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Congratulations to Dr. David CHAO, President of the Hong Kong College of Family Physicians (HKCFP), on being conferred the Honorary Fellowship of the Royal Australian College of General Practitioners (RACGP) at the GP25 in Brisbane on 15 November 2025 for his exceptional and meritorious service to general practice, outstanding leadership, and ongoing significant contributions in strengthening the partnership between HKCFP and RACGP!

Message from the President

The Royal Australian College of General Practitioners (RACGP) Annual Conference GP25, entitled "Brighter future together", has been hosted successfully in Brisbane Convention and Exhibition Centre, Brisbane, Queensland, Australia from 14–16 November 2025. The conference programme was very rich in content and was delivered with great precision. It has been well attended by GPs/family doctors from all over Australia and beyond. I was privileged to be invited by Dr. Michael WRIGHT, President of RACGP, to participate in the President's Keynote Discussion session on "the future of general practice" held on 16 November, joining Dr. Michael WRIGHT himself, Dr. Karen FLEGG, Immediate Past President of WONCA, and Dr. Sarah COOK, President of the College of Family Physicians of Canada. We introduced our local health care systems to the audience and then we discussed the various challenging issues related to the changing landscape of primary health care and the important roles of GPs/family doctors in our health care systems. It was very well attended by colleagues despite it was the last day of the conference. During the GP25 conference, Professor Cindy LAM, our Chief Censor and I also had a meeting with Dr. Tess van DUUREN, Censor-in-Chief of RACGP, Dr. Gary BUTLER, National Clinical Lead for Assessments of RACGP, Dr. Rebecca LOCK, National CCE

Assessment Advisor of RACGP, to exchange ideas on further enhancing our collaboration on the Conjoint Fellowship Examination which is going to be the 40th Anniversary of our partnership next year in 2026.



GP25 President's Keynote Discussion on Future of General Practice (From left to right: Dr. Karen FLEGG, Dr. Sarah COOK, Dr. David CHAO and Dr. Michael WRIGHT)



Presidents of international Colleges participating in the President's Keynote Discussion (From left to right: Dr. David CHAO, Dr. Michael WRIGHT, Dr. Karen FLEGG and Dr. Sarah COOK)

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MESSAGE FROM THE PRESIDENT

(Continued from page 1)



Meeting with the Conjoint Fellowship Examination team during GP25 (From left to right: Professor Cindy LAM, Dr. Rebecca LOCK, Dr. Gary BUTLER, Dr. Tess van DUUREN and Dr. David CHAO)



Dr. David CHAO (left) with Dr. Michael WRIGHT (right), RACGP President, at RACGP Conferment Ceremony 2025

We have the great honour to have been able to invite Professor Bob MASH, Professor, Stellenbosch University in Family Medicine and Primary Care, South Africa and President of WONCA Africa to be the HKCFP Visiting Professor 2025 for the University of Hong Kong. Professor MASH is an established researcher, rated with the National Research Foundation, and an international member of the USA National Academy of Medicine. He is Editor-in-Chief of the African Journal of Primary Health Care and Family Medicine. He is also the editor of regional textbooks of family medicine, the Handbook of Family Medicine and the SA Family Practice Manual. He has also edited two WONCA books, How to do Primary Care Research and International Perspectives on Primary Care Research. Professor MASH gave an open lecture to our members online on “Group Empowerment for People with Type 2 Diabetes” on 23 November 2025. The lecture was most inspiring. Thank you Professor MASH.



HKCFP Visiting Professor for HKU 2025 (From left to right: Professor Samuel WONG, Dr. King CHAN, Professor Bob MASH, Dr. David CHAO and Professor William WONG)

The forthcoming Legislative Council General Election will be held on 7 December 2025 (Sunday). As members of the medical and health care profession, it is important for us to contribute towards the ongoing development of Hong Kong, a place we call home. Please exercise your civic right and responsibility to cast your votes to help further enhance the societal health, and don't forget to encourage your friends, relatives and colleagues to do the same on the election date - 7 December 2025 (Sunday).



Dr. David CHAO promoting for Legislative Council Election which will be held on Sunday, 7 December 2025

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The Career talk on 2026/27 Hospital Authority (HA) training programme jointly organised by the HA and the Hong Kong Academy of Medicine (HKAM) was held on 22 November 2025 at HA Head Office (HAHO) building. Dr. Catherine CHONG, Chief Manager (Medical Grade), HAHO highlighted the important aspects of the central recruitment exercise, followed by Professor Clement THAM, Vice President (Education & Examination), HKAM providing details of postgraduate specialist training in Hong Kong. The HKCFP has set up a booth, manned by Dr. Heidi

FUNG, Dr. Ken HO, Dr. Peter FOK, Dr. PENG Xu, Dr. Clarice TSE, Dr. LEE Yan Tung and myself to provide details and answered queries from interested interns and participants who were exploring a career in family medicine.

Last but not least, I would like to thank all our HKCFP team members who have actively participated in our ongoing promotion campaign during recent WONCA World Conference in Lisbon for our forthcoming WONCA Asia Pacific Regional Conference 2027 in Hong Kong.



Career Talk FM team
(From left to right: Dr. PENG Xu, Dr. Heidi FUNG, Dr. Clarice TSE, Dr. David CHAO, Dr. Ken HO, Dr. Peter FOK and Dr. LEE Yan Tung)



Dr. David CHAO (left) with Dr. Catherine CHONG (right) in Career Talk



HKCFP team promoting for WONCA APR Conference 2027 to be hosted by Hong Kong during WONCA World Conference 2025 in Lisbon

Dr. David V K CHAO
President

The 48th HKCFP Annual General Meeting

The 48th Annual General Meeting (AGM) of The Hong Kong College of Family Physicians will be held on **14 December 2025, Sunday** with the following details.

Time : 5:00pm

Venue : James Kung Meeting Room, 2/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong

Admission : All members are welcome. Please register through admin@hkcfp.org.hk to facilitate related arrangement.

The 48th HKCFP Annual Dinner

The College's 48th Annual Dinner will be held on 14 December 2025, Sunday as follows:

Time : 6:30pm Annual Dinner Reception
7:00pm Chinese-style Dinner

Venue : Run Run Shaw Hall, 1/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong

College Members, Fellows and their spouses are welcome to register for the Annual Dinner free of charge on a first come, first served basis until all the available seats are filled.

Complimentary Transportation:

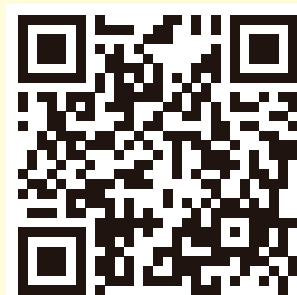
Circular coach service between Wong Chuk Hang MTR Station and HKAM Jockey Club Building would be provided during the below periods. Pre-registration is required and confirmation of complimentary transportation would be sent to individual registrants at a later stage.

Time	From	To
6:30 – 7:00 pm	Wong Chuk Hang MTR Station	HKAM Jockey Club Building
According to the ending time of the dinner (Estimated time will be around 10:00 pm)	HKAM Jockey Club Building	Wong Chuk Hang MTR Station

Registration

To register for the **Annual Dinner** and/or **Complimentary Transportation**, please scan the QR code and complete the registration on or before **5 December 2025 (Friday)**. Registration will be closed when reaches its capacity.

Please contact the Secretariat, by email to internal@hkcfp.org.hk or call 2871 8899 for assistance.



HKCFP Council Announcement

WONCA Asia Pacific Regional Conference 2026 **“New vision for primary health care and sustainable development”** **Iloilo Convention Centre, Iloilo City, Philippines**

- *Pre-conference and Young Doctors Event: 24 March 2026 (Tuesday)*
- *Conference: 25 - 27 March, 2026 (Wednesday – Friday)*

Dear Members,

WONCA Asia Pacific Regional Conference 2026 would take place from 25 - 27 March 2026 plus the Young Doctor Pre-conference on 24 March 2026 in Iloilo City, Philippines.

The College Council has decided to grant sponsorship with **a total fund of a maximum of HK\$ 50,000.00** to **PARTIALLY sponsor members (including trainees)** to attend the Conference. Members with presentation(s) would be considered a priority. By the successful granting, the applicants shall agree to -

- (a) acknowledge the College in all of your Presentation materials, such as PowerPoints, Posters etc;
- (b) uphold and promote to the best of your ability the aims and objectives of the College;
- (c) observe the provisions of the Articles of Association and such Regulations and By-laws of the College;
- (d) take part in the College's official functions if any during the Conference;
- (e) submit a written report (>800 words) with photos within one month after the conference;
- (f) submit all the official receipts and the related bank statement (if applicable) for reimbursement within two months after the conference.

The sponsorship is open to all members and first-come-first-served. All decisions shall be subject to the final approval of the Council. Interested members please download and complete the application form at <http://www.hkcfp.org.hk> under the section of “DOWNLOADS” and return the form to the Secretariat by **22 December 2025 (Monday)**.

The following are some important dates of the conference for your reference. For further and updated information please visit the Conference official website at <https://www.wonca-apr2026.org/>

- Acceptance of abstract: 01 December 2025
- Early-bird Registration Deadline: 15 December, 2025

Should you need any assistance, please contact Ms Corrine TO or Mr Roy LEUNG at 2871 8899 or email to admin@hkcfp.org.hk.

Thank you,

Ms. Erica SO
General Manager

Quality Assurance & Accreditation Committee News

Important news

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

Dear College Members,

RE: MCHK CME Programme for Practicing Doctors who are not taking CME Programme for Specialists *(Ver. Oct 2025)*

For College members who are new registrants **or** those who would like to switch their MCHK CME Administrator to Hong Kong Academy of Medicine (HKAM) via College (with current cycle start date 1 January only) **starting from 1st January 2026**, they must submit Registration Consent Form to College Secretariat before **22 December 2025 (Monday)**, and the processing of MCHK CME record will be facilitated accordingly.

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

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

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

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

Quality Assurance & Accreditation Committee Secretariat

Quality Assurance & Accreditation Committee News (Con't)

[Important] Reciprocal Recognition of Quality Assurance and Continuing Professional Development (CPD) Programs Between HKCFP and RACGP for year 2025

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 by reciprocal recognition between the two programs and 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 2025**, 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 requirements for CPR Courses:

<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 send the CPR Certificate to cpd.national@racgp.org.au

Doctors who wish to enroll with the reciprocal arrangement for year 2025 should complete the form below and send it to the College Secretariat before **20 February 2026** with an administration fee of HK\$200 payable to "HKCFP Education Ltd" (Non-refundable). Please contact our college secretary if you wish to pay via FPS.

The application form can be downloaded at:

https://www.hkcfp.org.hk/upload/Documents/QA/2025_reciprocal_recognition_application_form.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 years 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 2025

Dear Members,

The credit point score of year 2025 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 **20 February 2026 (Friday)**.

1. Application for Additional Accreditation

The application of Additional Accreditation for the **year 2025** 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 2025 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: 20 February 2026 (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 application will **NOT** be processed. The QA&A Committee reserves the right to finalize the number of Credit Points to be awarded for each activity according to relevant supporting documents submitted for accreditation. Should you have further question(s), please contact Mr. John MA and Ms. Iris IP at 2871-8899 or by email to cmecpd@hkcfp.org.hk.

Yours sincerely,

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

Quality Assurance & Accreditation Committee News (Con't)

CME/CPD Compliance 2023-25 Cycle

Dear Colleagues,

As cycle 2023-2025 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 (Membership login is required)

The committee wishes to highlight that all fellows and members of HKCFP **must engage in ALL categories of activities** in order to fulfill the **QA Certificate 2023-2025** criteria, briefly summarized as follows:

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

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

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

To obtain **CME Certificate 2025**, Members should obtain at least 30 Credit Points in either CME or CPD or both.

In particular, **HKAM Fellows** are required to obtain the minimum of 90 points, including **at least 15 CPD points** in a 3-year cycle (2023-2025).

For Reciprocal Recognition for year **2025**, members should obtain at least 30 Credit Points with no less than 10 CPD points in year 2025.

Please be reminded that **ONLY CPD points** would be accredited for teaching medical students in Universities.

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

Please see the "Regulations for Award of Quality Assurance 2023-25 (QA)" for more details: http://www.hkcfp.org.hk/pages_5_81.html

In particular the committee would like to mention the regulation of Continuous Professional Development (CPD) Logs:

Activity:

Self-appraisal activities on lectures, seminars and workshops organized by the **Board of Education of College**. For activities that are applicable to submit CPD Log, Corresponding Sentence **"Up to 2 CPD Points (Subject to Submission of Satisfactory report of Professional Development Log)"** will be marked in the 'Board of Education News' published in FP links or circulated through bulk email. The log is required to be submitted within one month after the Lecture.

Journal:

Specific articles published in the HK Practitioner or HK Medical Journal

HK Practitioner: Update Article, Original Article, Discussion Paper, Internet

HK Medical Journal: Original Article, Review Article, Medical Practice

('Online First' articles are not included)

The log is required to be submitted within one month after publication.

Late submission of CPD logs would not be accepted. Please be reminded you must fulfill the requirement to obtain CME points, in order to obtain CPD points through activity CPD Log.

Requirements to obtain HKCFP CME for attending online CME events:

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

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

Yours sincerely,

Dr. Li Yim Chu

Chairlady, Quality Assurance & Accreditation Committee

Hong Kong is Ready to Say NO to Smoking

Hong Kong's New Anti-Smoking Law: A Turning Point in Tobacco Control

The recent passage of the 2025 Anti-Smoking (Amendment) Bill marks a significant milestone in Hong Kong's ongoing commitment to reducing tobacco use and protecting public health. Dubbed the "Ten New Tobacco Control Measures" (控煙十招), this updated legislation advocates a multifaced approach to combating smoking — integrating stronger restrictions, expanding smoke-free zones, banning flavoured tobacco products, and tightening enforcement against illicit cigarettes.

Let us review the newly passed measures, evaluate them in the context of Hong Kong's broader tobacco control history and cessation trends, and compare the territory's approach with other Asian regions such as Singapore, South Korea, Macau, Japan, and mainland China. That helps our future planning on public health and policy-making.

A Retrospective Review on Past Government Measures:

Hong Kong has consistently put a lot of effort on tobacco control:

- **1982** – Introduction of the Smoking (Public Health) Ordinance, banning tobacco advertising on television and radio.
- **1990s** – Incremental advertising restrictions, expansion of smoke-free indoor spaces, and introduction of public tobacco education campaigns.
- **2007–2009** – Comprehensive ban on indoor smoking in restaurants, workplaces, and other public areas; mandatory pictorial health warnings.
- **2011** – The duty for tobacco products was increased by 41.46%.
- **2016** – Graphic warnings expanded to cover 85% of cigarette packaging.
- **2022** – Ban on alternative smoking products (e-cigarettes, heated tobacco devices) imports and sales, though possession for personal use was initially allowed.
- **2025** – The current "Ten New Tobacco Control Measures" solidify Hong Kong's leadership in aggressive tobacco regulation.

Key Measures in the 2025 Tobacco Control Amendment - Hong Kong's Ten Anti-Smoking Moves (控煙十招)

The "Ten Moves" form a comprehensive strategy to further lower smoking rates and protect public health. Key provisions include:

- **Mandatory duty-paid cigarette stamp system** to combat illicit tobacco.
- **Ban on smoking while queuing for public transport or entering key sites** such as hospitals and parks.
- **Expansion of statutory smoke-free areas** to more public facilities—including daycare centers and nursing homes.
- **Ban on all flavoured cigarettes (including menthol), heated tobacco, and e-cigarettes**, strengthening prior restrictions by prohibiting even personal possession.
- **Harsher penalties for illicit tobacco possession and trade**—fines doubled to HK\$2 million, with up to seven years' imprisonment.
- **Enhanced powers and resources for tobacco control officers**, including search authority in enforcement.
- **Tougher bans on sales to minors**
- **Increased publicity and education around quitting**
- **Phased implementation:** Certain measures, such as the menthol ban, will follow a staged rollout.
- **Regulations for clear signage and border guidance** to reduce confusion and support tourism.

This package enjoys broad legislative and public support, with majority of lawmakers in favour with minimal opposition. According to Secretary for Health Prof Chung-mau LO, this legislative package is rooted in scientific evidence and public consensus, with the primary goal of safeguarding the next generation. He noted that "a smoke-free Hong Kong" is the prevailing societal aspiration, framing tobacco control as a must-answer question rather than a policy choice.

Hong Kong's Smoking Cessation Targets

Hong Kong has long maintained some of the lowest smoking prevalence rates globally. As of 2023, daily cigarette smoking prevalence hovered around **9.1%** of the population — markedly lower than many industrialized economies. The government's stated objective, updated in its 2024 policy address, is to **reduce the rate to 7.8% or below by 2025** and aim closer to **5% by the early 2030s**.

These targets align with the World Health Organization's (WHO) vision of a tobacco endgame, often defined as fewer than 5% of the population smoking. Achieving this will require continued legislative innovation, persistent public health advocacy, and robust cessation support systems.

Progress and Challenges in Trends of Smoking Cessation

Over the past decades, Hong Kong has experienced a steady decline in smoking prevalence. In the 1980s, daily

smoking rates exceeded 23%; by the early 2000s the figure dipped below 15%, and by the 2020s stabilized around 10%. Several factors contributed to this decline:

- Aggressive taxation on tobacco products.
- Pioneering adoption of pictorial health warnings (first implemented in 2007).
- Comprehensive smoke-free legislation enacted in 2007–2009 banning smoking in restaurants, workplaces, and many public areas.
- Continuous media campaigns highlighting tobacco harms and promoting cessation services.
- Community-based outreach programmes targeting vulnerable groups such as ethnic minorities, low-income workers, and youth.

Despite this progress, several challenges persist. Social acceptability of smoking among certain age groups, the growth of vaping and heated tobacco products, and the persistence of an illicit cigarette market hinder policy impact. Furthermore, mental health comorbidities and addiction-related relapse contribute to the difficulty of sustained cessation.

Comparing with Other Asian Regions

A regional comparison highlights both Hong Kong's strengths and areas where other jurisdictions have experimented with different approaches.

Region	Daily Smoking Prevalence	Key Measures
Hong Kong	~9% (2023)	High tobacco tax, wide smoke-free zones, ban on flavoured cigarettes, e-cigarette restrictions
Singapore	~11% (2022)	Progressive age-based ban - to raise purchase age 21, plain packaging, high taxes
South Korea	~18–20%	Large graphic warnings, high taxes, smoke-free zones; weaker restrictions on flavoured cigarettes
Macau	~9–10%	Comprehensive indoor ban, taxation, restrictions on alternative products
Japan	~16%	Partial smoke-free laws (varies locally), pictorial warnings not fully mandatory
China	~26%	National smoke-free campaigns in major cities; public health messaging

The Road to a Smoke-Free Hong Kong

The passage of the 2025 anti-smoking amendment signals a renewed political will to move toward a tobacco endgame. Still, realising a **≤5% smoking prevalence by early 2030s** will demand:

- Timely implementation of second-phase measures, including the menthol ban.
- Strengthened border enforcement against illicit tobacco trade.
- Expansion of cessation services, especially leveraging digital health tools.
- Sustained public education campaigns that highlight not just harm, but the benefits of quitting.
- Regular policy review to adapt to emerging products and marketing tactics..

Endgame-style tobacco control is not a static project but an evolving strategy — requiring vigilance, consensus-building, and the political courage to prioritize health over commercial interests.

Reference:

1. <https://www.info.gov.hk/gia/general/202504/25/P2025042500383.htm>
2. <https://www.smokefree.hk>
3. <https://hk.news.yahoo.com/控煙十招懶人包-2025政府控煙法例草案資訊摘要-文睇睇-062053765.html>
4. https://www.taco.gov.hk/t/english/infostation/infostation_sta_01.html
5. https://www.chp.gov.hk/files/pdf/saptowards2025_fullreport_target5_en.pdf
6. https://www.taco.gov.hk/t/english/legislation/legislation_asp.html
7. <https://www.legco.gov.hk/yr2025/english/ord/2025ord039-e.pdf>
8. <https://www.generationsanstabac.org/en/actualites/hong-kong-renforce-sa-loi-legislation-sur-le-tabac-et-les-produits-a-la-nicotine/>
9. <https://www.tobaccocontrolaws.org/legislation/singapore/cigarette-contents>
10. <https://www.legco.gov.hk/yr2025/chinese/bc/bc109/minutes/bc10920250708.pdf>
11. <https://news.now.com/home/local/player?newsId=618336>
12. <https://www.legco.gov.hk/yr2025/chinese/bc/bc109/papers/bc10920250513cb3-706-1-c.pdf>
13. https://www.healthbureau.gov.hk/tobacco-free/assets/pdf/consultation_document_en.pdf
14. <https://www.info.gov.hk/gia/general/202509/30/P2025093000332.htm>
15. <https://www.censtatd.gov.hk/en/wbr.html?ecode=B11302012024XX01>
16. <https://www.tkww.hk/a/202508/23/AP68a94a7ae4b0f2e743947166.html>

Compiled by Dr. Christina CHEUK

健康人生計劃 — 婦女健康服務及三高篩檢服務

陳佩瑩女士 (港島西醫院聯網家庭醫學及基層醫療部資深護師)

服務背景

政府的《基層醫療健康藍圖》提出改革措施加強以預防為重的基層醫療健康服務，包括「慢性疾病共同治理先導計劃」，透過「一人一家庭醫生」和由地區康健中心或地區康健站(地區康健中心/站)統籌的跨專業公私營協作模式，資助市民在私營醫療界別接受預防篩查和管理「三高」(即高血壓、高血糖和高血脂)。

為低收入家庭和弱勢社群提供的預防篩查及護理服務

為照顧弱勢社群的健康服務需要，政府在全港各區，例如以中西區及南區為例，西營盤及鴨脷洲家庭醫學診所成為政府選定的診所，以新服務模式試行，並為弱勢社群提供預防篩查及護理服務，達致「早預防、早發現、早治療」的目標。符合資格的人士(包括綜合社會保障援助受助人、75歲或以上長者生活津貼受惠人或持有有效醫療費用減免證明書人士)可透過地區康健中心站，安排到選定的家庭醫學診所接受預防性婦女保健及健康促進服務，旨在促進及早發現和治療慢性疾病，鼓勵參加者自我健康管理，從而幫助他們更有效管理慢性疾病，促進健康及預防併發症。

婦女健康服務

基層醫療署已在今年二月制定並推出《香港基層醫療健康人生計劃參考概覽之婦女篇》，以持續提升基層醫療服務的水平。該參考概覽為基層醫療服務提供者訂立清晰指引，提倡以實證為本的預防性護理，協助婦女及早識別和處理在不同人生階段可能出現的健康問題，促進婦女自我管理健康能力。

醫管局家庭醫學診所為聚焦照顧弱勢社群，新增預防性婦女健康服務。由2025年3月28日開始，診所透過地區康健中心/站的轉介，為符合資格的女性(包括64歲以下綜合社會保障援助受助人或獲醫療費用減免人士)，提供預防性婦女保健及健康促進服務。



診所會以「健康人生計劃」為本，按不同的健康需要提供合適的預防篩查及護理服務，以預防或及早診斷疾病及減少相關併發症，服務包括：

- 三高血液化驗檢查
- 子宮頸抹片檢查
- 乳房造影檢查(需經評估)
- 婦女健康教育
- 醫生健康評估



三高篩檢服務

此外，各區選定的家庭醫學診所亦為合資格的45歲以上人士提供三高篩檢服務(即高血壓、高血糖和高血脂)，透過詳細評估，提供抽血服務及血壓監測，按參加者的健康狀況，就服務範疇訂定健康管理方案，包括預防篩查及護理、健康教育和諮詢等，以控制慢性疾病風險因素促進健康，加強服務對象的健康意識。



有興趣參加的人士，可以到就近家庭醫學診所或家庭醫學綜合中心查詢計劃詳情



SCAN ME

無敵「千本鳥居」 秘境 高山稻荷神社

譚仲豪醫生

提起「千本鳥居」，最為有名的是日本京都的伏見稻荷大社，深受外國遊客的歡迎，結果總是去到遇上人擠人，似乎世界上只有那裡有千本鳥居似的。今天我們特別來到一個較少被香港人所認識的景點，讓你來一睹為快，那就是青森縣津輕市的高山稻荷神社。

首先，讓我們來講講這個景點的一些歷史背景。相傳高山稻荷神社的創建者是鎌倉時代至室町時代統治津輕地區的豪門望族安藤氏。神社內供奉著保佑五穀豐登、出海平安和生意興隆的神明，在當地頗受推崇。不過，因為神社位於面朝日本海的七里長濱附近的一處高地上，曾經從JR五所川原站驅車也約需30分鐘，所以之前來此觀光的遊客並不多。



稻荷神的形象被描繪成白色狐狸。因此稻荷神社都會設置一些小狐狸雕像，作為神社的守護者。

2016年，北海道新幹線的新青森站至新函館北斗站區間段正式通車。千本鳥居作為青森縣知名景點刊登在日本鐵路公司的宣傳海報上，從而引起了人們的關注，前來參拜的遊客急劇增加。遊客將拍攝的圖片上傳上網，名聲遠傳海外。



「千本鳥居」的歷史其實只有40年左右。起初，當地農戶捐獻了幾座鳥居，後來越來越多的人表示想捐獻鳥居。不過，神社境內分佈著水池，鳥居難以筆直排列。因境內建有一座「龍神宮」，所以想到「索性排列成蜿蜒的遊龍一般」，於是打造出了呈優美曲線排列的千本鳥居。一口氣穿過一系列朱紅色的「千本鳥居」感覺其實很美妙，好像坐過山車一樣刺激。

Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **September – October 2025**:

New Application

Associate Membership

Dr. CHAN Ming Chak	陳 銘 澤
Dr. CHAN Sze Wing	陳 思 穎
Dr. CHENG Yi Yung	鄭 宜 容
Dr. CHEONG Cheuk Ling, Sonia	張 倬 菱
Dr. CHEUNG Chung Yan	張 頌 恩
Dr. HUI Ting Wai	許 庭 瑋
Dr. HUNG Steven Karl	洪 國 鈞
Dr. HWA Adrian Yinchun	夏 賢 雋
Dr. KWOK Sum Yi	郭 琛 怡
Dr. LAU Hoi Shun, Lucas	劉 凱 信
Dr. LEE Jian Yi, Joshua	李 建 一
Dr. LEE Ka Long	李 嘉 朗
Dr. LEE Sheung Yim	李 湘 艷
Dr. LI Wai Yam	李 煒 欽
Dr. MAK Hollam	麥 皓 霖

Dr. MOK Ka Long	莫 嘉 朗
Dr. NG Wang Ho	吳 泓 昊
Dr. NIP Ka Ming	聶 嘉 銘
Dr. PANG Yuk Nga	彭 鈺 雅
Dr. PONG Hoi Lum, Hollie	龐 凱 琳
Dr. TAM Chun Chuen, Alexander	譚 竣 銓
Dr. WONG Lok Heng	王 樂 行
Dr. YAU Cheuk Ling	丘 卓 靈
Dr. YU Cheng Yann	余 承 晏

Student Membership

Miss TANG Chi Yee, Jessie	鄧 緻 頤
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Resignation

Fellowship

Dr. YEUNG Pui Chu, Christina	楊 溫 佩 珠
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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 **30th January 2026 (Friday)**. Late submission **WILL NOT** be accepted.

The training experience of 2025 will not be accredited if the trainee fails to submit the checklist on or before the deadline.

Should you have any enquiries, please feel free to contact Ms. Hannah LOK and Ms. Kathy LAI at 2871 8899.

Basic Training Subcommittee
Board of Vocational Training and Standards

Internal Affairs Committee News

Photographic trip to Tai O and the Big Buddha

大澳：漁村文化及排屋，大佛攝影一日遊

After a wonder lecture on urban landscapes in August, HKCFP Photography Club is excited to announce that we will organize a one-day photographic trip to Tai O, and the Big Buddha on 25 Jan 2026. We are also very delighted to invite Mr. CHAK Kam Man (翟錦文老師), a renowned photographic teacher, to lead us to enjoy the beauty scenes of Tai O, and how to take good pictures on the unique features of Tai O Stilt Houses and the Big Buddha. Mr. CHAK studied in Japan during his youth, focusing on learning photography techniques. After returning to Hong Kong, he became a photography instructor with over 30 years of teaching experience. He is formerly the Photography Director at the Kwun Tong Vocational Training Centre, currently an instructor for the Photography and Digital Media Diploma Program in the Department of Design and Art at the YMCA Professional College. For the photographic activity, you can bring your own camera, or just your mobile phone! Mr. CHAK will also teach on some basic skills in using mobile phone app (Snapseed) for simple and fast photos editing.

The tentative itinerary of photographic trip:

09:00	Meet at To Fuk Road, Kowloon Tong
10:15	Arrive in Tai O (approx. 75 mins drive)
10:15 - 12:00	Tai O photography session
12:00 - 13:30	Lunch
13:30 - 14:00	Proceed to the Big Buddha (approx. 20 mins)
14:00 - 15:30	Big Buddha
15:30	Return trip
17:00	Disband at the same location



The fee includes round-trip transportation from Kowloon Tong to Tai O and the Big Buddha; as well as lunch in a local restaurant. Each member could go with spouse and the fee is HK\$200 per person. Please scan the below QR code for registration and the deadline is on 23 December 2025. Payment can be made by a cheque to the secretariat office or via FPS. Due to limited vacancies, please register as soon as possible. Thank you!

A maximum of 25 participants are welcomed and priority would be given to HKCFP members. Registration will be on first come, first served basis.

Should you have any enquiry, please contact Ms. Windy LAU by email to internal@hkcfp.org.hk or call 2871 8899.

QR CODE FOR
REGISTRATION



Payment Method:

By cheque: Made payable to "HKCFP Education Limited" and return to the secretarial office (Room 803, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong)

By FPS: For local transaction only. Can pay through online banking. Secretarial staff will further email you once the e-debit note with payment details is ready.

HKCFP Photography Club
Internal Affairs Committee, HKCFP

The Diary of a Family Doctor【家庭醫生的日常】

《腸的訊息》

冼銘全醫生

48歲女士，腹瀉了兩天，腹部中央疼痛，沒有嘔吐，沒有吃過不潔食物，也沒有上呼吸道感染症狀。身體檢查正常，沒有脫水情況。

表面上是一般腸胃炎，但看着她的病歷記錄，似乎另有可能。

她到診所看腹瀉，這半年已有三次，每次持續數天，診斷都是腸胃炎，安排過大便培菌，結果正常。她體重沒有減輕，胃口如常，一直沒有大便秘結和甲狀腺的症狀。她右耳掛著藍牙耳機，手機在診症過程中已響了三次，都是公司來電，狀甚忙碌，疲態畢現。

我：「妳做邊行？」

女士：「我揸車嘅，出入口生意。」有一種男性的豪邁。

我：「我見妳好忙㗎，做嘢係咪好大壓力？」

女士：「係呀，公司走咗個人，多咗嘢做。依家得返我同呢個拍檔頂住，個拍檔身體麻麻地，我唔想影響佢，自己做多啲囉。」

我：「妳真係識為人着想㗎。」

女士：「是但啦，幫得人咪幫囉。」

我：「但係如果妳個身體想妳幫下佢先呢？有冇諗過妳成日肚痾可能係腸易激？」

女士一愣。

我：「腸易激又叫腸胃焦慮症，因為妳平時壓力大引致焦慮，連腸胃都變得好容易激動，成日自己嘅度郁，咪有肚痛肚瀉囉。典型嘅病徵係廁完之後肚痛會減輕好多。」

女士：「係嘞我就係咁。咁應該點做？」

我：「唔好頂咁多啦，顧吓自己先，學吓放低一啲工作，同埋練習吓啲放鬆嘅技巧。靜觀、腹式呼吸，或者喺屋企練吓啲簡單嘅運動，都一定有幫助。先處理好自己，先有能力幫人。」

最後我只給她發了到診紙。

女士：「你嘅建議係非一般嘅建議，我會好好記住。」她臉上突然有了笑容，有了生氣。

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

READERSHIP DRIVE

Congratulations! The returns from the following doctor has been selected for October 2025 issue:

Dr. TUNG Po Yin

FP LINKS

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



Share your thoughts



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

WONCA 2025

Dr. Chang Hoi Yi, Resident Specialist, KWC
Dr. Wong Man Ho, Resident Specialist, KWC

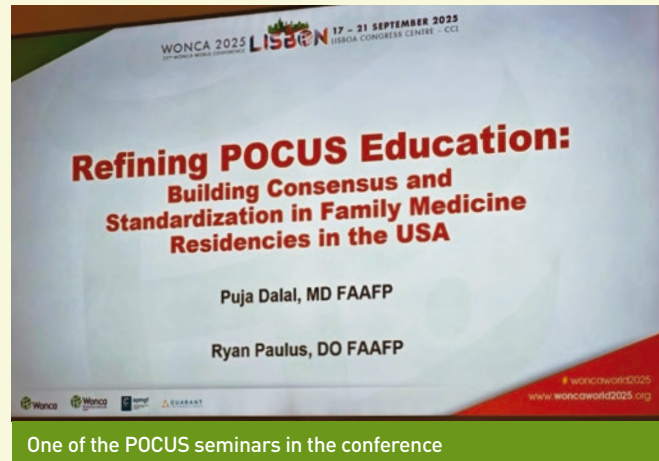
We had the privilege of attending the WONCA World 2025 Conference in Lisbon, held under the theme “*New Vision for Primary Health Care and Sustainable Development.*” This enriching experience was made possible through the generous sponsorship of the Hong Kong College of Family Physicians, for which we are deeply grateful. The conference, held from September 17 to 21, 2025, provided valuable opportunities to exchange ideas, strengthen global connections, and explore innovative approaches to patient care.



From left to right: Dr. WONG Man Ho, Dr. CHAN Kin Wai, Dr. WONG Yuk Shan, Dr. CHANG Hoi Yi

POCUS workshops

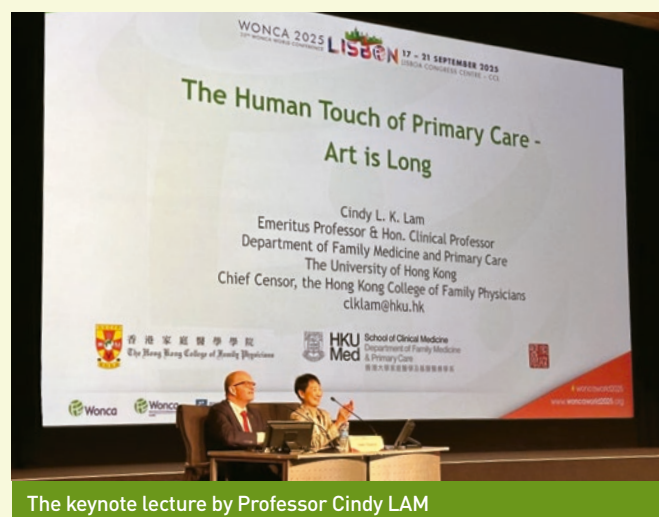
Several seminars and workshops at the conference focused on Point-of-Care Ultrasound (POCUS), providing valuable opportunities for hands-on learning. The sessions covered a wide range of topics, including abdominal scanning, assessment of lumps and bumps, evaluation of dyspnoea, thyroid nodules, and common musculoskeletal conditions. Through these workshops, we gained practical knowledge and basic skills in applying POCUS. One particularly insightful seminar, “*Refining POCUS Education: Building Consensus and Standardization in Family Medicine Residencies in the USA,*” shared their plans to develop a structured POCUS curriculum and reliable assessment tools for evaluating POCUS proficiency in the USA. These sessions inspired us to explore how POCUS can be integrated into daily practice in primary care, particularly in triaging patients with acute symptoms, such as abdominal pain or shortness of breath, to help identify those who require urgent referral and timely specialist management.



One of the POCUS seminars in the conference

AI vs human touch

Several lectures at the conference highlighted how advancing technology and artificial intelligence (AI) are reshaping the landscape of family medicine. A key message emerged: AI should never replace the human connection at the core of care, but instead help strengthen it. By managing routine tasks and improving efficiency, AI can free up valuable time for physicians to do what matters most—listening to and supporting their patients. This message was echoed in Professor Cindy Lam’s keynote, “*The Human Touch of Primary Care – Art is Long,*” which underscored the importance of humanity in daily practice. As noted in one of the lectures in the opening ceremony, “*The greatest opportunity offered by AI is not reducing errors or workloads, or even curing cancer—it’s the chance to restore the precious and time-honoured connection and trust- the human touch- between patients and doctors.*” In a world increasingly driven by technology, the human touch remains irreplaceable.



The keynote lecture by Professor Cindy LAM



“The greatest opportunity offered by AI is not reducing errors or workloads, or even curing cancer: it is the opportunity to restore the precious and time-honored connection and trust — the **human touch** — between patients and doctors.”

—Deep Medicine, Eric Topol, MD



One of the lectures regarding AI at the opening ceremony

Global family medicine community

Another highlight of the conference was the opportunity to exchange ideas as part of a truly global family medicine community. One inspiring session was the Lancet Commission on Transformation of Primary Health Care in the Post-COVID Era, chaired by Professor William Wong. The symposium brought together 45 participants from 20 countries across six continents. Participants were divided into six focused discussion groups, each exploring a critical aspect of primary health care transformation: **(1)** equity of access to healthcare services, **(2)** patient-centred care, **(3)** responsible adoption of digital health innovations, **(4)** medico-social integration, **(5)** healthcare workforce reform, and **(6)** responses to future health emergencies. The insights shared will contribute to the ongoing work of the Lancet Commission.

We also attended the “Progress of Family Medicine in the WONCA Asia Pacific Region” workshop, which provided an excellent update on the region’s latest developments in family medicine education, research, and policy. It was particularly exciting to promote the upcoming WONCA Asia Pacific Region Conference 2027, which will be hosted in Hong Kong. The session not only strengthened connections amongst regional colleagues but also sparked enthusiasm and collaboration as we welcomed the global family medicine community to gather in Hong Kong for this future event.



Professor Meng-Chih LEE and Dr. David CHAO were presenting at the workshop “Progress of Family Medicine in WONCA Asia Pacific Region”



Focused discussion groups at the symposium- Lancet Commission on Transformation of Primary Health Care in the Post-COVID Era

Interactive workshops

Another highlight of the conference was the variety of interactive workshops. One memorable session, “Unlocking Motivational Interviewing Skills,” used an innovative “escape room” game to help participants identify “change talk” and “sustain talk” in patient conversations. These motivational interviewing skills are particularly valuable in primary care, especially when supporting patients managing chronic diseases or addressing lifestyle habits such as smoking and alcohol use. We also attended the symposium “Empowering Health: Exercise Prescription and Supplementation,” which began with lively dynamic exercises to energize participants. This was followed by an interactive Q&A session that explored common myths and evidence-based truths about health supplements in sports and fitness.



The speakers and us at the motivational interviewing skills workshop



Participants engaged in stretching exercises at the start of the exercise prescription

Social events

The social events at the conference were a true highlight, offering wonderful moments of connection and cultural exchange. The welcome dinner, organized by our College, set a warm and cheerful tone for the days ahead. Representatives from different countries came to join us together to enjoy fresh local seafood, lively conversations, and plenty of laughter.

The following morning, we joined the WONCA Morning Run, which brought together delegates from around the world, including Spain, Austria, the Netherlands, and Japan. As we ran along Lisbon's stunning seaside at sunrise, conversations flowed easily—from sharing stories about our healthcare systems to exchanging ideas on promoting healthier communities. The cool breeze, shared smiles, and sense of unity made it a refreshing and inspiring experience.



The welcome dinner hosted by our College



A refreshing start to the day with the WONCA Morning Run



Highlights from the welcome dinner, with speeches by Dr. Karen FLEGG and Dr. David CHAO

Conclusion

Attending the WONCA World 2025 Conference in Lisbon was a truly enriching and inspiring experience. It provided invaluable opportunities to learn from global experts, exchange ideas with family physicians from around the world, and explore innovative approaches to primary care. We returned home motivated to apply these insights and continue advancing patient-centered care in Hong Kong.

Meeting Highlights

Certificate Course on Bringing Better Health to Our Community 2025

The 3rd session of the "Certificate Course on Bringing Better Health to Our Community 2025" co-organized with Queen Elizabeth Hospital and The Hong Kong Medical Association was held on 25 October 2025.

Dr. LEE Chung Ho Andrew, Resident, Department of Medicine, Geriatrics Team, Queen Elizabeth Hospital, delivered the lectures on "Diagnosis and Management of Dementia in Primary Care Setting" and Ms. HUI Kam Yan Carol, Advanced Practice Occupational Therapist, Department of Occupational Therapy, Queen Elizabeth Hospital, delivered a lecture on "Occupational Therapy - Cognitive Assessment and Management".



Dr. KO Siu Hin (right, Chief of Service, Department of FM&PHC, KC Cluster, Hospital Authority) presenting a souvenir to Dr. LEE Chung Ho Andrew (left, Speaker).



Dr. KO Siu Hin (right, Chief of Service, Department of FM&PHC, KC Cluster, Hospital Authority) presenting a souvenir to Ms. HUI Kam Yan Carol (left, Speaker).

Certificate Course in Ophthalmology for Primary Care Doctors 2025 co-organized with The College of Ophthalmologists of Hong Kong

The 4th and 5th sessions of Certificate Course on Certificate Course in Ophthalmology for Primary Care Doctors 2024 were held on 12 & 19 October 2025.

Dr. Jason CHAN, Specialist in Ophthalmology, delivered a lecture on "Screening and Update on Management of Maculopathy and Retinopathy" on 12 October 2025.



Dr. LI Ting Kwan (right, Moderator) presenting a souvenir to Dr. Jason CHAN (left, Speaker).

Dr. MA Ping Kwan, Danny (right, Moderator) presenting a souvenir to Dr. Tommy CHAN (left, Speaker).



Dr. Tommy CHAN, Specialist in Ophthalmology, delivered a lecture on "Emergency Eye Conditions and Common procedures for Eye Problems in Primary Care Setting" on 19 October 2025.

CME Lecture on 11 October 2025

Dr. KWAN Yat Wah, Mike, Specialist in Paediatric Immunology, Allergy and Infectious Diseases, delivered a lecture on "Multidisciplinary Co-operation for Protecting Children from Maltreatment"; Dr. CHENG Wai Fun, Anna, Specialist in Paediatrics; Member of the Interdepartmental Task Force on Mandatory Reporting on Suspected Child Abuse, delivered a lecture on "Mandatory Reporting on Suspected Child Abuse: Practical Aspects for Health Care Professionals"; Ms. Irene YEUNG, Social Worker Officer, United Christian Hospital, delivered a lecture on "Practical Approach and Strategic Intervention for Handling Suspected Child Abuse Cases".



Group photos taken on 11 October 2025
From left to right: Dr. LAM Wing Wo (Moderator), Ms. Irene YEUNG (Speaker), Dr. CHENG Wai Fun, Anna (Speaker) and Dr. KWAN Yat Wah, Mike (Speaker)

CME Lecture on 22 October 2025

Dr. Alex CHOW, Specialist in Orthopaedics and Traumatology, delivered a lecture on "Endoscopic Spine Surgery".



Dr. CHAN Kiu Pak Kilpatrick (right, Moderator) presenting a souvenir to Dr. Alex CHOW (left, Speaker).

CME Dinner Lecture on 23 October 2025

Prof. Johannes MANN, Professor, Medicine at the University of Erlangen-Nürnberg and Head, KfH Kidney Center, Munich, Germany, delivered a lecture on "Role of GLP-1RAs in cardio-renal protection in T2DM patients and Case sharing".



Dr. NG VENTURA Lorna (right, Moderator) presenting a souvenir to Prof. Johannes MANN (left, Speaker).

Saturday Symposium on 25 October 2025

Dr. NG Man Yuk, Specialist in Endocrinology, Diabetes & Metabolism; Consultant, Department of Medicine & Geriatric, Tuen Mun Hospital, Hospital Authority, delivered a lecture on "From Risk to Resilience: Practical Early Detection of Diabetes Complications for Better Patient Outcomes"; Dr. Alice CHENG, Endocrinologist; Associate Professor, University of Toronto, Ontario, Canada, delivered a lecture on "Cardio Kidney Metabolic Syndrome: A Paradigm Shift in Type 2 Diabetes Management".



Dr. CHAN King Hong (left, Moderator) presenting a souvenir to Dr. NG Man Yuk (right, Speaker).



Dr. CHAN King Hong (left, Moderator) presenting a souvenir to Dr. Alice CHENG (right, Speaker).



THE HONG KONG COLLEGE OF FAMILY PHYSICIANS BOARD OF EDUCATION

- Activities are supported by the HKCFP Foundation Fund.
- Private Video Recording is not allowed.

45th Annual Refresher Course 2025

We are excited to announce that the Hong Kong College of Family Physicians (HKCFP) is going to organize the 45th Annual Refresher Course (ARC) for its members, which will include **9 sessions** to be held from 9 November (Sunday) to 14 December 2025 (Sunday). There will be **four** Sunday sessions and **five** weekday sessions.

Dates for ARC 2025: (Face-to-face Only) (Online only)

Sundays : 9 Nov, 16 Nov, 23 Nov and 14 Dec 2025

Tuesdays : 11 Nov and 18 Nov 2025

Thursdays : 20 Nov, 27 Nov and 11 Dec 2025

7 sessions would be held in **Face-to-face** format and **2 sessions** would be broadcasting **ONLINE**. Lunch would be served before the lecture for face-to-face option. **Please indicate your attending preference when completing the online registration form.**

Attending Option	Face-to-face Mode (9, 11, 16, 18, 20, 27 Nov and 14 Dec 2025)	Online Mode (23 Nov and 11 Dec 2025)
Time	1:00 – 2:00 p.m. Registration & Lunch 2:00 – 3:00 p.m. Lectures and Discussion (Weekday) 2:00 – 4:30 p.m. Lectures and Discussion (Sunday)	2:00 – 3:00pm Lecture & Discussion
Venue	Cordis Hotel, 555 Shanghai Street, Mongkok, Kowloon Capacity for face-to-face mode: 80 participants	Online Sessions: Using zoom webinar platform
Registration Fee	Full course: Member: HK\$900.00 Non-member: HK\$1,800.00 For a single session: Member: HK\$150.00 Non-member: HK\$300.00	
Payment Method	<ul style="list-style-type: none"> • By cheque: Cheque should be made payable to “HKCFP Education Limited” and returned to the secretarial office address as below for process: <i>The Hong Kong College of Family Physicians</i> <i>Room 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, HK</i> • By FPS (For local transactions only. Can pay through online banking.) Secretarial staff would further email you once the e-debit note with payment details is ready. 	
CME Accreditation	Weekday / Sunday Sessions: 11 Nov, 18 Nov, 20 Nov, 23 Nov, 27 Nov and 11 Dec 2025 1 CME Point HKCFP (Cat. 4.5) 1 CME Point MCHK Sunday Sessions: 9 Nov, 16 Nov and 14 Dec 2025 3 CME Points HKCFP (Cat. 4.5) 3 CME Points MCHK Up to 2 CPD points (Continuous Professional Development) will also be awarded for each session (subject to submission of satisfactory report of Professional Development Log); a maximum of two points can be scored for each session.	
Remarks	✧ Participants attending in face-to-face mode are required to sign the attendance sheets on the spot.	✧ Participants attending online sessions(s) are required to (1) attend a minimum of 75% of the length of each online lecture, (2) complete a post-lecture evaluation within 7 days from the lecture date for HKCFP & MCHK accreditation.
MCQs for extra 1 CME points	Only e-submission will be accepted. The link to the MCQs will be sent to participants for each session of the Refresher Course if available after the lecture, i.e. there are a maximum of 9 sets of MCQs. The MCQ answers have to be submitted latest by 31 December 2025 (Wednesday) . Member will be awarded 1 extra HKCFP CME point for scoring over 60% for each set of MCQs. Following the MCHK guideline, handouts and MCQs would be confined to participants who have attended the session if available.	

The ARC, a traditional annual event of the College, has been running for a quarter of a century. Those who have attended **7 sessions or more** will be awarded an “e-Certificate of Attendance”. Members who have attended the ARC for ten consecutive years or more will be awarded one free admission for the whole course. Subsequently, members can enjoy another free admission after every five consecutive years of paid ARC attendance. Please call the College Secretariat to confirm your previous enrollment.

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

Programme: Sunday Lectures

Date	Topics	Speakers	Format	Venue
9 Nov (Sun)	Mental Health, Chronic Coronary Syndrome & Chronic Venous Disease 1. Advances in Anxiety and Depression Management 2. Emerging Trends in Chronic Coronary Syndrome Management 3. Holistic Approaches on Chronic Venous Disease Management <i>Sponsored by Servier Hong Kong Limited</i>	1. Dr. LAM Chun <i>Specialist in Psychiatry</i> 2. Dr. FU Chiu Lai <i>Specialist in Cardiology</i> 3. Dr. LAW Yuk <i>Specialist in Vascular Surgery</i>	Face-to-face	Shantung Room, Level 8, Cordis
16 Nov (Sun)	Migraine 1. Migraine as a Neurological Disorder: Insights into Disease Burden, Screening, and Diagnostic Approaches 2. Managing Migraine: Evolving Treatments and Global Guidelines for Better Patient Care <i>Sponsored by Pfizer Corporation Hong Kong Limited</i>	1. Dr. CHEUNG Sing Ngai <i>Specialist in Neurology</i> 2. Dr. CHOW Cheuk Yin <i>Specialist in Neurology</i>	Face-to-face	Shanghai Room, Level 8, Cordis
23 Nov (Sun)	HKCFP Visiting Professor Lecture Group Empowerment for People with Type 2 Diabetes ***Complimentary Session for all members***	Prof. Bob MASH <i>Professor, Stellenbosch University in Family Medicine and Primary Care, South Africa</i> HKCFP Visiting Professor	Online	
14 Dec (Sun)	Diabetic Kidney Disease Management 1. Discovering Diabetic Kidney Disease - Unravelling the Mysteries Behind DKD 2. Personalizing DKD Management by Illuminating Multiple Treatment Pathways <i>Sponsored by Bayer Healthcare Limited</i>	1. Dr. TAM Ho Kee, Vicki <i>Specialist in Endocrinology, Diabetes & Metabolism</i> 2. Dr. POON Ka Yan, Clara <i>Specialist in Nephrology</i>	Face-to-face	Shanghai Room, Level 8, Cordis

Programme: Weekday Lectures

Date	Topics	Speakers	Format	Venue
11 Nov (Tue)	Diabetes Mellitus Pathophysiology Based Anti-Diabetic Treatment in Type 2 Diabetes Mellitus <i>Sponsored by Synmosa Biopharma (HK) Co. Ltd.</i>	Dr. IP Tai Pang <i>Specialist in Endocrinology, Diabetes & Metabolism</i>	Face-to-face	Shanghai Room, Level 8, Cordis
18 Nov (Tue)	Peripheral Neuropathy Safety Usage of Vitamin B6 at Therapeutic Dosage Among Peripheral Neuropathy Patients <i>Sponsored by Procter & Gamble HK Limited</i>	Dr. LEE Chi Nam, Edmond <i>Specialist in Neurology</i>	Face-to-face	Shanghai Room, Level 8, Cordis
20 Nov (Thu)	HPV Expanding Access: HPV Self-sampling in Primary Healthcare Setting <i>Sponsored by Roche Diagnostics (Hong Kong) Limited</i>	Dr. CHU Man Yee, Mandy <i>Specialist in Gynaecological Oncology</i>	Face-to-face	Shanghai Room, Level 8, Cordis
27 Nov (Thu)	Asthma The Management of Asthma and Comorbidity <i>Sponsored by DKSH Hong Kong Limited</i>	Dr. WONG King Ying <i>Specialist in Respiratory Medicine</i>	Face-to-face	Star Room, Level 42, Cordis
11 Dec (Thu)	Multi-Cancer Early Detection Unlocking Cancer Detection in General Practice - Practical Screening Strategies Strategies Including Next Generation Multi-Cancer Early Detection <i>Sponsored by Gene Solutions</i>	Dr. CHIA Seng Hup, Brendan <i>Senior Consultant, Radiation Oncology, Raffles Cancer Centre, Singapore</i>	Online	

Remarks:

1. Topic(s) is/are subject to change without prior notice.
2. Lectures will be conducted mainly in English.

Registration



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

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

Notes:

1. Confirmation would be sent upon completion of registration online and receipt of registration fee.
2. In case of over-subscription, the organiser reserves the right of final decision to accept registration.

For face-to-face sessions:

1. Participants are reminded to sign the CME attendance sheet on the spot.

For online sessions:

1. The link to join the online lecture SHOULD NOT be shared with others as it is unique to each individual who has completed prior enrolment procedures. If additional attendee(s) is/are found using the same unique link to join the webinar with you, all attendees joining the lecture via your unique link would be dismissed. You can only login with one device at a time. CME point(s) would only be given to those on the pre-registration list and attended the lecture.
2. Please note you can just attend ONE CME activity at a time regardless of the attending format. If it's found attending more than one CME activity simultaneously by the CME administrator later, you may NOT be able to receive the CME point(s).
3. For online sessions, please be reminded to check the system requirements beforehand to avoid any connection issues.
4. Due to copyright issue, please note private recording of the lecture is prohibited.

Structured Education Programmes

Free for members

HKCFP 2 CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
Wednesday, 03 December 2025			
14:30 - 17:00	SB1036, 1/F, Special Block, Tuen Mun Hospital	Hospital Patient Resource Centre Dr. LO Anna	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Patient Communication Workshop Dr. HO Ka Ming, Ken, Dr. LAI Siu Wai	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	Management of Common Radiological Abnormal Findings Dr. WONG Wing Kwan, Leo, Dr. WONG Tsz Yan, Nicole, Dr. CHAN Lok Hin, Thomas	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Interesting Case Presentation - Emergency Care Dr. TSE Ping Yu, Clarice, Dr. LO Yan Yeung, Vincent, Dr. YAU Kwan Ming, Jeremy, Dr. LEE Chun Ki	Ms. Cherry WONG Tel: 2589 2337
Thursday, 04 December 2025			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Metabolic Emergencies Dr. TAM Tsz On, Dr. YAP Tsun Hee	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 10 December 2025			
14:30 - 17:00	SB1032, 1/F, Special Block, Tuen Mun Hospital	Weight Control by Diet Dr. BUT Yuet Ming	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Paediatric Emergency in General Practice Dr. CHAN Queenie Chi Ying, Dr. LAO Fei A, Sofie	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	Introduction to POCUS Part II: Abdomen Dr. NG Tze King, Peter	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Parenting Communication Skills Dr. SIN Ming Cheun	Ms. Cherry WONG Tel: 2589 2337
Thursday, 11 December 2025			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Diagnosis and Management of Pelvic Organ Prolapse Dr. YU Yi Fung, Dr. TSANG Kam Wah	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 17 December 2025			
14:30 - 17:00	1/F, Health Education Room, Tin Shui Wai (Tin Yip Road) Community Health Centre	Management of Eating Disorders and Sleeping Disorder Dr. LEE Jian Yi	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Consultation Enhancement (Physical Examination: Elbow and Video Consultation) Dr. NG Yuen Shan, Dr. MOK Tsz Ngai	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	Visit to FPA External Speaker	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Professional Development- Oral Case Presentation Dr. LO Ching On, Dr. HOU Baijing, Prudence, Dr. CHEUNG Chloe Cheuk Kan, Dr. FUNG Yan Ning, Elaine, Dr. TONG Tin Yan, Emily	Ms. Cherry WONG Tel: 2589 2337
Thursday, 18 December 2025			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Preventive Care in Hong Kong: Latest Developments in Family Medicine Dr. TSANG Lai Ting, Dr. WONG Fai Ying	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 24 December 2025			
14:30 - 17:00	1/F, Health Education Room, Tin Shui Wai (Tin Yip Road) Community Health Centre	Ethics of Health Screening in Community Dr. AU Hin Fung	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Principle of Professional Ethics and Code of Professional Conduct for the Guidance of Registered Medical Practitioners Dr. FENG Jun Marc, Dr. CHEN Shaokai, Allen	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	SPSS Dr. CHEUNG Tsz King, Johnny, Dr. YAU Chek Ling, Cherry, Dr. HO Ka Wa, Joe	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Health Care System in Mainland China Dr. LEE Suk Yee	Ms. Cherry WONG Tel: 2589 2337
Wednesday, 31 December 2025			
14:30 - 17:00	1/F, Health Education Room, Tin Shui Wai (Tin Yip Road) Community Health Centre	Update Management of Coronary Artery Disease Dr. CHEUNG Hoi Man	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	1. Community Resource: Child & Adolescent Care 2. Introduction of International Classification of Primary Care (ICPC) Coding/ HKCTT Dr. NG Kwan Chun, Dr. KOO Ho Tun	Ms. Emily LAU Tel: 3506 8610

COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23 Nov 2:00 - 3:00 p.m. Annual Refresher Course (Online)	24	25	26	27 1:00 - 3:00 p.m. Annual Refresher Course 4:00 - 6:00 p.m. Structured Education Programme	28 2:30 - 3:30 p.m. Online Video Session 7:00 - 9:00 p.m. Exit Exam - Refresher Training Course for Examiners (PA)	29 2:00 - 4:00 p.m. Certificate Course on Brining Better Health to Our Community 2025
30	1 Dec	2	3 2:30 - 7:00 p.m. Structured Education Programme	4 4:00 - 6:00 p.m. Structured Education Programme	5 7:00 - 9:00 p.m. Exit Exam - Refresher Training Course for Examiners (CSA)	6 2:30 - 5:30 p.m. DFM Structured Seminar
7	8	9	10 2:30 - 7:00 p.m. Structured Education Programme 7:00 - 9:00 p.m. Exit Exam - Refresher Training Course (Research)	11 2:00 - 3:00 p.m. Annual Refresher Course (Online) 4:00 - 6:00 p.m. Structured Education Programme	12	13 2:30 - 5:00 p.m. DFM FM Clinical Skills Enhancement
14 1:00 - 4:30 p.m. Annual Refresher Course 5:00 p.m. HKCFP AGM & Council Meeting 7:00 p.m. HKCFP Annual Dinner	15	16	17 2:30 - 7:00 p.m. Structured Education Programme	18 4:00 - 6:00 p.m. Structured Education Programme 7:00 - 9:00 p.m. Exit Exam - Refresher Training Course for Examiners (Clinical Audit)	19	20
21	22	23	24 2:30 - 7:00 p.m. Structured Education Programme	25	26	27
28	29	30	31 2:30 - 7:00 p.m. Structured Education Programme	1 Jan	2	3

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Green : Community & Structured Education Programmes
Purple : College Activities



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 3rd row (from left to right) : Dr. Dorothy Law, Dr. Heidi Fung, Dr. Christina Cheuk, Dr. Tam John Hugh, Dr. Rebecca Hou, Dr. Yip Tze Hung, Dr. Cheryl Chan
 2nd row (from left to right) : Dr. Gavin Sin, Dr. King Chan, Dr. Will Leung, Prof. Martin Wong, Dr. Sze Hon Ho, Dr. David Cheng, Dr. John Wu
 1st row (from left to right) : Dr. Maria Leung, Dr. Anita Fan, Dr. Judy Cheng, Dr. Wendy Tsui, Dr. Catherine Ng, Dr. Natalie Siu

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Contact and Advertisement Enquiry

Tel: 2871 8899 Fax: 2866 0616 E-mail: FPLinks@hkcfp.org.hk

The Hong Kong College of Family Physicians

Room 803-4, 8th Floor, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong

@ hkcfp@hkcfp.org.hk



www.hkcfp.org.hk



2871 8899



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