAR Membership

|                   |       |
|-------------------|-------|
| Dr. CHAN Hio Meng | 陳 曉 明 |
| Dr. GUO Meiling   | 郭 梅 玲 |
| Dr. LEONG Si Man  | 梁 詩 敏 |
| Dr. LIN Chengbiao | 林 城 標 |
| Dr. NG Iat Hang   | 吳 一 恆 |
| Dr. TJIE Nelson   | 朱 永 權 |

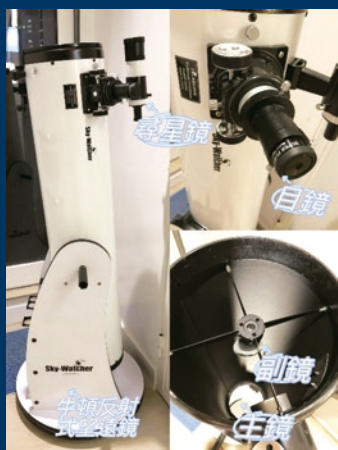
#### Non-HKSAR Fellowship

|                  |       |
|------------------|-------|
| Dr. FUNG Sau Man | 馮 秀 文 |
|------------------|-------|

# 工餘走進天文之旅

Dr. Ivan PONG

自從小時候參加了太空館的暑期活動，我便成了一個天文愛好者。當年開始時我對觀星感到迷惘。隨著時代變遷，我漸漸總結了一些經驗，希望可以和大家一起踏上探索宇宙的旅程。



首先，選擇一款適合入門的天文望遠鏡非常重要。最常見的有兩種：折射式望遠鏡和反射式望遠鏡。折射式望遠鏡使用凸透鏡作為主鏡，能提供清晰的圖像，適合觀察月球和行星。反射式望遠鏡則使用凹面鏡作為主鏡，體積更小更便攜，非常適合初學者，不過圖像是反轉的。價格方面，一款基本的反射式望遠鏡通常在2,000至5,000港元左右。

選購時要注意口徑大小，一般來說口徑越大，觀察能力越強。

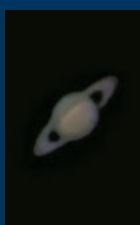
選好望遠鏡後，就該學習如何使用了。以牛頓反射式望遠鏡為例，它由尋星鏡、主鏡、副鏡和目鏡組成。首先，要正確安裝腳架，確保望遠鏡穩定。然後，用尋星鏡將主鏡對準欲觀測的天體，並微調副鏡使其聚焦。最後，選用合適的目鏡放大觀察。目鏡焦距越小放大倍數越大。

香港是一個高度發達的城市，市區觀星確實比較困難。但只要選擇合適的場地，仍然能夠觀測到不少有趣的天象。理想的觀測地點應該遠離城市燈光，視野開闊。此外，選擇天氣晴朗、無雲的夜晚進行觀測會大有幫助。

香港常見的星空包括北斗七星、仙女座、獵戶座等。這些星座或許你在日常生活中也能觀察到。如果運氣好，還能看到流星雨或者銀河系的美景。每年8月的英仙座流星雨和10月的獵戶座流星雨都是值得期待的天文現象。除此之外，香港也能觀測到一些太陽系的行星，比如金星、火星、木星、土星。一些行星在望遠鏡下會呈現出迷人的模樣，例如木星上的四大衛星和土星的環。2022年的「八星連珠」更是令人驚嘆的景象。



木星上的四大衛星  
(20/9/2021)



土星環  
(12/9/2022)



月球  
(10/9/2022)



日食  
(26/12/2019)



香港常見的星空  
(10/12/2022)



2022年的「八星連珠」  
(28/6/2022)



香港常見的星空  
(10/12/2022)

對於初學者來說，觀測日食和月食是不錯的選擇。日食是當月球完全或部分遮擋太陽時出現的天文現象。這種情況下，務必佩戴專業的太陽觀測眼鏡，以免損害視力。月食則是當地球位於太陽和月球之間時出現的。在這種情況下，月球會進入地球的陰影區域，呈現紅褐色。觀測月食相對簡單，只需要一副普通的望遠鏡即可。

無論大家是想欣賞星空美景，還是對行星和天體結構產生興趣，觀星都是一件很有意義的工餘活動。透過眼睛和望遠鏡，我們得以一窺宇宙的奧秘，感受到自己渺小卻又神奇的存在。雖然香港的觀星條件有限，但只要有耐心和毅力，相信大家也一定能找到屬於自己的天文之旅。讓我們一起踏上探索未知的征途吧！

## Knowledge refresher — Embracing a Healthier Life through Smoking Cessation

Dr. John-Hugh Tam, Specialist in Family Medicine

The harmful effects of smoking on health are well known, and quitting smoking has a significant impact on improving health and enhancing quality of life. However, quitting smoking is never an easy task, especially for long-term smokers. Fortunately, modern medicine has brought us various smoking cessation medications and professional counselling services that can serve as powerful aids on our patients' journey to successful smoking cessation, making them feel less alone on the path to quitting.

The experience of quitting smoking varies for each individual, and many will go through varying degrees of nicotine withdrawal symptoms, including intense cravings, irritability, difficulty concentrating, sleep disturbances, increased appetite and weight gain, and fatigue. This is because when quitting smoking, the body and brain need time to adjust to the absence of nicotine. A range of smoking cessation medications can help alleviate the physical and psychological symptoms during this period.

Smoking cessation medications can be divided into two main categories: Nicotine Replacement Therapy (NRT) and non-nicotine medications.

Nicotine Replacement Therapy (NRT) works by providing nicotine as a substitute for the nicotine found in cigarettes while avoiding the intake of various harmful chemicals present in cigarette smoke. When used as directed with the optimal dosage, most people can obtain sufficient nicotine from NRT to prevent intense cravings and withdrawal symptoms, reducing the discomfort associated with quitting smoking. Common NRT products include nicotine patches, inhalers, nasal sprays, gums, and lozenges. While these products are widely known by the general public and can be freely purchased over the counter at community pharmacies, their effectiveness may vary depending on individual circumstances and usage, e.g. Acidic beverages have been shown to interfere with buccal absorption of nicotine during use of NRT, patients with hairy skin would find troubles on using the NRT patches, and gums would not be favoured by patients with dentures, etc. Therefore, it is always nice to invite our patients to seek opinion from healthcare professionals for the means of NRT and dose planning for optimal smoking cessation results. If you are also interested to understand more

about the different forms of NRT available in the market, this piece of article from International Journal of Health Science dated 2016 has a good introduction on the topic - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5003586/>

Combination of long-acting patches and short-acting nicotine replacement: For individuals with a strong addiction to nicotine, we may even recommend combining long-acting patches with short-acting NRT (such as nicotine gum or lozenges) to reduce withdrawal symptoms. For those interested to read about the evidence related to combination NRT, you can take a look at the NCSCT (National Centre for Smoking Cessation and Training, UK) 2021 report on <https://www.ncsct.co.uk/library/view/pdf/Combination%20NRT%202021.pdf>

The dosage of nicotine replacement is typically gradually decreased over time. With the assistance of nicotine replacement, the brain gradually adapts to lower levels of nicotine within a few weeks, eventually enabling the brain of individuals with nicotine dependence to function normally without excessive nicotine, leading to the ultimate goal of a "soft landing" and transitioning smokers towards a "smoke-free new life."

In addition to nicotine replacement therapy, there are also non-nicotine medications (e.g. Bupropion, Varenicline) that can have different mechanisms of action on the brain, thereby reducing the body's cravings for nicotine and withdrawal symptoms, making quitting smoking easier. Although these medications play an important role in helping people quit smoking, they may have some side effects, so caution should be exercised when using them, following the guidance and recommendations of a doctor. For readers interested in reading up about the standard dosing of NRTs and non-NRT drugs as well as usage precautions, this pdf file produced from US health authority in 2019 is a very comprehensive reminder - <https://ctimaine.org/wp-content/uploads/2019/11/Medication-Dosing-Guidelines.pdf>

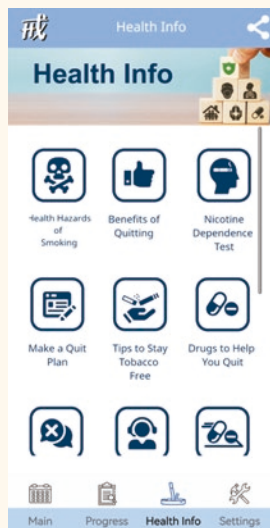
Whilst this page also have some good illustrations to show our patients about different means of smoke cessation medications - <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/quit-smoking-medications/how-quit-smoking-medicines-work/index.html>



Promotional Material from Department of Health

Even under the influence of properly chosen smoking cessation medications, our patients may still experience some discomfort and have urge to smoke at times. Don't worry, there are still many other methods to help them coping with these circumstances. In addition to medication treatment, smoking cessation counselling services are also an essential part of successful smoking cessation.

In Hong Kong, we have various professional smoking cessation counselling services to choose from. In addition to the smoking cessation counselling services provided by the Hospital Authority and support from family doctors in the community, some non-profit organisations (NGOs) and community agencies also offer smoking cessation counselling and support services. These organisations are usually staffed by experienced professionals who can provide individual counselling and professional advice, smoking cessation courses, and support groups to ensure our patients wouldn't feel alone during their quit smoking journey. By working with these professionals, our patients can develop personalised and effective quit smoking plans, with receipt of valuable support to alleviate withdrawal symptoms and post-cessation psychological stress, thus overcoming the challenges of quitting smoking and move towards a smoke-free life.



Screen Cap of the DH "Quit Smoking App"

In addition to professional smoking cessation services, there are also many quit smoking apps and online resources available in this digital age. On the website of the Hong Kong Council on Smoking and Health (COSH) at [www.SmokeFree.hk](http://www.SmokeFree.hk), as well as the website of the Tobacco and Alcohol Control Office of the Department of Health ([www.taco.gov.hk](http://www.taco.gov.hk)), our patients can find a wealth of free quit smoking information and contact details for different smoking cessation services. The Department of Health has also launched the "Quit Smoking App" mobile application ([https://www.taco.gov.hk/t/english/quitting/quit\\_smoking\\_app.html](https://www.taco.gov.hk/t/english/quitting/quit_smoking_app.html)), which allows smokers to access smoke cessation related help and advice anytime, anywhere, as well as allowing them to set up their quit smoking plan and track their progress. Nowadays, the smoking cessation counselling services provided by the Hospital Authority even incorporate elements of Telehealth through the HA Go TeleHealth platform, allowing the public to receive real-time smoking cessation counselling from the comfort of their homes, making the services more convenient and accessible, even for patients living in remote areas. To learn more about the HA Go TeleHealth module and what it does, here is a link - <https://www2.ha.org.hk/hago/en/features/appointment-related/telehealth>

For those who are not familiar with technology or filling out online forms, we can always remind our patients that they can call the Quitline of the Department of Health at 1833183 to inquire about and make appointments for suitable smoking cessation services if needed.

Quitting smoking is crucial for health, yet it requires determination and timely support to the ultimate success. In Hong Kong, we are lucky to be embraced by the variety of smoking cessation resources to choose from and our patients are spoilt for choice. Remember that quitting smoking is a journey of challenges and our patients don't have to face them alone. As family physicians, it is our role to assist and guide our patients to make the best use of these community resources as well as to choose the most suitable means of smoking cessation treatment under informed decisions. By succeeding to achieve sustainable smoking cessation, our patients would be able to make positive changes for the health of themselves and their families, welcoming a healthier life together.



## The Potential Health Risks of New Tobacco Product

Dr. John-Hugh Tam, Specialist in Family Medicine

E-cigarettes (or vapes as commonly referred to) have become increasingly popular worldwide in recent years. These alternative smoking products are increasingly gaining attention, attracting many young people. Some believe they are a “safer alternative to traditional cigarettes”, but facts show this is not the case. These products are not harmless and may actually pose serious health risks to the public and as family physicians we should be aware of them.

### Recapping the effects of nicotine to the body

The new tobacco products are designed to be more efficient at delivering nicotine than traditional cigarettes, so their health impacts are also more pronounced. Physiologically speaking, nicotine not only affects the brain and causes addiction, but its chemical receptors are widespread throughout the body, causing damage to various body systems. For example, nicotine stimulates the sympathetic nervous system, causing the heart rate to accelerate and putting strains on the heart. In addition to other chemical toxins, nicotine itself can also react in the lungs, causing the airways to produce mucus and leading to coughing and respiratory difficulties triggering lung diseases. Nicotine can also exacerbate acid reflux, leading to heartburn and epigastric discomfort. Nicotine can even have adverse effects on the reproductive organs, such as disrupting the menstrual cycle in women and reducing sperm motility in men.



### Flavor Additives vs. Health Effects

E-cigarette and vape manufacturers have borrowed the tactics of traditional cigarette companies, using flavors and attractive packaging to mask the dangers of their products, offering thousands of different flavor options to appeal to young consumers.



Many manufacturers have often claimed that the flavor additives in e-cigarette liquids are safe because “they are commonly used in food production”. However, this argument can be misleading, as needing to account the consideration that food

additives are designed for oral consumption and not inhalation, and they may undergo unexpected chemical transformations from benign to harmful substances when heated in e-cigarettes.

For example, the saccharides (醣類) used to provide sweetness in the e-liquids can be converted into furan compounds (呋喃, e.g. 5-hydroxymethylfurfural and furfural) and aldehydes (醛類) through thermal degradation & Maillard reactions (梅納反應) in e-cigarettes, and these compounds are cytotoxic and potentially carcinogenic. Additionally, some flavor compounds are inherently cytotoxic, such as those containing benzaldehyde (苯甲醛), like the compounds responsible for cinnamon flavor from cinnamaldehyde and 2-methoxycinnamaldehyde.

### Other Chemicals vs. Health Effects

In addition to nicotine and flavor compounds, the aerosols in e-cigarettes also contain other chemical substances (such as tobacco-specific nitrosamines, heavy metals, and volatile organic compounds). Besides the short-term symptoms of eye, ear, and throat irritation, these chemicals can accumulate in the lungs and other organs as they cannot be fully metabolized by the body. In the long term, the use of e-cigarettes can increase the risk of developing cancers (such as lung cancer and bladder cancer), respiratory diseases (such as chronic obstructive pulmonary disease, asthma, and bronchiolitis obliterans also known as “popcorn lung”), and cardiovascular diseases.



Referencing local literature, The Hong Kong Council on Smoking and Health commissioned Hong Kong Baptist University to test 13 e-cigarette products available in the Hong Kong market, and they found that the products contained various harmful substances, including the first-time detection of polybrominated diphenyl ethers (多溴二苯醚, PBDEs). PBDEs can disrupt thyroid hormone secretion and may also affect reproductive capacity and fetal development. The research findings have highlighted the potential health risks posed by e-cigarettes.

## E-cigarette or vaping product use-associated lung injury (EVALI)

Furthermore, in the summer of 2019, the U.S. Centers for Disease Control and Prevention (CDC) also investigated a dramatic increase in hospitalization cases related to the use of e-cigarette products. The affected patients exhibited a range of respiratory symptoms, including shortness of breath, coughing, and chest pain. They had one thing in common: they had used e-cigarette products in the past three months. This condition was ultimately referred to as “E-cigarette, or vaping, e-product use-associated lung injury” (與電子煙產品使用相關的肺損傷, EVALI).

Further investigations noted that most EVALI patients reported using Tetrahydrocannabinol-containing (四氫大麻酚, THC) products and most said they got their products only from informal sources, whilst some also reported using nicotine-only containing products. THC is the chemical found in cannabis/marijuana that gives users a “buzz/high.” Scientists later found Vitamin E Acetate, an oily chemical found in some THC-containing e-liquid, in the lungs of EVALI patients and in e-cigarette/vape products that the patients said they used. Vitamin E Acetate was mostly likely the cause of the outbreak. Breathing in Vitamin E Acetate can cause inflammation of the airways and interfere with normal lung functioning. This once again demonstrated that what is ok for the GI tract may not always be ok for inhalation.

By February 2020, the CDC had recorded over 2,800 EVALI hospitalization cases and 68 deaths related to this condition. Similar situations have also emerged in the UK, Canada, the Philippines, and Taiwan.

### Hazards from the e-cigarette components

The individual components of e-cigarettes and vaping devices also pose potential hazards. Plastic components may release toxic substances during prolonged use, and metal parts can decompose and generate heavy metals when heated. Faulty batteries were also known for risk of explosion and fire hazards. Additionally, the discarded cartridges and devices along with their built-in batteries are a concern for environmental pollution.



### “Second-hand” and “Third-hand” Smoking

Some may think that only the users themselves are inhaling these chemicals, so it is not their personal

concern if they are not the first-hand smokers. However, this is not the case, as the chemical substances released from these products can also harm others.

“Second-hand smoke” refers to the vapor directly released into the environment from e-cigarettes and the user’s lungs, containing harmful substances such as nicotine, heavy metals, and carcinogens.

Another hazard is “third-hand smoke” - this refers to the residual smoke that remains on surfaces and in dust, and can react with other chemicals in the environment to form new toxic compounds. Children are particularly vulnerable to exposure to this “third-hand smoke” because their skin is more delicate and susceptible to its effects.



It took the medical community over 20 years to gradually uncover the long-term dangers of traditional cigarettes through countless researches and studies. As for e-cigarettes, we are just beginning to understand their long-term impact. Although we have already discovered the presence of some carcinogenic and toxic substances in e-cigarettes, their individual chemical effects have not been fully researched, so the potential risks of e-cigarettes still remain highly uncertain.

In summary, e-cigarettes are not a safe alternative to traditional cigarettes, but may instead pose their unique serious health hazards. We must be vigilant and not be misled by their novelty and fashionable image, thus advising our patients to cautiously avoid e-cigarette products is the safer decision.

### Reference:

1. WHO Data. Tobacco Fact Sheet; No. 339. [Last accessed on 2015 Jan 29]. Available from: <http://www.who.int/mediacentre/factsheets/fs339/en>
2. Juul Labs Inc. Nicotine salt formulations for aerosol devices and methods thereof. CA Patent CA2909967A1. Filed May 6, 2014, issued November 13, 2014.
3. Flavors Hook Kids - SB 793 - New California Flavored Tobacco Law - California Tobacco Control Program - English. Accessed June 17, 2024. <https://www.flavorhookkids.org/>
4. Alzahrani T, Pena I, Temesgen N, Glantz SA. Association between electronic cigarette use and myocardial infarction. J Am Heart Assoc. 2018;7(12):e008371. doi:10.1161/JAHA.117.008371

## FDA Authorizes Marketing of Tobacco-Flavored E-cigarette, why?

Smoking had always been a known risk factor for cancer and cardiovascular disease, it is both addictive and harmful. However, the U.S. Food and drug Administration just approved 7 types of Tobacco Flavored E-cigarette on 18/7/2024, what is the rationale behind?

FDA authorized those electronic nicotine delivery system(ENDS) mainly due to toxicological evaluation which indicates that the noncancer hazard risk to users of the new products is likely to be lower relative to combusted cigarettes [CC]. The new products' cumulative estimated lifetime cancer risk (ELCRc) predicts that people who exclusively use the new products will have lower cancer risks than people who smoke CC. The ELCRc of the authorized ENDS were estimated to carry a risk of 1 case in cancer for every 66-73 users while the ELCRc of CC was estimated to carry a risk of 1 case in every 10 users. While the overall ELCRc due to exclusive use of the new products is substantially lower than the ELCRc due to the use of CC, these estimates are based on chemical exposure information, for which a reduction in exposure may not be proportionally associated with a reduction in cancer risk.

There are limited published data about the long-term health effects of ENDS, in general, from large clinical studies or long-term epidemiological studies. In addition, the study design limitations (e.g., relatively small sample size, short exposure periods) in the published literature

make it difficult to draw definitive conclusions related to health effects of ENDS, specifically the new products. Therefore, the long-term effects from dual use of the new products could not be evaluated. However, based on these distinct lines of evidence for the health effects and patterns of ENDS use, FDA agreed that adults using CC who switch to these new products (either completely or partially) will likely benefit from reduced exposure to harmful chemicals relative to continued CC smoking alone.

FDA has received applications for nearly 27 million deemed products and has made determinations on more than 26 million of those applications. To date, FDA has only authorized 34 e-cigarette products and devices. While FDA is authorizing the marketing of these tobacco products in the United States, it does not mean these tobacco products are safe nor are they "FDA approved." Additionally, this action is not an authorization or indication of appropriateness to market these products as modified risk tobacco products. All tobacco products are harmful and potentially addictive. Those who do not use tobacco products, especially young people, should not start.

### Reference:

Vuse Alto Decision Summary,  
<https://www.fda.gov/media/180160/download?attachment>

**Compiled by Dr. Sam Yip**

*"Submissions of articles to News Corner with up to 500 words are always welcome.*

*Options of College Souvenirs or Gift vouchers will be given as a token of appreciation for good works if the articles are selected for publication.*

*Email: FPLinks@hkcfp.org.hk"*

## READERSHIP DRIVE

### Congratulations!

The returns from the following doctors have been selected for July 2024 issue:

**Dr. CHAN Siu Ling, Dr. CHEUK Hiu Ying, Dr. CHU Wan Wing Vivian, Dr. LOU Ou Lei,  
Dr. LIU Wing Yee**

**FP LINKS** need your views about its role as the newsletter of College!

Selected returns would be published in FP Links and gift vouchers would be given as token of appreciation.

You could also access the Google form through the link, in addition to the QR code.

<https://forms.gle/KmZwgYpzB3F977M18>

FP Links also need your support through submissions to our various columns:

**Feature / Family Doctors Column / News Corner / The Diary of a Family Doctor / After Hours .**

If articles are selected for publication, Options of College Souvenirs or Gift vouchers will also be given as token of appreciation

Share your thoughts





## Certificate Course on Bringing Better Health to Our Community 2024

Co-organized by

Queen Elizabeth Hospital, The Hong Kong College of Family Physicians and The Hong Kong Medical Association

|               |  |
|---------------|--|
| Dates         | : 31 August 2024, 28 September 2024, 26 October 2024, 30 November 2024   |
| Time          | : 1:00pm - 2:00pm Light Refreshment<br>2:00pm - 4:00 pm Lecture & Discussion                                       |
| Venue         | : Lecture Theatre, G/F, Block M, Queen Elizabeth Hospital  |
| Course Fee    | : Free   |
| Accreditation | : 2 CME Points HKCFP (Cat. 5.2)<br>2 CME Points MCHK (Pending)   |
| Certification | : Certificate will be awarded to participants who have fulfilled the attendance requirement for 3 sessions or more |

### Programme Schedule

| Dates                   | Time           | Topics   | Speakers  |
|-------------------------|----------------|--|---|
| 31 August 2024 (Sat)    | 2:00   4:00 pm | Update on Management of Chronic Hepatitis B Infection                      | <b>Dr. LAM Yip Shun, Wilson</b><br>Associate Consultant,<br>Department of Medicine,<br>Queen Elizabeth Hospital                                     |
|                         |                | Latest Advances in Management of Chronic Heart Failure                     | <b>Dr. WONG Man Ho, Ivan</b><br>Cardiologist Specialist,<br>Department of Medicine,<br>Queen Elizabeth Hospital                                     |
| 28 September 2024 (Sat) | 2:00   4:00 pm | Rheumatological Diseases other than Arthritis and SLE                      | <b>Prof. SO Ho</b><br>Assistant Professor,<br>Department of Medicine & Therapeutics,<br>Faculty of Medicine,<br>The Chinese University of Hong Kong |
|                         |                | Approach to Facial Dermatoses  | <b>Dr. Kingsley CHAN</b><br>Dermatologist Specialist<br>Private Practice  |
| 26 October 2024 (Sat)   | 2:00   4:00 pm | Life Long Preventive Care Plain  | <b>Dr. YU Yee Tak, Esther</b><br>Assistant Professor,<br>Department of Family Medicine and Primary Care,<br>The University of Hong Kong             |
|                         |                | Update on Management of Overactive Bladder                                 | <b>Dr. Clarence LEUNG</b><br>Urologist Specialist,<br>Private Practice  |
| 30 November 2024 (Sat)  | 2:00   4:00 pm | Approach to Management of Shoulder Pain                                    | <b>Dr. NG Pak Lin, Eugene</b><br>Orthopaedic Specialist,<br>Department of Orthopaedics & Traumatology,<br>Kwong Wah Hospital                        |
|                         |                | Shoulder Physiotherapy / Practical Tips on Home Exercise for Shoulder Pain | <b>Ms. Isa LAM</b><br>Senior Physiotherapist,<br>Physiotherapy Department,<br>Queen Elizabeth Hospital  |

Registration will be first come first served. Please scan the QR code to complete the registration.  
For enquiry, please contact Ms. Crocus LAN at 3506-8143



- Notes :
- In case of over-subscription, the organiser reserves the right of final decision to accept registration.
  - Due to copyright issue, please note private recording of the lecture is prohibited.
  - Registration will be closed 3 days prior to the event.

- Activities are supported by HKCFP Foundation Fund.
- Please wear a surgical mask if you have respiratory tract infection and confirm that you are afebrile before coming to the meeting.
- Please observe appropriate dress code to the hotel for the Scientific Meeting.

## Online Seminar

| Date and Time                         | Topic   | Speakers   | Moderators                        |
|---------------------------------------|---|--|-----------------------------------|
| 29 August (Thu)<br>2:00 – 3:00 p.m.   | <b>Online Seminar:<br/>New Treatments in Atopic Dermatitis</b><br><i>Sponsored by AbbVie Hong Kong Limited</i>                      | <b>Dr. LAI Yik Kiu Dominic</b><br><i>Specialist in Dermatology &amp; Venereology</i> | <b>Dr. TSUI Hing Sing, Robert</b> |
| 7 September (Sat)<br>2:00 – 3:30 p.m. | <b>Online Dermatology Seminar:<br/>Trainees Dermatology Cases Presentation</b><br><i>Organized by Interest Group in Dermatology</i> | <b>FM Trainees</b>   | <b>Dr. LAM Wing Wo</b>            |

## Face to Face Events

| Date and Time   | Venue  | Topics   | Speakers  |
|---|--|--|---|
| 21 September (Sat)<br>1:00 – 4:10 p.m.<br>(Lunch will be served from 1:00 p.m.) | Chalet Room, Lower Lobby, the Langham Hong Kong, 8 Peking Road, Tsim Sha Tsui, Kowloon | <b>Saturday Symposium for Primary Care Doctors</b><br><b>Lecture 1 : Dyslipidemia</b><br><b>Optimizing lipid management for patients with mixed dyslipidemia</b><br><b>Lecture 2 : Nonalcoholic Fatty Liver Disease</b><br><b>Management of non-alcoholic fatty liver disease from a surgeon's perspective</b><br><b>Lecture 3 : Helicobacter Pylori</b><br><b>Diagnosis and Treatment of Helicobacter Pylori infection - Hong Kong and international perspective</b><br><i>Sponsored by Abbott Laboratories Ltd</i> | <b>1. Dr. WU Enoch</b><br><i>Specialist in Endocrinology, Diabetes &amp; Metabolism</i><br><b>2. Dr. TSUI Tsun Miu</b><br><i>Specialist in General Surgery</i><br><b>3. Dr. CHOW Chi Wing</b><br><i>Specialist in Gastroenterology &amp; Hepatology</i> |
| 26 September (Thu)<br>1:00 – 3:00 p.m.<br>(Lunch will be served from 1:00 p.m.) | Chalet Room, Lower Lobby, the Langham Hong Kong, 8 Peking Road, Tsim Sha Tsui, Kowloon | <b>Treatment for Osteoarthritis</b><br><i>Sponsored by DKSH Hong Kong Limited</i>  | <b>Dr. CHENG Sze Chung</b><br><i>Specialist in Orthopaedics &amp; Traumatology</i>  |

### QR Code for registration



### Admission Fee:

|   |  |
|---|--|
| <b>29 August 2024 (Thu)</b><br>College Members:<br>Non – members:   | Complimentary<br>HK\$ 100.00   |
| <b>7 September 2024 (Sat)</b><br>College Members:<br>Non – members:   | Complimentary<br>HK\$ 100.00   |
| <b>21 September 2024 (Sat)</b><br>College Fellow, Full, or Associate Members:<br><br>Other Categories of Members:<br>Non – members: | Complimentary<br>(\$50 Enrollment deposit is required)<br>HK\$ 650.00<br>HK\$ 750.00 |
| <b>26 September 2024 (Thu)</b><br>College Fellow, Full, or Associate Members:<br><br>Other Categories of Members:<br>Non – members: | Complimentary<br>(\$50 Enrollment deposit is required)<br>HK\$ 650.00<br>HK\$ 750.00 |

*For non-members, please contact the secretariat for registration details. All fees received are non-refundable nor transferable.*

### Accreditation :

|   |   |
|---|---|
| 29 Aug : 1 CME Points HKCFP [Cat.4.3]<br>1 CME Points MCHK (pending)  | Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log) |
| 7 Sept : 2 CME Points HKCFP [Cat.4.3]<br>2 CME Points MCHK (pending)  | Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log) |
| 21 Sept : 2 CME Points HKCFP [Cat.4.4]<br>2 CME Points MCHK (pending) | Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log) |
| 26 Sept : 1 CME Points HKCFP [Cat.4.3]<br>1 CME Points MCHK (pending) | Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log) |

## Online Monthly Video Sessions

| Dates and Time                           | Topics   |
|--|--|
| 30 August 2024 (Fri)<br>2:30 – 3:30pm    | “Time to Reconsider Gestational Diabetes?” by Dr. WONG Cheuk Lik |
| 27 September 2024 (Fri)<br>2:30 – 3:30pm | “Female Fertility Preservation” by Dr. WONG Ho Yan, Queenie      |

### QR Codes for registration



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

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

**Admission Fee** : Member Free  
Non-member HK\$ 100.00 for each session  
(For all online seminars)  
*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. Minny Fung by email to [education@hkcfp.org.hk](mailto:education@hkcfp.org.hk) or call 2871 8899. Thank you.

- Notes :**
- In case of over-subscription, the organizer reserves the right of final decision to accept registration.
  - The link to join the webinar **SHOULD NOT** be shared with others as it is unique to each individual who has completed prior enrolment procedures. If additional attendee(s) is/are found using the same unique link to join the webinar with you, all attendees joining the lecture via your unique link would be dismissed. You can only login with one device at a time. CME point(s) would only be given to those on the pre-registration list and attended the lecture.
  - Please note you can just attend **ONE** CME activity at a time. If 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.

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

### 〈紋身背後〉 洗銘全醫生

40多歲女士，焦慮、失眠，同事轉介過來跟進。

**我** : 「壓力來自邊度？」

**女士** : 「個女升小一，已知結果，又擔心佢之後跟唔上，我成日提佢要爭取好成績，變咗成日同佢鬧交。佢有聽障，又有過度活躍，跟緊兒童心理輔導。」

**我** : 「妳先生呢？佢點睇？」

**女士** : 「佢喺大陸做嘢，好少返嚟。得我同個女困獸鬥。」

**我** : 「妳咁大壓力，點樣放鬆自己？」

**女士** : 「畫下嘢，face-painting，我女好鍾意㗎。呢個今日畫嘅。」她指著左前臂一個水性紋身，是一隻卡通小馬，色彩繽紛，十分美麗。

**我** : 「好靚，好有神采！」

**女士** : 「以前細個都鍾意紋身。」

**我** : 「係？我想知點解㗎！」

**女士** : 「要型，要特出！」

**我** : 「要特出比邊個睇？」

**女士** : 「我好勝嘛！以前乜都要爭…」

女士10歲隨父母來港，有四兄弟姊妹，感覺要同同學爭，要同兄

弟姊妹爭，才能得到父母多點注視，多點欣賞。

**我** : 「個女得到妳注視，佢重要爭比邊個睇？」

女士不語。

**我** : 「反為佢成日注視妳，佢內心會產生不安。佢有冇暗示妳唔好成日咁激動？」

**女士強忍的淚水終於瀉下，猛然點頭：**

「其實佢成日提我叫我唔好唔開心㗎…」

我遞上了紙巾。

**我** : 「小朋友天生就會擔憂父母，一邊要做學生角色，一邊又要承擔你嘅情緒，好難唔癲。小朋友唔識得表達，專注唔到，就促成咗而家越嚟越普遍嘅過度活躍症或小兒多动症。雖然呢個唔係唯一嘅病因，但係香港係好常見嘅原因。想小朋友好，就要先處理好自己。」

女士主動要求情緒藥物，我亦同意。

**給過藥單，我對她說：**

「希望妳以手上嘅小馬為榜樣，有真正嘅開心同活力，妳小朋友感受到嘅話，自然會做番自己，之後整個家庭都會進步。」一個家庭，如果走錯方向，痛苦延續，實在太不值。

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

Submission of articles to The Diary of a Family Doctor with up to 600 words in Chinese or 400 words in English are always welcome. Options of College Souvenirs or Gift vouchers will be given as token of appreciation if the articles are selected for publication.

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

## Structured Education Programmes

Free for members

HKCFP 2 CME points accreditation (Cat 4.3)

| Date/Time/CME                       | Venue   | Topic/Speaker(s)   | Registration                        |
|-------------------------------------|---|--|-------------------------------------|
| <b>Wednesday, 04 September 2024</b> |   |  |                                     |
| 14:30 - 17:00                       | SB1032, 1/F, Special Block, Tuen Mun Hospital   | <b>Dealing with Medical Malpractice</b><br>Dr. LIANG Kai Ting, Dr. CHUNG Wing  | Ms. Eliza CHAN<br>Tel: 2468 6813    |
| 14:30 - 17:30                       | Conference Room 2, G/F, Block M, QEH  | <b>Common Psychogeriatric Problems</b><br>Dr. LAU Kwan Ho, Marco, Dr. NG Cheuk Man   | Ms. Emily LAU<br>Tel: 3506 8610     |
| 15:30 - 17:30                       | Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH | <b>Medical Ethics in Genomic Medicine</b><br>Dr. TONG Hei Ka Anson   | Ms. KAM Cheuk Yan<br>Tel: 5569 6405 |
| 17:00 - 19:00                       | Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong                                     | <b>Preventive Care: Early diagnosis of Sleep Problem with OSAS in Primary Setting</b><br>Dr. CHIANG Man Fung Ronald        | Ms. Cherry WONG<br>Tel: 2589 2337   |
| <b>Thursday, 05 September 2024</b>  |   |  |                                     |
| 16:00 - 18:00                       | Activities Room, 3/F, Yan Oi General Out-patient Clinic   | <b>Mastering the New Format of the Part 2 Exam: Insights and Preparation Strategies</b><br>Dr. LAM Kang, Dr. WONG Fai Ying | Ms. Eliza CHAN<br>Tel: 2468 6813    |
| <b>Wednesday, 11 September 2024</b> |   |  |                                     |
| 14:30 - 17:00                       | Rm 13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre                                       | <b>Medical Record Keeping</b><br>Dr. LEE Wai Chun, Dr. CHAN Cheuk Yin  | Ms. Eliza CHAN<br>Tel: 2468 6813    |
| 14:30 - 17:30                       | Conference Room 2, G/F, Block M, QEH  | <b>Consultation Enhancement (Physical Examination: Back and Video Consultation)</b><br>Dr. POON Daniel, Dr. NG Kwan Chun   | Ms. Emily LAU<br>Tel: 3506 8610     |
| 15:30 - 17:30                       | Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH | <b>Chronic Disease Co-Care Scheme</b><br>Dr. NG Wai Chung Ben, Dr. HO Ka Wa Joe  | Ms. KAM Cheuk Yan<br>Tel: 5569 6405 |
| 17:00 - 19:00                       | Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong                                     | <b>Emergency Care and the Facilities in Primary Care</b><br>Dr. TONG Tin Yan Emily   | Ms. Cherry WONG<br>Tel: 2589 2337   |
| <b>Thursday, 12 September 2024</b>  |   |  |                                     |
| 16:00 - 18:00                       | Activities Room, 3/F, Yan Oi General Out-patient Clinic   | <b>Clinical Approach to Lower Limbs Musculoskeletal Pain in Primary Care</b><br>Dr. KWONG Chung Man, Dr. HO Chung Yu       | Ms. Eliza CHAN<br>Tel: 2468 6813    |
| <b>Thursday, 19 September 2024</b>  |   |  |                                     |
| 16:00 - 18:00                       | Activities Room, 3/F, Yan Oi General Out-patient Clinic   | <b>Complaints Management in GOPC and Case Sharing</b><br>Dr. CHUNG Pak Yin, Dr. IP Chung Ho                                | Ms. Eliza CHAN<br>Tel: 2468 6813    |
| <b>Wednesday, 25 September 2024</b> |   |  |                                     |
| 14:30 - 17:00                       | SB1034AB, 1/F, Special Block, Tuen Mun Hospital   | <b>Air Travel Emergency</b><br>Dr. FUNG Hoi Yin, Dr. TAM Tsz On  | Ms. Eliza CHAN<br>Tel: 2468 6813    |
| 14:30 - 17:30                       | Conference Room 2, G/F, Block M, QEH  | <b>Evidence-Based Health Screening</b><br>Dr. YEUNG Chin Fung, Dr. LI Zhihao   | Ms. Emily LAU<br>Tel: 3506 8610     |
| 15:30 - 17:30                       | Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH | <b>Burnout for Primary Health Care Provider</b><br>Dr. NG Wai Chung Ben, Dr. TANG Yeung On                                 | Ms. KAM Cheuk Yan<br>Tel: 5569 6405 |
| 17:00 - 19:00                       | Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong                                     | <b>Community Service and Resources for Patients and Their Caregivers</b><br>Dr. NG Sze Wing Catherine                      | Ms. Cherry WONG<br>Tel: 2589 2337   |
| <b>Thursday, 26 September 2024</b>  |   |  |                                     |
| 16:00 - 18:00                       | Activities Room, 3/F, Yan Oi General Out-patient Clinic   | <b>Pilot Scheme for Collaborative Chronic Disease Management</b><br>Dr. TONG Ka Hung, Dr. FAN Siu Wai                      | Ms. Eliza CHAN<br>Tel: 2468 6813    |

# COLLEGE CALENDAR

| Sunday  | Monday | Tuesday             | Wednesday   | Thursday   | Friday  | Saturday  |
|---|--------|---------------------|---|--|---|---|
| <b>25</b> <b>Aug</b><br>9:30 a.m. – 1:00 p.m.<br>Conjoint Exam - AKT<br>Segment | 26     | 27                  | 28<br>2:30 – 7:00 p.m.<br>Structured Education<br>Programme | 29<br>2:00 – 3:00 p.m.<br>CME Lecture<br>4:00 – 6:00 p.m.<br>Structured Education<br>Programme                           | 30<br>2:30 – 3:30 p.m.<br>Video Session<br>7:00 – 9:00 p.m.<br>Pre Exit Exam Workshop | 31<br>2:00 – 4:00 p.m.<br>Certificate Course on<br>Bringing Better Health<br>to Our Community 2024  |
| <b>1</b> <b>Sep</b>   | 2      | 3                   | 4<br>2:30 – 7:00 p.m.<br>Structured Education<br>Programme  | 5<br>4:00 – 6:00 p.m.<br>Structured Education<br>Programme   | 6   | 7<br>2:00 – 3:30 p.m.<br>Interest Group in<br>Dermatology<br>2:30 – 5:30 p.m.<br>DFM Module III<br>Structured Seminar                                     |
| 8   | 9      | 10                  | 11<br>2:30 – 7:00 p.m.<br>Structured Education<br>Programme | 12<br>4:00 – 6:00 p.m.<br>Structured Education<br>Programme<br>9:00 p.m.<br>Board of Conjoint<br>Examination Meeting     | 13  | 14<br>2:30 – 5:00 p.m.<br>DFM FM Clinical Skills<br>Enhancement   |
| 15  | 16     | 17                  | 18  | 19<br>4:00 – 6:00 p.m.<br>Structured Education<br>Programme<br>8:30 p.m.<br>HKCFP Council Meeting                        | 20  | 21<br>1:00 – 4:10 p.m.<br>Saturday Symposium<br>2:30 – 5:30 p.m.<br>DFM Counseling Skills<br>Workshop   |
| 22  | 23     | 24                  | 25<br>2:30 – 7:00 p.m.<br>Structured Education<br>Programme | 26<br>1:00 – 3:00 p.m.<br>CME Lecture<br>4:00 – 6:00 p.m.<br>Structured Education<br>Programme                           | 27<br>2:30 – 3:30 p.m.<br>Video Session<br>8:00 p.m.<br>Specialty Board meeting       | 28<br>2:00 – 4:00 p.m.<br>Certificate Course on<br>Bringing Better Health to<br>Our Community 2024<br>2:30 – 5:30 p.m.<br>DFM Musculoskeletal<br>Workshop |
| 29  | 30     | <b>1</b> <b>Oct</b> | 2<br>2:30 – 7:00 p.m.<br>Structured Education<br>Programme  | 3<br>4:00 – 6:00 p.m.<br>Structured Education<br>Programme<br>7:00 – 9:00 p.m.<br>BVTS Basic Intro<br>Seminar/YDC O Camp | 4   | 5<br>2:30 – 5:00 p.m.<br>DFM FM Clinical Skills<br>Enhancement  |

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

## FP LINKS EDITORIAL BOARD



### FP LINKS EDITORIAL BOARD 2024

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