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Message from the President



Ribbon cutting ceremony

From left to right: Dr. TAI Wa Hou, Dr. David CHAO, Ms. ZHANG Fudi, Dr. WAN Sucheng, Dr. LO Iek Long, Professor LIANG Wannian, Professor Donald LI, Dr. CHEANG Seng Ip

Happy new year to you and your family! As we entered into 2025, I have great news to share with all the College members and Fellows. Thanks to the tremendous support and hard work of our College Censors, Executives, Council Members, Clinical Supervisors, Examiners, College secretariat and the colleagues of our RACGP counterparts, the qualification of International Conjoint Fellow of the Royal Australian College of General Practitioners (ICFRACGP) has been officially accredited for quotability in Hong Kong by the Medical Council of Hong Kong (MCHK) since 6th November, 2024 and is now listed on the MCHK website (https://www.mchk.org.hk/english/guideline/files/quotable_qualifications.pdf). I would like to take this opportunity to congratulate and thank all the Conjoint Examination candidates for the hard work and dedication

towards our College's family medicine training and assessment. You have made us proud! Well done!

As stated in a recent communication issued by the Centre of Health Protection (CHP), the local seasonal influenza activity continued to increase, signifying that Hong Kong has entered the 2024/25 influenza season. (https://www.chp.gov.hk/files/pdf/letters_to_doctors_20250109_2.pdf)

The latest CHP surveillance data revealed that the weekly percentage of respiratory specimens tested positive for seasonal influenza viruses has increased rapidly in late December and reached 5.69% last week, exceeding the baseline threshold of 4.94%. The predominating circulating viruses are influenza A (H1N1) at present. The overall admission rate with principal

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MESSAGE FROM THE PRESIDENT

(Continued from page 1)

diagnosis of influenza in public hospitals also reached 0.36 per 10,000 population in the same week, which was above the baseline threshold of 0.27. The highest admission rates were observed among children



Director of the Health Bureau of Macao, Dr. LO Iek Long, delivered the opening speech

aged 0-5 years and elders aged 65 years or above. As family doctors, we should continue to do our best to advise our patients aged six months or above especially the priority groups to receive the seasonal influenza vaccine as soon as possible for personal protection as well as protection of the community as a whole. Thank you for keeping up your good work!

In celebration of the 75th Anniversary of the founding of the People's Republic of China, and the 25th Anniversary of the establishment of the Macao Special Administrative Region (SAR), the Health Bureau of Macao SAR held a Community Health Summit on 6th October 2024. The organiser has invited several officiating guests and speakers to attend the Summit, including Prof. Donald Li and myself. The Summit began with Dr. Lo Iek Long, Director of Health Bureau of Macao SAR, giving the opening speech illustrating the importance of further developing Family Medicine practice and quality Community Health approach in achieving the healthy Macao initiatives presented in the Healthy Macao Blueprint released in July 2024. Dr. Lo pointed out that the most important areas of work ahead, namely optimising the mechanism of "integration of medical treatment and prevention", establishing a "key performance indicator system for chronic disease management quality" to improve chronic disease management, and strengthening the training system of family doctors, as well as integrating mental health into the community health



Professor LIANG Wannian delivered Developing People-Centred Integrated Care - China in Action



Professor Donald LI delivered the rapid developments in Artificial Intelligence (AI) in healthcare applications



Dr. David CHAO delivered Chronic Disease Management - sharing of experience

system. Then Dr. Wong Yin of Macao introduced the Healthy Macao Blueprint policy details and reiterated the importance of community healthcare system in implementing the policy. Professor Wannian Liang, Executive Vice-Dean of Vanke School of Public Health, Tsinghua University, China, shared on "Developing People-centred Integrated Care - China in Action" in which he gave his in-depth analysis of the current medical reforms in the Mainland, reviewing the challenges, opportunities and success stories. Ms. Zhang Fudi, second-level inspector from

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Message from the President (Con't)

(Continued from page 2)

Fujian Province, shared on their successful health reform experiences in Fujian. Prof. Donald Li shared on how we should capture the opportunities presented by the rapid developments in Artificial



Macao Community Health Summit

Intelligence (AI) in healthcare applications. Then I presented our Family Medicine specialist training programme, and other continuing medical education and continuing professional development activities organised by the Hong Kong College of Family Physicians, and closed by sharing our experiences in managing chronic diseases in the community. The Summit ended with a fruitful discussion session. Hong Kong and Macao are facing similar health issues due to population aging and lifestyle changes. We look forward to foster closer collaboration and sharing in bringing better health to our communities.

Wish you all a healthy, fruitful and prosperous Year of the Snake ahead !

Dr. David V K CHAO
President

The 47th HKCFP Annual General Meeting and 47th Annual Dinner of the Hong Kong College of Family Physicians

Dr. KO Wai Kit, Welchie
Chairman, Internal Affairs Committee

The 47th Annual General Meeting (AGM) and 47th Annual Dinner of the Hong Kong College of Family Physicians were successfully held on 8 December 2024, Sunday at the Run Run Shaw Hall of the Hong Kong Academy of Medicine,

Thanks to the tremendous support by our members, fellows and guests, the dinner was well attended by over 230 guests. The evening was kick-started with the AGM going through the various important operational matters related to the College, followed by the Council meeting to confirm the chairmanship of various boards and committees for the coming year.

The Annual Dinner commenced right after that. We were most grateful to have Prof. Rosie Young, our Honorary Fellow, joining us for the dinner. We would like to express our special thanks to Dr. Cheryl Chan, Dr. Felix Li, Dr. Jerry Woo and Dr. Esther Yu for being the MCs of the Annual Dinner and leading us through a very enjoyable evening.

I would like to thank all the collaborating partners, the College Council and all Boards and Committees, College Fellows and Members, and the secretariat for their unfailing support to make 2024 a very successful year for all. The secretariat staff received the gift coupons as tokens of appreciation for their hard work over the year. Then, various boards and committees proposed a vote of thanks to all members and fellows for their continuing support.

This year, the entertainment programme included a bingo game and musical performance by the wonderful performing team. The splendid and energetic singing performance by our in-house live band FM² 醫家樂隊 was most admirable. FM² is formed by members of Young Doctors Committee, including Dr. Chloe Chan, Dr. Louis Chan, Dr. Wells Chang, Dr. Li Ting Kwan, Dr. Aldo Wong and Dr. Jerry Woo.

Thanks to the thoughtful generosity of our council members, friends and related organisations, the lucky draw as another highlight of the evening was carried out successfully to conclude the annual dinner. We look forward to meeting you all again in the annual dinner next year!

The 47th Annual Dinner of the HKCFP held on 8 December 2024 (Sunday)



Welcoming speech by the President, Dr. David Chao



Toasting proposed by the President, Dr. David Chao (12th from the left), with Censors & Council Members



Council Members with distinguished guests on stage



Dr. Lau Ho Lim (left) with Dr. Angus Chan (middle) and Dr. Andrew Ip (right)



Dr. David Chao, President (middle) and Honorary Treasurer, Dr. Billy Chiu (2nd from the right), with Honorary Auditors and staff of the Finance Committee
From left to right: Mr. Roy Leung, Mr. Kafee Ma, Dr. David Chao, Dr. Billy Chiu and Mr. Jasper Ma



President and Chairman of Board of Education, Dr. King Chan (10th from the left), with members & staff of the Board



President, Censor and Chairman of the Board of Conjoint Examination, Dr. Chan Hung Chiu (11th the left), with members, examiners & staff of the Board with successful candidates of the Conjoint Examination



President, Censor and Chairman of Board of Diploma in Family Medicine Chairman, Dr. Au Chi Lap (5th from the left), with members, examiners & staff of the Board with successful DFM candidates



President, Censor and Chairlady of the Specialty Board, Dr. Wendy Tsui (12th from the right), with members, examiners & staff of the Board with successful candidates of the Exit Examination

PHOTO GALLERY



Censor and Editorial Board Chairman, Dr. David Chao (6th from the left), with members and staff of the Board



President, Censor and Chairman of Board of Professional Development Services, Dr. Lau Ho Lim (3rd from the right), with members and staff of the Board



President and Censor with members and staff of the Board of Vocational Training and Standards



President, Vice-Presidents and Chairlady of the Hong Kong Primary Care Conference Committee, Dr. Lorna Ng (6th from the left), with members and staff of the Committee



President and FP Links Committee Chairlady, Dr. Wendy Tsui (6th from the right), with members and staff of the Committee



President and Co-Chairladies of the Young Doctors Committee, Dr. Esther Yu (8th from the left) and Dr. Chloe Chan (9th from the right), with members and staff of the Committee



Keyboardist of FM² 醫家樂隊, Dr. Wells Chang



Drummer of FM² 醫家樂隊, Dr. Jerry Woo



Guitarist of FM² 醫家樂隊, Dr. Li Ting Kwan



Saxophonist of FM² 醫家樂隊, Dr. Louis Chan



Singers of FM² 醫家樂隊, Dr. Aldo Wong and Dr. Chloe Chan

PHOTO GALLERY



Dr. David Chao (3rd from the right) presenting souvenirs to FM² 醫家樂隊
(from left to right): Dr. Wells Chang, Dr. Louis Chan, Dr. Chloe Chan, Dr. Aldo Wong, Dr. David Chao, Dr. Li Ting Kwan and Dr. Jerry Woo



Dr. David Chao (middle) presenting souvenirs to MCs of annual dinner
(from left to right): Dr. Jerry Woo, Dr. Felix Li, Dr. David Chao, Dr. Esther Yu and Dr. Cheryl Chan



Council members and guests were invited to sing on stage



Prof Cindy Lam, Chief Censor (1st from the left), presenting lucky draw prizes to winners



Dr. Stephen Foo, Censor (middle), presenting lucky draw prizes to winners



Dr. Angus Chan, Immediate Past President (2nd from the right), presenting lucky draw prizes to winners



Dr. Cecilia Fan, Honorary Secretary (1st from the left), presenting lucky draw prizes to winners



Prof. Samuel Wong, Vice-President [Education & Examinations] (1st from the left), presenting lucky draw prizes to winners



Dr. Lau Ho Lim, Vice President [General Affairs] (1st from the left), presenting lucky draw prizes to winners



Dr. David Chao, President (left) presenting the Lucky Draw Grand Prize to the winner, Dr. Gloria So (right)



Censors and Council members with Secretariat staff

[Front row, from left to right]: Ms. Windy Lau, Ms. Erica So, Ms. Alky Yu, Ms. Teresa Liu, Dr. Ken Ho, Dr. Matthew Luk, Ms. Carol Pang, Ms. Hannah Lok and Ms. Minny Fung

[Middle row, from left to right]: Dr. King Chan, Dr. Catherine Chen, Dr. Allan Ngan, Dr. Marcus Wong, Dr. Li Yim Chu, Dr. Simon Au, Dr. Cecilia Fan, Dr. Lorna Ng, Dr. Esther Yu, Dr. Angus Chan, Prof. Cindy Lam, Dr. Stephen Foo, Dr. David Chao, Dr. Lau Ho Lim, Dr. Chan Hung Chiu, Ms. Kathy Lai, Ms. Nana Choy, Ms. Iris Ip, Ms. Ally Chan, Ms. Yvonne Chow, Dr. Maria Leung, Dr. Peter Anthony Fok and Dr. Welchie Ko

[Back row, from left to right]: Prof. Samuel Wong, Mr. John Ma and Mr. Roy Leung

THIRTY-NINTH CONJOINT HKCFP/RACGP FELLOWSHIP EXAMINATION FIRST ANNOUNCEMENT

The Board of Conjoint Examination is pleased to announce the following information on the Thirty-ninth Conjoint Fellowship Examination with the Royal Australian College of General Practitioners to be held in 2025.

(1) REQUIREMENTS AND ELIGIBILITY

CATEGORIES OF CANDIDATES:

(a) CATEGORY I CANDIDATES MUST be FULL OR ASSOCIATE members of BOTH HKCFP AND RACGP* at the time of application for the Examination and at the time of the Conjoint Examination. (*Documentary evidence is required with the application – including a valid RACGP number. All candidates are required to have renewed their RACGP membership for the year 2025/2026 on or before 31 July 2025. Failure to comply with the above may result in denial of admission to the Examination.)

CATEGORY I CANDIDATES are graduate doctors (FULLY OR LIMITED registered with the Hong Kong Medical Council) who are undergoing or have completed a fully approved vocational training programme as outlined in the HKCFP College Handbook for Vocational Training in Family Medicine.

After satisfactory completion of two years of approved training, Category I candidates or trainees may apply to sit the Written Examination. The two segments can be taken separately in any order, or at the same attempt. After satisfactory completion of four years of supervised training, Category I candidates may apply to sit the Clinical Examination.

[Note: All Category I candidates who are current vocational trainees and apply to sit the Written Examination **MUST** submit evidence of completion of at least 15 months of approved training by 31 March 2025, together with the application. Those current vocational trainees who apply for the Clinical Examination **MUST** submit evidence of completion of at least 39 months of approved training by 31 March 2025, together with the application. Candidates who have already completed vocational training **MUST** submit evidence of completion of vocational training, together with the application.

Part-time trainees **MUST** submit evidence of completion of their vocational training by the time of the Written Examination before they can apply to sit the examination.)

Please Note:

For Category I candidates who have enrolled in the vocational training program before 31 December 2018, they will remain entitled to be awarded FRACGP, provided all requirements for Fellowship are met. All other candidates are eligible to apply for the award of International Conjoint RACGP Fellowship (ICFRACGP).

All successful candidates applying for the award of the RACGP Fellowship will be subject to the decision of the RACGP.

(b) CATEGORY II CANDIDATES are doctors who

1. are FULLY registered with the Hong Kong Medical Council,
2. have been predominantly in general practice in Hong Kong for not less than **five** years by 30 June 2025, provided that the experiences are within the most recent 10 years,
3. must be FULL OR ASSOCIATE members of HKCFP at the time of application for the Examination and at the time of the Fellowship Examination.
4. had enrolled and passed the Diploma in Family Medicine course organized by the HKCFP, or other equivalent subject to the approval of the Board of DFM, HKCFP.
5. had fulfilled the CME/CPD requirements by obtaining both 30 CME points and 10 CPD points accredited by the HKCFP each in the 2 consecutive years by 30 June 2025.

Please Note:

Starting from 2024, Category II candidates, who are eligible to sit for our college exam, will only be awarded FHKCFP upon passing the exam, provided all HKCFP Fellowship requirements are met.

The eligibility of candidates of both categories is subject to the final approval of the Board of Conjoint Examination, HKCFP.

Application will not be processed unless all the required documents are submitted with the application form.

(2) FORMAT AND CONTENTS

- A.** Written Examination consists of
 - (i) Applied Knowledge Test (AKT), and
 - (ii) Key Feature Problems (KFP)
- B.** Clinical Examination
Clinical Competency Examination (CCE)

(3) PRE-REQUISITE FOR CLINICAL SEGMENTS

All candidates applying to sit for the Clinical Examination of the Conjoint Fellowship Examination **MUST** possess an APCLS (Advanced Primary Care Life Support) certificate issued by the HKCFP*. The validity of this certificate must cover the time of the Clinical Examination.

Application will not be processed unless the pre-requisite is fulfilled.

*Note: In regarding the APCLS certificate issued by the HKCFP, the dates of APCLS workshops & examinations for 2025 will be announced in due course. If you do not hold a valid APCLS certificate issued by HKCFP and intend to sit for the Conjoint Examination 2025, please register AS EARLY AS POSSIBLE when the announcement is released.

(4) CRITERIA FOR A PASS IN THE EXAMINATION

A candidate must pass **both** the AKT **and** KFP segments in the Written Examination before one can proceed to the Clinical Competency Examination. Candidates who failed in one segment will be required to re-attempt only the failed segment. Successful Written Examination result can be retained for three years (counting from whenever the first segment is passed). If one fails to pass both segments in three years, one has to retake both segments.

The Clinical Competency Examination can only be taken after passing both segments of the Written Examination. If one fails the Clinical Competency Examination, all the clinical stations have to be re-taken.

A candidate has to pass both the Written and the Clinical Examinations in order to pass the Conjoint HKCFP/RACGP Fellowship Examination.

(5) APPLICATION AND EXAMINATION FEES

Application forms are available from the College Secretariat at Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. You may also download the application forms from our College website, <http://www.hkcfp.org.hk>. Please note that the deadline for application is **10 April 2025 (Thursday)**.

For both **CATEGORY I** or **CATEGORY II CANDIDATES**:

Application Fee	:	\$3,000 (Non-refundable)	
Examination Fee	:	- Full Examination (Written + Clinical)	\$42,000
		- Written Examination	
		• AKT	\$10,500
		• KFP	\$10,500
		- Clinical Examination	\$21,000

Please make the cheque payable to **"HKCFP Education Limited"**. If a candidate applied for the Full Examination **but failed in the Written Examination, s/he will be automatically withdrawn from the Clinical Examination, and the Clinical Examination fee (\$21,000) would be refunded.**

(6) REFUND POLICY

If a candidate wishes to withdraw from the examination, and written notice of withdrawal is received by the College 60 days or more prior to the date of the examination, he will receive a refund of \$42,000 (for the whole examination), \$10,500 (for AKT), \$10,500 (for KFP) or \$21,000 (for the clinical examination). The application fee of \$3,000 will not be refunded.

No refund will be given if the written notice of withdrawal is received by the College within 60 days of the date of the examination.

All fees paid are not transferable to subsequent examinations.

(7) IMPORTANT DATES

• 10 April 2025 (Thursday)	Closing Date for Applications
• 17 August 2025 (Sunday) (tentative)	Conjoint Examination – Written Examination (KFP)
• 24 August 2025 (Sunday) (tentative)	Conjoint Examination – Written Examination (AKT)
• 2 November 2025 (Sunday) (tentative)	Conjoint Examination – Clinical Examination (CCE)

(8) ELECTION TO FELLOWSHIP

Members should be aware that passing the Conjoint Fellowship Examination does NOT equate with election to Fellowship of either the Hong Kong College of Family Physicians or the Royal Australian College of General Practitioners. Those wishing to apply for Fellowship of either or both College(s) should ensure that they satisfy all the requirements of the College(s) concerned.

Entry forms for the application of Fellowship, Membership and Associateship of the Hong Kong College of Family Physicians and the Royal Australian College of General Practitioners are available from both College website (www.hkcfp.org.hk / www.racgp.org.au). You may also contact the HKCFP Secretariat, Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. Tel: 2871 8899, Fax: 2866 0616.



Dr. Chan Hung Chiu
Chairman
Board of Conjoint Examination

Quality Assurance & Accreditation Committee News

[Important] Reciprocal Recognition of Quality Assurance and Continuing Professional Development (CPD) Programs Between HKCFP and RACGP for year 2024

Dear Members,

Members of the Royal Australian College of General Practitioners, who live and work in Hong Kong and fulfill HKCFP CME & CPD requirements, **may enroll with the RACGP QI&CPD Program for reciprocal recognition between the two programs and may be deemed to fulfill their minimum requirements.** Please refer to below link for the RACGP Continuing Professional Development (CPD) Program for 2023-25 triennium:

<https://www.racgp.org.au/education/professional-development/cpd/2023-triennium>

Participants of the HKCFP Quality Assurance Program who have obtained at least 30 credit points, with no less than 10 CPD points **in year 2024**, may enroll with the RACGP CPD Program through this reciprocal arrangement and be deemed to fulfill their minimum requirements of the same year.

Please noted that as required by RACGP, doctors are required to take at least one CPR course in order to meet all the RACGP CPD requirements for the 2023 – 2025 triennium. You can refer to the below link for RACGP requirement for CPR Course:

<https://www.racgp.org.au/FSDEDEV/media/documents/Running%20a%20practice/Practice%20standards/5th%20edition/FAQ-for-cardiopulmonary-resuscitation-CPR.pdf>

For RACGP members practising in Hong Kong, basic life support and advanced life support courses that include CPR provided by the organisations listed under International Liaison Committee on Resuscitation (ILCOR) will be accepted by RACGP Website: <https://www.ilcor.org/about>

Please be reminded to upload the CPR Certificate on RACGP Website (require login) or email to cpd.national@racgp.org.au

Doctors who wish to enroll with the reciprocal arrangement for year 2024 should complete the form below and send it to the College Secretariat before **21 February 2025** with an administration fee of HK\$200 payable to "HKCFP Education Ltd" (Non-refundable). Please contact the college secretary if you wish to make payment by FPS.

The application form can be downloaded at:

<https://www.hkcfp.org.hk//upload/Documents/QA/2024%20reciprocal%20recognition%20application%20form.pdf>

Please note that the reciprocal recognition is for the Program but not for each individual education activity. Only those who fulfill the CME & CPD requirements each year in **ALL THREE YEARS** plus **completion of one CPR Course** within the 3 year cycle, shall be deemed to fulfill all RACGP requirements for the 2023-2025 Triennium. RACGP also has the final authority of deciding whether their QI&CPD requirements are fulfilled.

For any enquiries, please feel free to contact Mr. John Ma or Ms. Iris Ip at 28718899 or by email to cmecpd@hkcfp.org.hk

Thank you.

Yours sincerely,

Dr. Li Yim Chu
Chairlady, Quality Assurance & Accreditation Committee

Quality Assurance & Accreditation Committee News (Con't)

HKCFP Additional Accreditation and Report on CME/CPD Missing Points for Year 2024

Dear Members,

The credit point score of year 2024 for HKCFP QA Programme is going to be finalized. Please kindly check your updated report by visiting the College website at https://www.hkcfp.org.hk/cme_mchkcme_report.aspx.

If you wish to apply for Additional Accreditation or you find any CME/CPD points missing from your CME report, please apply for CME accreditation by sending the application(s) on or before **21 February 2025 (Friday)**.

1. Application for Additional Accreditation

The application of Additional Accreditation for the **year 2024** is now open for those activities **without prior accreditation** by QA&A Committee. For Educational Activities **under items 3.7, 3.8, 3.13, 3.14 and items 5.2 to 5.6 in QA Regulation 2023-25**, please apply in writing with relevant supporting documents and \$500 administration fee (**Non-refundable**) by cheque to QA&A Committee.

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

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

This application is only for the activities held **in 2024 with prior accreditation** by QA&A Committee, i.e. before the activities took place. If such credit points are missing from the CME Report, please return the **"Report on CME/CPD missing points from Pre-Accredited Activity"** together with relevant supporting documents (e.g. attendance records, photocopies of events, transcripts or published articles) to us.

Application Deadline: 21 February 2025 (Friday)

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

For those applying additional accreditation, please send a cheque payable to "HKCFP Education Ltd" **by post** to: Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. **Please ensure your mail items bear Sufficient Postage before posting.**

Please contact college secretary if you wish to pay by FPS.

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

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

Yours sincerely,

Dr. Li Yim Chu
Chairlady, Quality Assurance & Accreditation Committee

Dealing with Soft Tissue Injuries with “Peace and Love”

Dr. John-Hugh Tam, Specialist in Family Medicine
Mr. Mak Cheuk Hang, Registered Physiotherapist

As family physicians, we are constantly concerned with various health issues, especially common “aches and pains” related to daily life, such as muscle strains and ligament sprains caused by work and exercise. These fall under the category of “soft tissue injuries”. Today I would like to share some updated concepts on handling soft tissue injury, based on “peace” and “love,” aimed at helping us better cope with these pains.

In the past, we often heard about the treatment concept of “P.R.I.C.E.” which stands for “Protection, Rest, Ice, Compression, and Elevation”. These concepts were originally based on the acute management of soft tissue injuries advocated by Dr. Gabe Mirkin in the 1970s. However, according to the 2019 & 2020 publications in the British Journal of Sports Medicine, the inherent treatment concepts primarily focus on acute-stage treatment and provide limited guidance on mid-term and long-term tissue repair. Therefore, the authors proposed an optimised, more holistic concept known as “P.E.A.C.E.” and “L.O.V.E.” “P.E.A.C.E.” is applicable to the acute stage of soft tissue injury management, while “L.O.V.E.” is applicable to treatment after the first few days of injury. Let’s take a look at how this optimised concept is interpreted:

At the moment of injury, let “peace” (P.E.A.C.E.) take care of our bodies. In simple terms, “Protection and Elevation, Avoiding anti-inflammatories, Compression, and Education” should be the focus during the acute stage. These measures help reduce pain and inflammation and provide a conducive healing environment for the tissues. Compared to the old “P.R.I.C.E.” concept, “Protection” is crucial within the initial 1-3 days after the injury to minimise bleeding, prevent injured fibres from swelling, and reduce further damage. However, the new concept also acknowledges that prolonged rest can affect tissue strength and quality. Rest should be moderate and adjusted as needed based on pain response, along with the appropriate amount of protection and compression to allow tissue blood circulation.

Furthermore, the updated concept of “Avoid anti-inflammatories” decreases the reliance on ice and the use of non-steroidal anti-inflammatory drugs (NSAIDs) for pain relief in cases of milder pain. The new concept recognises that the optimal amount of inflammation plays a role in the repair of damaged soft tissues, and while large doses of anti-inflammatory drugs and excessive use of ice may suppress pain and discomfort in the early stages, they could potentially slow down the long-term recovery of the injured tissues.

The inclusion of “Education” in the new concept aims to provide injured individuals with knowledge about the nature of the injury, prognosis, and self-management. This helps the injured person better understand the process of injury, grasp appropriate treatment methods, and make informed choices during the recovery period.

The “love” (L.O.V.E.) concept focuses on rehabilitation in the mid-term and long-term stages after the injury, after the initial 3 days. It represents “Load, Optimism, Vascularisation, and Exercise”. “Load” refers to gradually reintroducing activities and progressively increasing the load to promote tissue adaptation and recovery. This includes gradually increasing the intensity, range, and frequency of exercise to allow the tissues to readapt to the load.

“Optimism” is a positive mindset and belief that plays a crucial role in post-injury recovery. Research has shown that optimistic individuals are more likely to recover faster and have a more positive engagement in the recovery process.

“Vascularisation” refers to promoting tissue blood supply through exercise and activity, thereby accelerating the recovery process. Moderate exercise can promote blood vessel dilation and the generation of new blood vessels at the injured site, improving the supply of nutrients and oxygen while aiding in the removal of metabolic waste.

Lastly, “Exercise” is a key component of the recovery process. Through proper exercises, we can restore muscle strength and flexibility, enhance joint stability, and improve cardiovascular fitness and overall physical well-being.



With the continuous advancement of scientific research, our understanding of soft tissue injuries is constantly evolving, as previous been reviewed in a past issue of the FP Links in November 2018, there were many approaches included the prior suggested P.O.L.I.C.E & M.E.A.T., etc. and now, the thinkings had been evolved to the more holistic P.E.A.C.E. and L.O.V.E. concepts. These optimised treatment concepts guide us to approach injuries in a more scientifically informed manner, aiming to achieve health and recovery goals. The updated concepts not only focus on acute-stage treatment but also emphasise the mid-to-late-stage rehabilitation process. By providing immediate protection, appropriate rest, symptom management, controlled exercises, and education, we can assist the body in better self-repair and recovery. The key to the medium-to-long-term rehabilitation plan is to gradually adapt the body to the exercise load and restore normal functionality. However, I must emphasise that post-injury treatment and rehabilitation are complex fields, and each individual’s condition and needs are unique. Treatment methods should be tailored to individual needs and based on the advice of medical professionals. It is important to remind our patients to consult a doctor and related healthcare professionals before self-arranging any treatment, as we are on the position to help them decide on the appropriate treatment plan. Let us help our patients to approach their bodies with love and peace, giving them the best care possible, and leading them towards a healthier and happier future.

Reference:

1. Dubois B, Esculier J-F, Br J Sports Med January 2020 Vol. 54 No 2, also available on <https://bjsm.bmj.com/content/bjsports/54/2/72.full.pdf>
2. Online post from British Journal of Sports Medicine Website - <https://blogs.bmj.com/bjbm/2019/04/26/soft-tissue-injuries-simply-need-peace-love/>
3. Bleakley CM, Glasgow P, MacAuley DC. Price needs updating, should we call the police? Br J Sports Med 2012;46:220-1

Vitamin D for Prevention of Disease

Vitamin D is well known for its importance in maintaining bone health. Observational studies have reported that vitamin D may also have beneficial effects in a variety of extra-skeletal conditions, including infectious, autoimmune and metabolic diseases. A recently published guideline addressed the enquiries of vitamin D testing and supplementation for populations without risk factors of vitamin D deficiency. Should empiric vitamin D supplements be used for prevention of disease?

Children and adolescents aged 1 to 18 years

The guideline recommends empiric vitamin D supplementation to prevent nutritional rickets and potentially lower the risk of respiratory tract infections.

With respect to respiratory tract infections, vitamin D dosages ranged from 300 to 2000 IU daily equivalent.

Healthy adults younger than 75 years

Empiric vitamin D supplementation above the daily recommended intake is not recommended for prevention of disease.

General population aged 75 years and older

The guideline suggests empiric vitamin D supplementation because of the potential to lower the risk of mortality. Lower-dose vitamin D daily supplementation is preferred over non-daily, higher doses. The estimated weighted average is approximately 900 IU daily.

Pregnancy

Empiric vitamin D supplementation is advised, given its potential to lower risk of pre-eclampsia, intra-uterine mortality, preterm birth, small-for-gestational-age birth and neonatal mortality. The estimated weighted average is approximately 2500 IU daily.

Adults with high-risk prediabetes

Besides lifestyle modification, empiric vitamin D supplementation is suggested to reduce the risk of progression to diabetes. The estimated weighted average is approximately 3500 IU daily.

Is routine testing for 25(OH) D levels recommended?

The guideline suggests against routine testing for healthy adults (who do not have clinical indications, e.g.,

hypocalcemia) since outcome-specific benefits have not been established. There is no clear evidence defining an optimal target level of 25(OH) D for disease prevention.

How to supplement vitamin D for the specified populations?

For those aged 1 to 18 and above 75 years, pregnant women and adults with prediabetes, empiric vitamin D may include daily intake of fortified foods, vitamin formulations that contain vitamin D, and/or daily intake of a vitamin D supplement (pill or drops).

How can healthy young adults get enough vitamin D?

Most of the vitamin D is made when the skin is exposed to sunlight while small amount comes from food. For most people, 5 to 15 minutes of casual sun exposure of the hands, face and arms 2 to 3 times a week in summer is adequate to keep vitamin D level high. A longer period of sun exposure may be required for people with darker skin or in winter months.

Few foods contain vitamin D naturally, namely fatty fish (e.g., salmon, sardines, tuna), egg yolk and liver. Some food products like milk, juice and cereals may be fortified with vitamin D.

Reference:

1. Demay MB *et al.* Vitamin D for the Prevention of Disease: An Endocrine Society Clinical Practice Guideline. *The Journal of Clinical Endocrinology and Metabolism*. 2024 Aug; 109(8), 1907-47.
2. Shan VP *et al.* A Systematic Review Supporting the Endocrine Society Clinical Practice Guidelines on Vitamin D. *The Journal of Clinical Endocrinology and Metabolism*. 2024 Aug; 109(8):1961-74.
3. Parent information: Vitamin D. Family Health Service. Department of Health. 2016 Aug.

Compiled by Dr. Siu Pui Yi



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

HONG KONG PRIMARY CARE CONFERENCE 2025

Family Doctor in Partnership:

Synergizing Primary Care Outcomes

**11 – 13 July 2025
(Fri – Sun)**



(Supported by HKCFP Foundation Fund)



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

Hong Kong Primary Care Conference 2025

“Family Doctor in Partnership: Synergizing Primary Care Outcomes”

11th – 13th July 2025 (Friday – Sunday)

I am thrilled and excited to announce our annual hallmark Hong Kong Primary Care Conference to be held from 11th to 13th July 2025 at the Hong Kong Academy of Medicine Jockey Club Building, Aberdeen, Hong Kong.

“Family Doctor in Partnership: Synergizing Primary Care Outcomes” is the theme for the coming 2025 conference. This theme builds on the great stride forward in primary healthcare development with the recent establishment of the Primary Healthcare Commission in July 2024, emphasizing the government’s strong commitment to revamp the healthcare system towards a prevention-focused, community-based system and devoting more resources to promote primary healthcare. Local and international studies have shown that healthcare systems with strong primary healthcare teams led by Family Doctors have proven to be more cost effective and sustainable. In November 2023, our Government launched the Chronic Disease Co-Care Pilot Scheme (CDCC Pilot Scheme) with the view to establishing a family doctor regime and positioning District Health Centers (DHCs) as a hub in fostering an expansion of the healthcare network at the community level. Thus, it is indeed a great opportunity for Family Doctors to work closely in partnership with stakeholders of different sectors in embarking on this momentous journey towards synergizing primary care outcomes in Hong Kong.

Our conference promises an exceptional blend of learning and networking opportunities with its diverse and interesting plenary sessions, seminars, symposiums, discussion forums and workshops.

Join us, save the date and kindly submit abstracts for the Full Research Paper, Free Paper and Clinical Case Competitions which will be open for submission soon.

I look forward to welcoming you all again!

Sincerely yours,



Dr. Lorna Ng
Chairlady, Organizing Committee
Hong Kong Primary Care Conference 2025

The HKCFP Awards for the Best Research and Best Trainee Research of 2024

The Research Committee of the Hong Kong College of Family Physicians is calling for The Award for The Best Research of the Year 2024. 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 current trainees of HKCFP or within 3 years of completion of vocational training.

Both the abovementioned Awards will be presented at the Conferment Ceremony in 2025.

Please note that each applicant can only apply 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 2024” or “The HKCFP Award for the Best Trainee Research of 2024”, 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: 27 March 2025

Supported by HKCFP Foundation Fund

HKCFP Research Fellowship 2025

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 degree (or equivalent) or above.

Eligibility

Applicants for the HKCFP Research Fellowship must be 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: **27 March 2025**. 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

Board of Vocational Training and Standards News

Reminder: Submission of Annual Checklist for Basic Training

To all Basic Trainees,

Please be reminded that all basic trainees must submit the **ORIGINAL** annual checklist to the Board of Vocational Training and Standards either by registered post or in-person on or before **5th February 2025 (Wednesday)**. Late submissions **WILL NOT** be accepted.

The training experience of 2024 will not be accredited if the trainee fails to submit the checklist on or before the deadline.

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Reminder: Enrolment of Higher Training

Basic trainees who have completed 4-year basic vocational training and attained a higher qualification in Family Medicine can be enrolled into the higher training programme.

For those who prepare to sit for the Exit Examination in 2027, please submit the application for higher training on or before **28th February 2025 (Tuesday)** in order to meet the requirement for sitting the Exit Examination. The application form can be downloaded from the College website.

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Higher Training Introductory Seminar

A Higher Training Introductory Seminar will be held on **4th March 2025 (Tuesday)** for all newly enrolled higher trainees, existing trainees and clinical supervisors. The seminar is designed to help higher trainees and supervisors to understand and get more information on our higher training programme.

Details of the seminar are as follows:

Speakers : Dr. Fung Hoi Tik, Heidi (Chairlady, Higher Training Subcommittee) &
Dr. Lui Luen Pun, Benny (Deputy Chairman, Higher Training Subcommittee)

Date : 4th March 2025 (Tuesday)

Time : 7:00 p.m.

Venue : Rm 802, 8/F Duke of Windsor Building, 15 Hennessy Road, Wanchai

For registration, please fill up the form via scanning the QR code:

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Reminder: Submission of Annual Checklist / Logbook for Completion of Higher Training

To all Higher Trainees,

Please be reminded that all Higher trainees must submit the **ORIGINAL** annual checklist to the Board of Vocational Training and Standards either by registered post or in-person on or before **28th February 2025 (Friday)**. Late submission **WILL NOT** be accepted.

The training experience of 2024 will not be accredited if the trainee fails to submit the checklist on or before the deadline.

For the application for certification of completion of higher training, please make sure that the application form and checklist for completion of higher training are completed and returned together with the original copy of your training logbook on or before **28th February 2025 (Friday)**.

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Should you have any inquiries regarding vocational training, please feel free to contact Ms. Hannah Lok and Ms. Kathy Lai at 2871 8899 or email to BVTS@hkcfp.org.hk.

Board of Vocational Training & Standards, HKCFP

The Hong Kong College of Family Physicians Young Doctors Committee Hosts Inaugural Mentor-Mentee Meeting

Dr. Chan Lam, Chloe

Co-chairlady, Young Doctors Committee, HKCFP; Member, Young Fellow Chapter, HKAM

In a significant step towards fostering professional development and collaboration within the field of family medicine, the Hong Kong College of Family Physicians Young Doctors Committee recently hosted its first-ever mentor-mentee meeting. This event aimed to bridge the gap between experienced private practitioners and emerging talents, creating a supportive environment for knowledge sharing and career guidance.

The Young Doctors Committee was established with the vision of empowering young physicians and medical students by connecting them with seasoned mentors in the field. Recognizing the challenges faced by new entrants in the medical profession, the committee sought to create a platform where they could gain insights,

advice, and encouragement from those who have navigated similar paths.

The inaugural meeting took place at the Hong Kong Academy of Medicine on 8th December 2024 afternoon, it began with a warm welcome from the committee chair Dr. Chloe Chan, who emphasized the importance of mentorship in shaping the future of family medicine. Participants randomly joined small group discussions with afternoon tea set and drinks, allowing mentees to engage directly with mentors in a more intimate setting. Topics ranged from work-life balance and patient care strategies to navigating the complexities of the healthcare system. Mentors shared valuable insights from their own journeys, offering private practical advice and encouragement to the next generation of family physicians.



Small Group Discussion during meeting

One of the key objectives of the meeting was to foster lasting relationships between mentors and mentees. Attendees were encouraged to exchange contact information and continue their conversations beyond the event. Many mentees expressed their gratitude for the opportunity to connect with experienced professionals, highlighting the importance of having someone to turn to for guidance and support.

The success of the first mentor-mentee meeting has set a positive precedent for future events. As the Hong

Kong College of Family Physicians continues to champion the growth of young doctors, initiatives like this mentor-mentee program play a crucial role in shaping the future of family medicine. The Young Doctors Committee plans to host regular meetings and workshops, focusing on various aspects of professional development to empower the next generation of family physicians. With ongoing support and collaboration, the committee is poised to make a lasting impact on the careers of young doctors, ultimately benefiting the patients and communities they serve.



Mentors from Right to Left:
Dr. Lam Wing Wo, Dr. Cheryl Chan, Dr. Loretta Chan, Dr. Sara Chan, Dr. Chloe Chan, Dr. Andrew Yip and Dr. Aldo Wong



Group Photo of participants

The Diary of a Family Doctor【家庭醫生的日常】

《真正的她》 冼銘全醫生

50歲女士，同事診斷有焦慮問題，轉介過來跟進。

最近三個月她感覺十分焦慮不安，因公司裁員，已有一半同事離開，工作量倍增，壓力極大。

女士：「人工一半都擺嚟交租，我一定要住返啲呢一區。好驚間公司頂唔住。我咁嘅年紀冇可能再搵到同樣嘅工。」

這類既定想法，「一定」，「無論如何都要」，常困住我們的人生。

我：「點解係一定要住呢一區？」

女士：「因為幾十年我都係住呢區。我淨係同姐姐住。我知，個個都話我執着。」

女士形容自己為完美主義，所有東西都要求自己做到最好。以前工作一意孤行去表現自己，結果只有老闆垂青，周遭所有同事都疏遠她。這現象幾乎在過去每一份工作重演。這似乎已是一種性格特質。

行為背後總有原因。

我：「你父母以前點樣對妳？」

她聲音突然顫抖：「好差，佢哋根本冇理過我…」眼淚已禁不住。

原來她和父母關係極差，她感到父母從來沒有注視過她。父母在她年少時已離婚，她在青少年時已經開始失眠。後來母親有點內疚，便一直經濟上支援她吃中藥，睡眠有改善。母親幾年前過世，她沒錢吃藥，與一直照顧她的姐姐同住。

她為生存，為保護自己，一直用自己方法向前衝，目空一切。當然也忽略身邊人的感受。

我：「家庭的陰影，讓妳一直只能為自己奮戰，好似咩都有選擇。其實妳唔需要咁樣，比自己多啲選擇，妳會有唔同嘅感覺。其實一直有人在意妳，我諗阿姨如果見到妳放開自己，俾多啲方向自己，佢都會好安慰。」

女士點頭，再度流淚。眼前的她，宛如一個小女孩，這才是真正的她。

我沒有開藥，因給予病人一個好方向，比藥物更重要。

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

Meeting Highlights

CME Lecture on 12 December 2024

Dr. Mark Van Der Linden, Director, German Reference Laboratory for Streptococci, Department of Medical Microbiology, University Hospital Aachen, Germany, delivered a lecture on "Expanding the Frontiers of Pneumococcal Protection – The Breadth of PCV".



Dr. CHAN Kiu Pak Kilpatrick (left, Moderator) and Dr. Mark Van Der Linden (right, Speaker).

- 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 ensure appropriate dress code to the hotel for the Scientific Meeting.



香港家庭醫學學院 The Hong Kong College of Family Physicians

與照顧者同行 Walk with the Carers

日期 : 2025年2月15日 (星期六)
Date : 15 February 2025 (Saturday)

時間 : 下午2:00 - 4:00
Time : 2:00 - 4:00 p.m.

地點 : 香港家庭醫學學院
香港灣仔軒尼詩道15號
溫莎公爵社會服務大廈8樓802室

Venue : The Hong Kong College of Family Physicians, Room 802, 8/F,
Duke of Windsor Social Services Building, No. 15 Hennessy Road, Wan Chai, HK

內容 :
Content :

1. 照顧者支援服務，包括照顧者支援專線、暫顧服務及關愛隊伍
Carer Support Services including Designated Hotline for Carer Support (Carer Hotline),
Respite Service & Care Team

講者 : 東華三院社會服務經理 (青少年及家庭服務) 劉必武先生
東華三院照顧者支援專線中心主任 何迦儀女士
社會福利署社會工作主任 古曉彤女士

Speaker : Mr LAU Pit-mo, Community Services Manager (Youth & Family) /
Tung Wah Group of Hospitals
Ms HO Ka-yi Venus, Supervisor of Designated Hotline for Carer Support /
Tung Wah Group of Hospitals
Ms KU Hiu-tung Hilda, Social Work Officer / Social Welfare Department

2. 照顧者資訊網
Information Gateway for Carers

講者 : 香港樹仁大學社會工作學系系主任 方富輝博士
Speaker : Dr. FONG Fu-fai Steve, Head, Department of Social Work /
Hong Kong Shue Yan University

3. 專題分享 : 關顧「照顧者」的身、心、靈
Thematic Sharing : Caring for the Physical, Mental and Spiritual well-being of Carers

講者 : 家庭發展基金總幹事及精神健康諮詢委員會委員
羅乃萱女士, BBS, MH, JP

Speaker : Ms Shirley LOO, BBS, MH, JP
Chief Executive of Family Development Foundation
& Member of Advisory Committee on Mental Health

語言 : 是次活動將以廣東話進行。
Language : Please note that this event will be conducted in Cantonese.

持續進修學分 : 2 HKCFP CME Points (Cat. 4.3)
CME : 2 MCHK CME Points (in progress)

請注意是次活動只有現場出席選項。如有任何查詢，請電郵至 education@hkcfp.org.hk 或致電 2871 8899 與秘書處職員聯絡。
Please note that only on-site option is available for this event.
For enquiry, please contact the Secretariat by email at education@hkcfp.org.hk or call 2871 8899.

報名 / Enrolment



Online Monthly Video Sessions

Dates and Time	Topics
28 February 2025 (Fri) 2:30 – 3:30pm	"Update on Stroke management" by Dr. Hon Fong Kwong, Sonny

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
(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. Minny Fung by email to education@hkcfp.org.hk or call 2871 8899. Thank you.

Notes : Online Events

1. In case of over-subscription, the organizer reserves the right of final decision to accept registration.
2. 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.
3. 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).
4. Members who have attended less than 75% of the length of the online lecture may not be able to receive CME. Final approval is subject to the related Board / Committee.
5. **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)**
6. Please be reminded to check the system requirements beforehand to avoid any connection issues.
7. Due to copyright, please note private recording of the lecture is prohibited.
8. Registration will be closed three days prior to the event.

COLLEGE NEWS

READERSHIP DRIVE

Congratulations!

The returns from the following doctors have been selected for December 2024 issue:
Dr. CHEUK Hiu Ying, Ms. HO Sau Fan Irene, Dr. LEE Fook Kay Aaron

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

<https://forms.gle/KmZwgYpzB3F977Mi8>

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



Structured Education Programmes

Free for members

HKCFP 2 CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
Wednesday, 05 February 2025			
14:30 - 17:00	SB1032, 1/F, Special Block, Tuen Mun Hospital	Principles About Issuance of Medical Legal Documents Dr. CHENG Ka Tong	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Update on Management of Chronic Disease (HT, DM, CVA) Dr. LAU Tsz Ying Yumi, Dr. WONG Yuet Hei Jacob	Ms. Emily LAU Tel: 3506 8610
15:30 - 17:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Assessment of Chest Pain Dr. CHOW Chau Yi, Charlie, Dr. WONG Ka Yan, Judy, Dr. CHOW Chun Fung, Ray	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Common Symptom Complaints - Weight Loss Dr. LO Yan Yeung Vincent	Ms. Cherry WONG Tel: 2589 2337
Thursday, 06 February 2025			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Clinical Approach to Different Types of Anxiety Disorder Dr. LAU Shi Wa, Dr. WONG Fai Ying	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 12 February 2025			
14:30 - 17:00	RB5019, 5/F, Rehabilitation Block, Tuen Mun Hospital	Suicidal Ideation and Behavior in Different Age Groups Dr. TAM Chin Yui	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Consultation Enhancement (Physical Examination: Foot & Ankle and Video Consultation) Dr. YEUNG Pui Sze, Dr. YEUNG Chin Fung	Ms. Emily LAU Tel: 3506 8610
15:30 - 17:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Red Book Dr. NG Wai Chung, Dr. MAN Marie Shelby, Dr. WONG Wing Kwan Leo	Ms. LiLi YUNG Tel: 5569 6405
Thursday, 13 February 2025			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Prevention of Fall in Patient with Parkinsonism Dr. LAM Yat Hei, Dr. YU Yi Fung	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 19 February 2025			
14:30 - 17:00	RB5019, 5/F, Rehabilitation Block, Tuen Mun Hospital	Alcohol Consumption that a Family Physician Need to Know Dr. CHAN Cheuk Sing, Dr. YU Chak Lam	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Travel Medicine Dr. SIN Tak Yee Melody, Dr. WANG Yuchen	Ms. Emily LAU Tel: 3506 8610
15:30 - 17:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Marital Problem and Its Counselling Dr. POON Chi Him, Dr. CHENG Yuet Kiu Ada	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Refractive Errors and Optics in Community Dr. WAN Wing Fai	Ms. Cherry WONG Tel: 2589 2337
Thursday, 20 February 2025			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Clinical Approach to Male Sexual Dysfunction Dr. TSANG Lai Ting, Dr. LEE Kar Fai	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 26 February 2025			
14:30 - 17:00	Rm13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Update Management of Respiratory Infection Disease Dr. LEUNG Hei Tung	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Polypharmacy and Rational Prescribing (Medication Safety) Dr. OR Ego, Dr. CHAN Hoi Lam Letty	Ms. Emily LAU Tel: 3506 8610
15:30 - 17:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	AI and Health Care Dr. CHEUNG Tsz King Johnny, Dr. CHENG Wai Man Alice	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	DM and DKD Management Dr. LEE Chun Hong Alan	Ms. Cherry WONG Tel: 2589 2337
Thursday, 27 February 2025			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Update Management in Chronic Constipation and Its Related Complications Dr. LO Yu Chee, Dr. NG Mei Po	Ms. Eliza CHAN Tel: 2468 6813

新年快樂



香港家庭醫學學院



仝人恭賀

2025

乙巳年



COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Jan	27	28	29	30	31	1 Feb
2	3	4	5 2:30 – 7:00 p.m. Structured Education Programme	6 4:00 – 6:00 p.m. Structured Education Programme	7	8 2:30 – 5:00 p.m. DFM FM Clinical Skills Enhancement
9	10	11	12 2:30 – 7:00 p.m. Structured Education Programme	13 4:00 – 6:00 p.m. Structured Education Programme	14	15 2:00 – 4:00 p.m. Mental Health Seminar: Walk with the Carers 2:30 – 5:00 p.m. DFM FM Clinical Skills Enhancement
16	17	18	19 2:30 – 7:00 p.m. Structured Education Programme	20 4:00 – 6:00 p.m. Structured Education Programme 8:30 – 11:00 p.m. HKCFP Council Meeting	21	22 2:30 – 5:30 p.m. DFM Structured Seminar
23	24	25	26 2:30 – 7:00 p.m. Structured Education Programme	27 4:00 – 6:00 p.m. Structured Education Programme 8:00 – 11:00 p.m. Board of Vocational Training and Standards Meeting 9:00 – 11:00 p.m. Board of Conjoint Examination Meeting	28 2:30 – 3:30 p.m. Online Video Session	1 Mar
2	3	4 7:00 – 8:00 p.m. Higher Training Introductory Seminar	5 2:30 – 7:00 p.m. Structured Education Programme	6 4:00 – 6:00 p.m. Structured Education Programme	7	8 2:30 – 5:30 p.m. DFM FM Clinical Skills Enhancement

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

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FP LINKS EDITORIAL BOARD 2025

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