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Message from the President

The disastrous fire in Tai Po shocked everyone on 26 November 2025. We are all deeply saddened by the unfortunate news and the HKCFP extends its deepest sympathy and condolences to the families of the deceased in the fire. Our College stands with those being affected through these challenging times, and hopes that everyone can have a rapid recovery from the pain and suffering. With the help of our College members and Fellows, the HKCFP responded swiftly to the request for urgent medical support in the following morning to man the temporary shelters in Tai Po and to provide care to the people in need. On behalf of our College, I would like to take this opportunity to sincerely thank all fellow colleagues who have responded to our urgent call for help in no time. I salute you all.



At the beginning of the AGM, Dr. David CHAO invited members to join in observing 1 minute of silence in memory of the victims of the Tai Po fire tragedy

We just held our College's 2025 Annual General Meetings (AGM) in last weekend. At the beginning of the AGM, we observed a minute of silence to pay our respects to the Tai Po fire victims. In addition

to endorsing the HKCFP Annual Reports, we also endorsed the appointments of new council members for the term, namely Drs. LAU Ho Lim, Lorna NG VENTURA, Anthony P FOK, KO Wai Kit, LAI Kit Chi, Emily TY TSE and WONG Mong Sze. We also took the opportunity to thank Dr. CHAN Hung Chiu who has just stepped down from being our Council member and Chairman of the Board of Conjoint Examination for more than 2 decades. We are immensely grateful for Dr. CHAN's selfless dedication and hard work over the years.



Dr. David CHAO on behalf of the College Council, and Dr. LAU Ho Lim on behalf of the Board of Conjoint Exam, presented the souvenirs to Dr. CHAN Hung Chiu.



With the recent surge in severe influenza cases among children in the community, the Government and the HKCFP are keen to solicit the support

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of all family physicians to actively encourage influenza vaccination for children aged 6 months to under 2 years as this age group is particularly vulnerable. Therefore, increasing vaccination rates among them is crucial to prevent further severe cases, and to protect our youngest community members. Family physicians are the most trusted source of health information for parents, and parent's engagement can significantly influence vaccination uptake. For details of the seasonal vaccination programmes for this target group, please visit the Centre for Health Protection (CHP) website at <https://www.chp.gov.hk/en/features/108178.html>.

I was invited to attend "The Macau Medical Forum 2025" held at the China-Portuguese-speaking Countries Commercial and Trade Service Platform Complex in June this year. It was integrated with the inauguration of The Macau Family Medicine Training Base. This initiative aimed to enhance Macau's primary healthcare system and contribute to a "Healthy Macau". The Secretary for Social Affairs and Culture of Macau SAR, Ms. O Lam, who officiated the events emphasised the importance of family medicine as the "cornerstone of primary care" for universal healthcare. Medical experts from mainland China, Hong Kong, and Macau were invited to attend the Forum and the Inauguration of the Family Medicine Training Base.



(Continued on page 3)

Message from the President (Con't)

(Continued from page 2)

The next WONCA Asia Pacific Regional Conference is to be hosted by the Philippine Academy of Family Physicians at Iloilo, Philippines from 25-27 March, 2026. The conference theme is entitled, "Family Physicians are Gifted to Give: Hearts that care for Persons, Family, and Community." Details can be found from their conference Website: www.wonca-apr2026.org.

Merry Christmas and Happy New Year!

Dr. David V K CHAO
President



Photo with PAFP team promoting for WONCA APR Conference 2026 to be hosted by Philippines during WONCA World Conference 2025 in Lisbon

The Composition of HKCFP Council 2025 – 2026

Following the 48th HKCFP Annual General Meeting and the 519th Council meeting on Sunday, 14th December 2025, the following Executives and Council Members were elected:

Dr. LAU Ho Lim	Vice-President (General Affairs)
Dr. Lorna NG VENTURA	Honorary Secretary
Dr. Anthony P FOK	Council Member
Dr. KO Wai Kit	Council Member
Dr. LAI Kit Chi	Council Member
Dr. Emily TY TSE	Council Member
Dr. WONG Mong Sze	Council Member

We extend our heartiest congratulations to the above newly elected executives and council members!



From left to right: Dr. Lorna NG, Prof. Samuel WONG, Dr. David CHAO & Dr. LAU Ho Lim



Fellows and Members attending the Annual General Meetings.

The Composition of the Council 2025 – 2026 is as follows:

President	Dr. David VK CHAO	
Vice-President (General Affairs)	Dr. LAU Ho Lim	
Vice-President (Education & Examinations)	Prof. Samuel YS WONG	
Honorary Secretary	Dr. Lorna NG VENTURA	
Honorary Treasurer	Dr. CHIU Chi Fai	
Immediate Past President	Dr. Angus MW CHAN	
Council Members	Dr. AU Chi Lap	Dr. Matthew MH LUK
	Dr. King KH CHAN	Dr. NGAN Po Lun
	Dr. Catherine XR CHEN	Dr. Emily TY TSE
	Dr. Anthony P FOK	Dr. Wendy WS TSUI
	Dr. Ken KM HO	Dr. Marcus MS WONG
	Dr. KO Wai Kit	Prof. Samuel YS WONG
	Dr. LAI Kit Chi	Dr. YIU Yuk Kwan
	Dr. Maria KW LEUNG	Dr. Esther YT YU
	Dr. LI Yim Chu	
Board of Censors	Prof. Cindy LK LAM (<i>Chief Censor</i>)	
	Dr. Stephen KS FOO	
	Prof. Donald KT LI	

Mr. Anthony WK CHOW has been re-appointed as **Honorary Legal Advisor** and **Mr. Jasper KM MA** has been appointed as **Honorary Auditor**.

The Council would like to thank **Dr. Cecilia FAN**, and **Dr. CHAN Hung Chiu** for their valuable contributions to the College in the past years.

The Chairperson of the various Boards and Committees 2025 – 2026 are as follows:

Chairmen of Various Boards

Board of Conjoint Examination	Dr David VK CHAO (Co-Chair) Dr KO Wai Kit (Co-Chair)
Board of Diploma in Family Medicine	Dr AU Chi Lap
Board of Education	Dr CHAN King Hong
Board of Professional Development and Services	Dr. LAU Ho Lim
Board of Vocational Training & Standards	Dr. YIU Yuk Kwan
Editorial Board	Dr. David VK CHAO
Specialty Board	Dr. Wendy WS TSUI
Board of Censor	Prof. Cindy LK LAM (<i>Chief Censor</i>) Dr. Stephen KS FOO Prof. Donald KT LI

Chairmen of Various Committees

Business Management Committee	Dr. CHIU Chi Fai
Education Committee (AM affairs)	Prof. Samuel YS WONG
External Affairs Committee	Dr. David VK CHAO
Finance Committee	Dr. CHIU Chi Fai
FP links Committee	Dr. Wendy WS TSUI
Hong Kong Primary Care Conference	Dr. Lorna NG VENTURA
House Management Committee	Dr. LAU Ho Lim
Internal Affairs Committee	Dr. KO Wai Kit
Membership Committee	Dr. Maria KW LEUNG
Public Education Committee	Dr. NGAN Po Lun
Quality Assurance & Accreditation Committee	Dr. LI Yim Chu
Research Committee	Prof. Samuel YS WONG
Web and Computer Committee	Dr. Matthew MH LUK
WONCA Asia Pacific Regional Conference 2027 in Hong Kong Host Organising Committee	Dr. David VK CHAO
Young Doctors Committee	Dr. Esther YT YU (Co-Chair) Dr. Aldo CL WONG (Co-Chair)

Dr. Lorna NG
Honorary Secretary

Membership Committee News

Payment of Annual Subscription 2026 for HKCFP Membership Renewal

Dear College Members,

The College reviews the membership annual subscription each year. We would like to share that the following subscription fees will remain unchanged for 2026. Kindly take note of the key dates to enjoy the early payment discount.

- Fellow Member: HK\$ 1,930.00
- Full Member: HK\$ 1,400.00
- Associate Member: HK\$ 1,400.00
- Affiliate Member: HK\$ 730.00
- Non-HKSAR Fellow Member: HK\$ 1,330.00
- Non-HKSAR Member: HK\$ 730.00
- Student Member: HK\$ 200.00

Also, a 10% early bird/ e-Payment discount will be applied if the annual subscription 2026 is settled by the specified dates.

Please refer to the following important dates and reminder:

- | | |
|---|---|
| Early Bird Discounted Rate | - by any accepted payment method, including Autopay, Cheque (<i>according to postal mark</i>), Cash, PayPal or FPS轉數快 <u>on or before 28th February 2026</u> |
| e-Payment Discounted Rate Extended | - paid by PayPal or FPS轉數快 <u>on or before 30th April 2026</u> |
| Normal Rate | - <u>from 1st March 2026 to 30th June 2026</u> |
| Cut-off Date of Membership Renewal | - 30 th June 2026 |
| Effective Date of Termination | - date-back from 1 st January 2026 |

Notes to different payment method:

- | | |
|----------------|--|
| Autopay | <ul style="list-style-type: none"> - Payment through existing autopay account will be proceeded by the Secretariat on or before 28th February 2026. - If you wish to set up the autopay account, please contact the Secretariat not later than 31st December 2025. |
| Cheque | - Cheque should be made payable to “ The Hong Kong College of Family Physicians ”. Post-dated and incorrect cheque are not accepted. |
| FPS轉數快 | - It is available for local bank account holders only. |
| PayPal | - Members please login to your membership profile for accessing the PayPal gateway. (Please refer to this link https://www.hkcfp.org.hk/upload/Documents/others/Demonstrator_of_Paypal_Payment_2020.pdf for detailed instructions.) |

For members domiciled from overseas, you may wish to contact the Secretariat by phone to 2871 8899 or email membership@hkcfp.org.hk for payment assistance, if necessary.

Debit Note and Receipt

Members please refer to the Debit Note of Annual Subscription 2026 delivered to your correspondence address on 12th December 2025 for detailed instructions.

Members can also login the College website through the “Login” area at <https://www.hkcfp.org.hk/login.aspx> to retrieve your copies of debit note and receipt (if available).

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

Thank you for your continuing support to the College.

Dr. Maria KW LEUNG
Chairlady
Membership Committee

Membership Committee News (Con't)

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

New Application

Associate Membership

Dr. CHAN See In, Zena	陳詩妍
Dr. CHOW Po Yee, Maryann	周寶怡
Dr. CHU Siu Yin	朱兆賢
Dr. LEE Lok Yee	李樂怡
Dr. WONG Tin Ho	黃天豪

Reinstatement

Full Membership

Dr. WONG Alan Yan Ho	王欣浩
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Transferral

From Non-HKSAR Membership to Associate Membership

Dr. LAO Fei A, Sofie	劉菲亞
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Hong Kong Primary Care Conference News

Save the date:
HKPCC 2026

June 26 - 28 (Friday – Sunday)

HKAM Jockey Club Building, Aberdeen, Hong Kong



**Hong Kong
Primary Care
Conference**

The Hong Kong College
of Family Physicians



HKPCC Website

READERSHIP DRIVE

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

Board of Vocational Training and Standards News

Reminder: Submission of Annual Checklist for Basic Training

To all Basic Trainees,

Starting from 2025 onwards, please be reminded that all Basic Trainees are required to seek an authorized person (i.e. FM clinical supervisor) to endorse your annual checking via e-Training platform: <https://etraining.hkcfp.org.hk/#/login> on or before **2nd February 2026 (Monday)**. Late submissions **WILL NOT** be accepted.

Please find the ppt at: https://www.hkcfp.org.hk/Upload/Documents/BVTS/VTS_BT_Annual%20checking%202025_v5_for%20trainee.pdf

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

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 2028, please submit the application for higher training on or before **27th February 2026 (Friday)** in order to meet the requirement for sitting the Exit Examination. The application form can be downloaded from the College website.

Higher Training Introductory Seminar

A Higher Training Introductory Seminar will be held on **6th March 2026 (Friday)** 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:

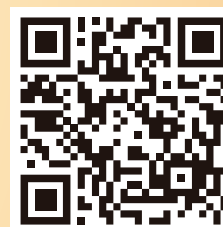
Speakers : Dr. Fung Hoi Tik, Heidi (Chairlady, Higher Training Subcommittee) &
Dr. Lui Luen Pun, Benny (Deputy Chairman, Higher Training Subcommittee)

Date : 6th March 2026 (Friday)

Time : 7:30 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:



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 **27th February 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.

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 **27th February 2026 (Friday)**.

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

Board of Conjoint Examination News

Successful Candidates List

The Board of Conjoint Examination is pleased to announce that the following candidates have passed the clinical segment of the 39th Conjoint Examination 2025.

Dr. Chan Fung Yuen	Dr. Hui Tak Leung	Dr. Leung Wai Chung	Dr. Sun Dione Tinoi
Dr. Chan Kwun Hung	Dr. Ku Ngai Lam	Dr. Ma Hiu Tung	Dr. Tai Hing Kuen
Dr. Chan Hue Yan Stephanie	Dr. Lam Josephine Wai May	Dr. Ng Chi Ho	Dr. Tong Yuk Ting Lucy
Dr. Cheung Ka Nam	Dr. Lee Chun Ki	Dr. Ng Ka Wai	Dr. Wong Nicole
Dr. Cheung Tsz Kei	Dr. Lee Eric Yuk Ho	Dr. Ng Kwan Chun	Dr. Yeung Chin Fung
Dr. Choi Sze Yuen	Dr. Lee Ka Kei	Dr. Ng Wing Hin Stephanie	Dr. Yeung Pui Sze
Dr. Fung Yan Ning	Dr. Lee Pak Lik Eric	Dr. Ngai Stanley Hiu-On	Dr. Yu Lok Kwan
Dr. Huang Wanshu	Dr. Leung Ka Man	Dr. Poon Daniel	

Congratulations to you all !

Dr. Peter CY Lee Best Candidate Award 2025

Dr. Ngai Stanley Hiu-On, who had passed the Conjoint HKCFP/RACGP Fellowship Examination at one setting and achieved the best overall performance, will be awarded the Dr. Peter CY Lee Best Candidate Award 2025.

Congratulations to Dr. Ngai!

Our Heartfelt Thanks to all Examiners & Case-writers

Examiners

The Board of Conjoint Examination would like to take this opportunity to thank all the following examiners for their active participation in various segments of the Conjoint Examination this year.

Dr. Ai Hiu Fay Dawn	Dr. Chao Vai Kiong, David	Dr. Ho Kin Sang
Dr. Au Tai Kwan Eva	Dr. Chau Kai Man	Dr. Ho Yiu Keung, Steven
Dr. Au Yeung Shiu Hing	Dr. Cheng Michael	Dr. Hui Kwun Sue, Wilson
Dr. Bien Tse Fang, Barry	Dr. Cheuk Christina	Dr. Hui Ming Tung, Eric
Dr. Chan Hung Chiu	Dr. Cheung Hard King	Dr. Hung Lok Lam Susanna
Dr. Chan Hung Wai, Patrick	Dr. Cheung Man Ha	Dr. Hung Wai Yin
Dr. Chan Kin Ling	Dr. Cheung Mei Yee	Dr. Ip Pang Fei
Dr. Chan King Hong	Dr. Cheung Pui Shan, Cindy	Dr. Ip Sui Wah
Dr. Chan Man Hung	Dr. Cheung Sze Man	Dr. Kam Sze Man, Silvia
Dr. Chan Man Li	Dr. Cheung Wai Keung, Paul	Dr. Ko Wai Kit
Dr. Chan Mei Tak	Dr. Ching Kam Wing	Dr. Kong Che Wan
Dr. Chan Ming Wai, Angus	Dr. Choi Chuen Ming, Clarence	Dr. Kong Yim Fai, Albert
Dr. Chan Pui Chuen	Dr. Chow Hoi Kei, Jessica	Dr. Kung Kenny
Dr. Chan Sze Luen, David	Dr. Chui Siu Hang, Billy	Dr. Kwan Sin Man
Dr. Chan Tat, Eddie	Dr. Dao Man Chi	Dr. Kwok Yip Tung Tony
Dr. Chan Wan Wai	Dr. Fan Wai Man, Anita	Dr. Kwok Yuen Na
Dr. Chan Wan Yee, Winnie	Dr. Fan Yuen Man, Cecilia	Dr. Kwong Bi Lok, Mary
Dr. Chan Wing Yan, Loretta	Dr. Fang Oi Sze, Elsie	Dr. Lam Ching Man
Dr. Chan Wing Yi	Dr. Fok Peter Anthony	Dr. Lam Hiu Lam
Dr. Chan Yin Hang	Dr. Foo Kam So, Stephen	Dr. Lam Hon Man
Dr. Chan Yin Yue Yeny	Dr. Fu Sau Nga	Prof. Lam Lo Kuen, Cindy
Dr. Chan Ying Ho, Andrew	Dr. Fung Yuk Kwan	Dr. Lam Tak Man, Catherine
Dr. Chan Yuen Yan	Dr. Ho Ka Ming	Dr. Lam Wing Kwun

Dr. Lam Wing Wo
 Dr. Lau Ho Lim
 Dr. Lau Kam Tong
 Dr. Lau Kin Sang, Kinson
 Dr. Lau Sek Fung Spike
 Dr. Lau Tai Wai
 Dr. Lee Siu Yin, Ruby
 Dr. Leung Kwan Wa, Maria
 Dr. Leung May Heng, Sandy
 Dr. Leung Tsi Mei, Violet
 Dr. Li Yim Chu
 Dr. Liang Jun
 Dr. Liu Ka Yee
 Dr. Lo Chun Hung, Raymond
 Dr. Lui Luen Pun, Benny
 Dr. Luk Man Hei, Matthew
 Dr. Luk Sze Wan Candy
 Dr. Luk Wan
 Dr. Ng Ching Luen
 Dr. Ng Mei Yee
 Dr. Ng Tze King Peter
 Dr. Ng Ventura Lorna
 Dr. Ngai Bernard
 Dr. Ngai Ka Ho
 Dr. Poon Ting Kong

Dr. Shek Chun Chiu
 Dr. Shuen Chuen Kwok, Mariana
 Dr. Sin Ka Ling
 Dr. Siu Pui Yi
 Dr. So Ching Yee, Gloria
 Dr. Sy Wing Man
 Dr. Tam Ho Shan
 Dr. Tam John Hugh
 Dr. Tam Ka Wae, Tammy
 Dr. Tam Kit Ping
 Dr. Tam Wah Kit
 Dr. To Kit Yuk, Dorothy
 Dr. Tong Po Hei
 Dr. Tsai Hung Yu
 Dr. Tse Hing Choi
 Dr. Tse Kwok Ki, Keith
 Dr. Tse Sut Yee
 Dr. Tse Tak Kei
 Dr. Tsim Koon Lan
 Dr. Tsoi Lai To, Sammy
 Dr. Tsoi Wai Wang, Gene
 Dr. Tsui Felix
 Dr. Tsui Hoi Yee
 Dr. Wan King Tung
 Dr. Wong Chak Tong

Dr. Wong Chi Kwong, Roger
 Dr. Wong Chi Lung
 Dr. Wong Fai Ying
 Dr. Wong Kwok Ho
 Dr. Wong Man Ho
 Dr. Wong Man Kin
 Dr. Wong Mong Sze, Marcus
 Dr. Wong Oi Yee, Amy
 Dr. Wong Pak Hoi
 Dr. Wong Pak Kin
 Dr. Wong Suk Ching
 Dr. Wu Tsz Yuen
 Dr. Woo Long Yiu
 Dr. Yau Lai Mo
 Dr. Yeung Lok Ki
 Dr. Yeung Wai Man
 Dr. Yip Wing Ki
 Dr. Yiu Ming Pong
 Dr. Yiu Yuk Kwan
 Dr. Young Sui Wah
 Dr. Yu Sze Kai Frances
 Dr. Yuen Fu Lam
 Dr. Yuen Shiu Man

Case-writers

We would like to particularly thank the following examiners for their contributions in writing up examination questions and cases in various segments of the Conjoint Examination this year.

Dr. Bien Tse Fang, Barry
 Dr. Chan Man Hung
 Dr. Chan Pui Chuen
 Dr. Chan Wan Yee, Winnie
 Dr. Chan Wing Yan, Loretta
 Dr. Chan Wing Yi
 Dr. Chan Yin Hang
 Dr. Chan Yin Yue Yen
 Dr. Chan Yuen Yan
 Dr. Cheung Hard King
 Dr. Fu Sau Nga
 Dr. Ho Ka Ming
 Dr. Kung Kenny
 Dr. Kwan Sin Man

Dr. Kwok Yip Tung Tony
 Dr. Lam Ching Man
 Dr. Lam Wing Kwun
 Dr. Lau Kam Tong
 Dr. Leung Kwan Wa, Maria
 Dr. Li Yim Chu
 Dr. Liu Ka Yee
 Dr. Luk Sze Wan Candy
 Dr. Ng Tze King Peter
 Dr. Shuen Chuen Kwok, Mariana
 Dr. Siu Pui Yi
 Dr. So Ching Yee, Gloria
 Dr. Tam Ho Shan
 Dr. Tsai Hung Yu

Dr. Tse Tak Kei
 Dr. Tsoi Lai To, Sammy
 Dr. Tsui Felix
 Dr. Wan King Tung
 Dr. Wong Chak Tong
 Dr. Wong Chi Lung
 Dr. Wong Fai Ying
 Dr. Wong Man Kin
 Dr. Wong Pak Kin
 Dr. Woo Long Yiu
 Dr. Yau Lai Mo
 Dr. Yip Wing Ki

The Board of Conjoint Examination is also extremely grateful for all their contributions and continual support throughout these years.



Dr. Chan Hung Chiu
 Chairman
 Board of Conjoint Examination

Quality Assurance & Accreditation Committee News

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)

[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)

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

HIV Testing Month

Dr. NG Siu Tim & Dr. WONG Chun Kwan Bonnie
Special Preventive Programme, Centre for Health Protection, Department of Health

HIV Testing Month



The Department of Health launched the inaugural HIV Testing Month in Dec 2024 as part of its public health initiative to normalise HIV testing in Hong Kong. Following its initial success and positive community response, HIV Testing Month has now become a recurring event in December every year. Family physicians' support is crucial in advancing the local HIV response, let's know more the latest recommendations on HIV testing and see how you can take a role in ending HIV as a public health threat.

HIV testing recommendations

The Scientific Committee of AIDS and STI of the Centre for Health Protection issued its "Recommendations on HIV Testing in Hong Kong" in November 2024¹ with an intent to equip healthcare providers with the capacity to proactively offer HIV testing and related care to their clients. It aims at promoting the uptake of HIV testing across the territory, facilitating early identification of individuals with HIV infection, and effectively linking them to respective prevention, treatment and care services, based upon their status and needs.

The Current State of HIV Medicine

- Advances in treatment has made HIV infection a **manageable chronic disease**
- Early testing facilitates early treatment initiation, leading to significant improvement in clinical outcomes among people living with HIV
- Sustained viral suppression will not lead to further HIV transmission via sexual contact, and is well proven by scientific evidence demonstrating "**Undetectable equals Untransmittable**", or "**U=U**"

The latest local HIV epidemiology and the challenges of late presentation²

- The prevalence of HIV infection among the general population has remained at 0.1%, a level well below the global average
- The annual number of newly reported HIV cases has declined from its peak in 2015 for nine consecutive years and reached an average of one newly reported case a day in 2024

- Sexual contact remains the most common route of transmission accounting for over 95% of the newly reported cases
- The proportion of late presenters (defined as those with a low CD4 count of less than 200 cells/mm³, or those who have progressed to AIDS at the time of HIV diagnosis) has been on the rise despite a decline in the number of newly reported HIV cases
- Late presenters are at greater risks of developing opportunistic infections or malignancies, having poorer immune recovery, and at higher risk of mortality. They are more likely to transmit the virus to their sexual partners while having an unsuppressed viral load³
- An effective HIV testing strategy has become essential to facilitate earlier diagnosis and linkage to care to counter this rising trend of late presentation

Barriers to HIV testing³

From individual/public's perspective

- Perceived high costs of testing and treatment
- Limited knowledge about HIV, and about where to get tested or receive treatment
- Low perception of personal risk for HIV infection
- Fear of stigmatization and discrimination related to testing and being diagnosed with HIV

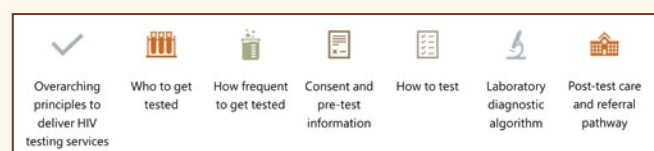
From healthcare providers' perspective

- Lack of awareness or training about HIV testing guidelines
- Unfamiliar with the latest local epidemiology and referral mechanism
- Low perceived need to offer HIV testing to clients

Other barriers

- Confidentiality concerns related to clinic set up
- Social and cultural resistance to testing and disclosure
- Economic barriers such as medical costs and insurance issues

The key recommendations are categorised as follows:



I) Overarching principles to deliver HIV testing services

Key recommendations:

- Service providers offering HIV testing services should follow the World Health Organization (WHO) “5 Cs” standard (Consent, Confidentiality, Counselling, Correct test results and Connection/linkage to prevention, care and treatment).
- A status-neutral approach, that delivers comprehensive services addressing the needs of individuals regardless of their HIV status, should be adopted.

II) Who to get tested

Key recommendations:

HIV testing is indicated in the following contexts:

- As part of integral clinical care with an “opt-out” approach in the following settings:
 - Pregnant women at antenatal checkup under the Universal Antenatal Testing Programme (UATP), retesting required for those with ongoing risk of acquisition during pregnancy
 - People diagnosed with tuberculosis
- For individuals with epidemiological or behavioural risk factors that put them at increased risk of exposure to HIV:
 - People who have multiple sex partners, or people whose sex partner(s) have multiple sex partners
 - Sex workers and their clients
 - People who inject drugs
 - Men who have sex with men (MSM)
 - People in the transgender community who have sex with men
 - Sex partner of people living with HIV with unknown treatment status or detectable viral load
 - People originated from areas of unknown or high HIV prevalence, or whose sex partners did
- For individuals with clinical indicators^{4,5}:
 - Individuals receiving HIV pre- or post-exposure prophylaxis^{6,7}
 - Individuals attending healthcare facilities for drug-related mental health conditions associated with risk behaviours, in particular those associated with methamphetamine and related psychostimulant use

- People with a diagnosis that would impact the way either HIV or the disease itself is managed, e.g. people with hepatitis B infection, particularly those who are indicated for antiviral treatment
- People presented with AIDS-defining clinical conditions
- People presented with HIV indicator conditions, including:
 - People diagnosed with a condition that shares a transmission route with HIV, such as **any sexually transmitted infections (STIs), hepatitis B, hepatitis C, or mpox**
 - People presented with any symptoms or conditions that **suggest underlying dysregulated immunity** which could be indicative of underlying HIV infection, e.g. **recurrent zoster infection, chronic diarrhea or weight loss of unknown cause**

D) For general population without the above-mentioned factors:

- **People who have had sex and are uncertain of their own HIV status**
- Anyone with self-initiated request to a health-care service for an HIV test

Examples of HIV indicator conditions and AIDS can be found in **Table 1** of the Recommendations.¹ They are listed under different organ systems to allow for easy referencing, e.g. any unexplained blood dyscrasia under Haematology, severe seborrhoeic dermatitis under Dermatology, acute necrotising ulcerative gingivitis under Dental, and mononucleosis-like syndrome, pyrexia of unknown origin and any lymphadenopathy of unknown cause under “others” etc.

III) How frequent to get tested

Key recommendations:

- **People who have had sex and are uncertain of their own HIV status should get tested at least once**
- **Those with new or ongoing risk exposure should undergo regular HIV testing**
- Pregnant woman should receive retesting at 34-36 weeks of pregnancy if they or their sex partners have ongoing risks for HIV acquisition

Regarding recommendation under II-D and III, given that over 95% of the new cases reported locally contracted HIV via sexual contact, it is recommended that **people who have had sex and are uncertain of their HIV status should get tested at least**

once. This strategy aims at increasing the uptake of HIV testing locally to allow earlier detection and identification of individuals with HIV infection, especially among those who lack the behavioural and epidemiological risk factors and are disproportionately represented among late presenters (e.g. individuals aged 50 or above, and heterosexual male or female).

IV) Consent and pre-test information

Key recommendations:

- **Verbal consent** is sufficient for HIV testing
- Pre-test information should be concise and tailored based on one's knowledge and prior experience with HIV testing. Opportunities should be provided for users to discuss any concerns and ask questions

V) How to test

Key recommendations:

- Different HIV testing options can be employed to provide person-centred care and to address the needs of a variety of population groups. These include i) conventional laboratory-based testing, ii) point-of-care testing, and iii) self-testing
- It is essential that service providers offering HIV testing with either of these options are familiar with the limitations of the type of testing that they are providing in their facility and can communicate these limitations to their service users. And in the case of self-testing, that the package insert or any other attaching information address these limitations

Apart from conducting HIV testing at the private sector or at respective non-governmental organisations, the AIDS Counselling and Testing Service of the Department of Health offers free-of-charge, anonymous HIV testing to the public. Appointment can be made via their hotline 2780 2211 or at their online booking system (www.hivtest.gov.hk). Ordering of self-testing is also available from the HIV testing website. Healthcare providers can seek detailed information related to HIV testing, including different types of tests and their respective window period on this website.

VI) Laboratory diagnostic algorithms

Key recommendations:

- A **two-step approach** should be used in establishing the diagnosis of HIV. All specimens

*screened positive or equivocal should be subjected to **confirmatory laboratory testing**. HIV testing should be repeated if result was indeterminate; with recent exposure within the preceding 3 months; or as clinically indicated*

- Exposure to long-acting injectable cabotegravir (CAB-LA) as PrEP affects viral replication, HIV antibody response and symptomatology. All individuals using PrEP; especially CAB-LA, should be under regular monitoring of HIV status by specialised units with experiences in following up PrEP users

VII) Post-test care and referral pathway

Key recommendations:

- Positive HIV test result is preferred to be delivered face-to-face where **privacy** can be ensured. Attention should be paid to the acceptance of test result by the individual and referral for counselling and support group should be made promptly as needed
- Services providing POCT / rapid HIV testing should have a clear linkage to clinical and pathology services for the conduct of confirmatory testing
- Individuals diagnosed with HIV should be **linked to clinical care as soon as possible**
- Healthcare providers are strongly encouraged to report all HIV diagnosis to the HIV/AIDS voluntary reporting system using the HIV/AIDS report form (DH2293)
- Individuals who are tested negative and with ongoing risk of HIV infection should be counselled for regular testing and adoption of **tailored preventive strategies** to minimise the risk of HIV acquisition

Although HIV infection is now a manageable chronic medical condition, it is still associated with stigma and negative impression. Doctors should deliver the test results to their client face-to-face in setting where privacy is ensured. Psychological stresses should be addressed. Updated knowledge on HIV infection and important concepts such as 'Treatment as prevention', importance of drug adherence, and 'U=U' should be explained. Those tested positive should be linked to care as soon as possible. Currently, there are three public HIV clinics in Hong Kong, including Kowloon Bay Integrated Treatment Centre of the Department of Health, Infectious Disease Special Medical Clinic of Princess Margaret Hospital and the AIDS Clinical Service of Queen Elizabeth Hospital.

Doctors are encouraged to anonymously report newly diagnosed HIV cases to the the HIV/AIDS voluntary reporting system using the DH2293 form to facilitate epidemiological analysis of the HIV trend in Hong Kong. The data submitted would be kept strictly confidential.



DH2293 e-form

On the other hand, individuals with negative testing results should be assessed for any ongoing risk factors for acquiring HIV infection. Adoption of different prevention strategies, such as behavioural modification, use of PrEP, counselling on harm reduction or other supportive services may be appropriate. Repeated testing should also be considered if indicated.

Call for Action - How family physicians can support the HIV prevention and care continuum

Family physicians can take an active role in advancing the local HIV response. We can start with provision of an inclusive and stigma-free environment to discuss about sexual health with our clients during consultations, incorporate HIV testing into our routine care plan and empower our clients to be active participants in their care. These will facilitate normalisation of HIV testing and enable earlier diagnosis and timely referral for treatment and care.

You may scan the QR code in the HIV Testing Month banner to learn more about different community resources that offer HIV testing to their target audience. Or visit the webpage of Department of Health's HIV Testing Service at www.hivtest.gov.hk to learn more about different HIV testing modalities, including HIV self-testing where you can refer suitable clients of yours to order self-test kit online.

For people living with HIV or those vulnerable population at risk of HIV acquisition, we can promote acceptance and support them as they seek medical services in primary care setting. With concerted efforts from across different healthcare specialities, we can realise our goals in ending HIV as a public health threat.

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4. Palfreman A, Sullivan A, Rayment M et al. British HIV Association/British Association for Sexual Health and HIV/ British Infection Association adult HIV testing guidelines 2020. *HIV Med* 2020; 21 Suppl 6: 1-26. [Available at: <https://www.bhiva.org/file/5f68c0dd7aefb/HIV-testing-guidelines-2020.pdf>]
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6. Scientific Committee on AIDS and STI. Guidance on the use of HIV Preexposure Prophylaxis (PrEP) in Hong Kong [Available at: https://www.chp.gov.hk/files/pdf/guidance_on_prep_use_in_hk_aug_2022.pdf]
7. Scientific Committee on AIDS and STI. Recommendations on the Use of Nonoccupational Post-exposure Prophylaxis against HIV infection [Available at https://www.chp.gov.hk/files/pdf/recommendations_on_the_use_of_non_occupat_ional_post_exposure_prophylaxis_against_hiv_november2018.pdf]



HIV

測試月
Testing Month

WITH
CONNECTION



Not Alone - A Volunteer's Experience at the Tai Po Fire

It was about 3:30pm in the afternoon on the 26th November, 2025, and I was finishing my consultation notes for a patient when my health care assistant held up her phone, showing me a video of a side of a building engulfed in fire and smoke and asked, "Did you know there is a fire in Tai Po?" By the time I finished my shift, that fire would come to engulf nearly all the buildings of Wang Fuk Court, creating an image of an inferno I thought I would only ever see in movies.



The charred walls of Wang Fuk Court.

I first learned of doctors volunteering at the Tai Po Fire temporary shelters from a Whatsapp message sent at 1:43am, early morning on the 27th November, before the fires were even under control. That team of doctors, from multiple different organizations, gathered proactively overnight to scout the environment, provide urgent medical expertise where necessary, and assess medical needs for the upcoming days. I received an e-mail from our college later that morning, calling for urgent family physician support at the temporary shelters, and I signed up.

I was assigned to provide medical support at a makeshift shelter located at 大埔青少年服務處, and I met my team early in the morning on the 28th November. The morning shift team consisted of three doctors, three nurses and a pharmacist, and we operated a booth stocked with basic

medical supplies and common medications. For most of us, it was our first time volunteering to provide relief support in a disaster-struck area. We did rounds within our allocated shelter and on the podium of Kwong Fuk Estate, chatting to locals and those passing by, reaching out and alerting them of our service.



The podium of Kwong Fuk Estate serving as storage and distribution centre for supplies.

That morning, we helped several elderly patients, and cases included head injury, severe hypertension, hyperglycaemia, and a couple of upper respiratory tract infections. There were also a few locals requiring a refill of medications that could not be accessed because they had been restricted from going home. Nevertheless, looking at the charred walls of Wang Fuk Court, amongst the backdrop of unfathomable human suffering, I could not help but feel disheartened and wondered throughout the shift whether I could be doing more, but as the shift progressed, I became increasingly inspired by the spirit, kindness and solidarity of fellow volunteers, showing up in multitudes from young to old. And after witnessing a human chain of volunteers spontaneously forming to pass boxes of donation from cars to the staging areas of Kwong Fuk Estate, I came to appreciate that every little act counted and made a difference. It is a team effort, and all we had to do was show up when we can.

I was grateful for the opportunity to volunteer, and I am especially humbled by those individuals who have bent over backwards to make the time to lead, organize and coordinate these emergent volunteer endeavors at the outset, when it was needed most. Whilst the crisis has now passed, the full repercussions of the Tai Po Fire incident on individuals and communities continue to unravel. The post-crisis medical and psychological needs of residents will evolve over the coming weeks and months, and I am hopeful that we, as family physicians, will continue to stand ready to be called upon as new challenges arise.



From left: Dr. Tony Kwok Yip Tung, Dr. King Chan, Dr. Lau Ho Lim, Dr. Larissa Tsui Yat-yan, Dr. Luk Kam Hung, Dr. Kevin Foo Bong Yin and Dr. Yuen Shiu Man



From left: Ms. Ng Yee Man Alina, Mr. Li Ho Man, Dr. Mark Chan, Dr. Nelson Leung, Dr. Leon Ngai Ming, Dr. Ng Mei Yee, Dr. Yuen Fu Lam, Mr. Franco Cheng and Mr. Luk Ming Chak at booth set-up at the Tai Po Children and Youth Services Centre



From left: Dr. Olivia Ho Wing Yan and Dr. Victoria Suen Gee Kwang

Compiled by Dr. Nelson Leung
Family Medicine Specialist

大埔火災後的劫後重生

近日大埔發生的嚴重火災，在造成重大傷亡與損失的同時，也為倖存者、救援人員、遇難者家屬及整個社區帶來了深遠的心理衝擊。這種由極度壓力事件所引發的心理創傷，若未能得到適當關注與處理，部分人士可能會發展為創傷後壓力症候群（PTSD）。作為家庭醫生，我們在基層醫療中常是第一道接觸這類患者的關口，加強公眾對心理創傷的認識，並了解從社區支持到專業治療的全方位管理策略，對於促進個人康復及提升社區整體復原力至關重要。

災難後的常見心理反應

經歷災難後，當事人可能出現一系列壓力反應，這通常是面對異常事件時的身心自然回應，包括：

- **情緒反應：**感到恐懼、焦慮、悲傷、麻木或憤怒。
- **生理與認知反應：**出現心悸、失眠、注意力難以集中、記憶力下降，或腦海中反覆閃現事件畫面。

- **行為反應：**表現出社交退縮、刻意迴避與事件相關的地點或話題、易怒或過度警覺。

對大多數人而言，這些反應會隨著時間推移和獲得親友支持而在數週內逐漸緩解。然而，若上述症狀持續超過一個月，且嚴重干擾日常生活、工作及人際關係，則需警惕是否已符合 PTSD 的診斷標準。

PTSD 的臨床特徵

PTSD 不僅是普通的壓力大，而是一種需要關注的精神健康狀況，其主要表現為三大類症狀群：

1. **再體驗症狀：**創傷記憶不由自主地、反覆地入侵。表現為無法控制地回想事件、做相關噩夢，或接觸到類似情境、聲音、氣味時，產生強烈的心理痛苦或生理反應（如「閃回」）。
2. **逃避與麻木症狀：**主動迴避一切可能引發創傷回憶的刺激，包括相關的人、地點、活動或對

話。情感上可能變得疏離、麻木，對以往感興趣的活動失去興趣。

- 3. 過度警覺與負面認知情緒：**持續處於「戰鬥或逃跑」的緊張狀態，表現為易受驚嚇、易怒、難以入睡或放鬆。同時，伴隨著持續的負面情緒（如恐懼、內疚、羞恥）以及對自我、他人或世界的扭曲負面信念。

分階段心理創傷管理策略

有效的介入需根據災後不同階段，採取分層、連續的關懷策略：

急性期（災後數天至數週）：心理急救為核心

此階段目標是提供安全感、穩定情緒，而非深入探討創傷。核心原則是「觀察、傾聽、連結」：在安全環境下，以接納的態度陪伴，協助滿足基本需求，並連結實用的社會資源與後續支持。這項工作可由受訓的社區志工、醫護前線人員等執行。

中長期恢復期（災後一個月起）：鞏固支持與專業介入

此階段重點在於鞏固復原力。鼓勵維持規律作息、均衡飲食、適度運動，並通過互助小組等社區活動重建社會連結，避免使用酒精或非處方藥物來處理情緒。若症狀持續或加重，應積極尋求專業幫助。在基層醫療中，家庭醫生可進行初步評估、提供支持性諮詢，並根據需要轉介至精神科或臨床心理學家。

專業治療介入

對於確診 PTSD 的患者，實證有效的治療包括：

- **心理治療：**首選一線治療通常為認知行為療法（CBT）中的特定療法，如延長暴露療法（PE），或眼動減敏與再處理療法（EMDR）。這些療法能有效幫助患者處理創傷記憶，減輕相關症狀。
- **藥物治療：**選擇性血清素再攝取抑制劑（SSRIs）等抗抑鬱藥物，被證實對緩解 PTSD 的核心症狀有明確療效。藥物需由醫生（如精神科醫生或具相關經驗的家庭醫生）處方並定期監測。

家庭醫生在社區的關鍵角色

在公共教育與系統支持層面，我們應致力於：

- **去污名化與早期識別：**在診所及社區教育中普及知識，讓大眾理解創傷反應是「對異常事件的正常反應」，鼓勵及時求助。家庭醫生在常規問診中保持對 PTSD 症狀的警覺，是實現早期發現的重要一環。

- **推廣心理急救培訓：**鼓勵社區關鍵人員（如教師、社工、企業主管）學習心理急救技能，擴大可提供初步支持的社會網絡。
- **提供持續性照顧：**家庭醫生可為康復者提供長期、全面的身心健康追蹤，協調跨專科資源，扮演個案管理者的角色。

災難心理復原的社會意義

除了臨床層面，災後心理復原亦涉及社會文化與政策層面。火災事件提醒我們，社區的韌性不僅取決於基建修復，更取決於人心的凝聚。若能在教育、政策及社區資源上投入更多，便能建立一個更有能力面對危機的社會。

例如，學校可在災後為學生提供心理教育課程，協助年輕人理解並表達情緒；企業則可推行員工支援計劃，減少因心理困擾導致的工作效率下降；政府部門則應加強跨部門協作，確保心理健康服務能迅速覆蓋受影響群體。這些舉措不僅能幫助災民，更能提升整體社會的心理韌性。

結語

大埔火災的悲劇提醒我們，災後重建不僅是樓宇的重建，更是心靈的重建。心理創傷的療癒是一個過程，需要個人勇氣、家庭接納、社區支持與專業系統的多層次協作。透過提升公眾意識、強化基層醫療的識別與轉介能力，並整合社會資源，我們方能共同構建一個更具心理韌性的社區，守護每一位受影響人士的復原之路。

香港心理支援資源（供參考）

- **緊急 / 24 小時情緒支援熱線**
- **明愛向晴熱線：18288**（危機處理及情緒支援）
- **情緒通：18111**（精神健康支援熱線）
- **撒瑪利亞會 24 小時熱線：2896 0000**（多語種防止自殺服務）
- **醫院管理局精神健康專線：2466 7350**
- **特定災難 / 機心理支援服務**
- **香港紅十字會「Shall We Talk」心理支援服 WhatsApp / 電話預約 5164 5040**
- **社會福利署熱線：2343 2255**
（查詢綜合家庭及社區心理健康服務）
- **賽馬會「Open 嘢」青少年情緒健康網上支援：可透過 WhatsApp / SMS：91 012 012 聯絡**

彙編 陳少斌醫生 家庭醫學專科

The Diary of a Family Doctor【家庭醫生的日常】

醫生，麻煩你看一下

倪明醫生

「醫生，麻煩你看一下這位太太，她這幾晚都沒睡好。」

這是我第三次為大埔居民做義診，這次是在東昌街康體大樓，一個會堂改造的庇護所，提供一站式服務，有民政處，入境處，申請中轉屋，還有醫療點。每個醫療點都配有可以接駁醫健通的護士站，有藥劑師當值的臨時藥房，還有就是我們這樣過來幫手的醫生。

「太太，過來這邊請坐，我是倪醫生，能和我說說你的情況嗎？」我連忙招呼她坐在我的桌子前面。

她大概五六十歲左右，陪在她身邊的還有她先生和拖著行李箱的女兒。

「唉，我幾天都睡不到啊……」她一開口已經帶著哭音，眼睛開始紅了。

「你這幾天在哪裡睡啊？」

「在我妹妹家。」

「你們一家人都在你妹妹家嗎？」

「不是的，就我，妹妹家也不大。」她指著她先生和女兒：「他們在其他親戚那邊，剛剛我們才去申請了中轉屋，說下週一看能不能搬過去。」

「是啊，希望能有個地方暫時安定下來，不然確實睡不安穩。」

「我好擔心我的狗仔……」太太又抹眼淚，她先生在旁邊出聲了。「我們有隻狗仔現在住在ICU裡，她一直好擔心。」

「狗狗本身可以逃出來的，都怪我……」太太開始情緒激動起來「我關……他在家裡，他出不來，28個小時啊……」

「26個小時。」她女兒在旁邊糾正她。

「對，26個小時，消防救他出來的時候好像一塊破一樣，他本身是隻白雪雪的狗仔。返來好驚，眼又紅，不停嘔，之後醫生說他胰腺炎，說什麼指標升到4000多……」

我一邊聽一邊點頭「嗯，是不是這個緣故，所以一直自責好內疚啊？」

「是啊，一閉上眼就好像見到他在火場裡，嗚嗚嗚……」太太陷在情緒裡訴說著，她先生在旁邊提醒她「知道啦，不要阻醫生時間。」

我馬上說：「不會，不會，讓太太慢慢說，狗狗多大啊？」

「4歲，他平常好乖好可愛的，我應該帶他出來的，當時……」



我一邊認真注視著她，一邊點頭。

太太敘述者她的愧疚，回憶著過去的美好，還有對未來的焦慮和不安，激動的語調逐漸慢了下來。

我見她情緒開始穩定一點，開始說：「這真是一段太艱難的日子，狗狗4歲，算是壯年，這次有好多獸醫都很幫忙，希望他可以熬過這一關。我們看看怎麼能過得好一點，你能告訴我你之前有情緒困擾嗎？」

「沒有，我之前從來沒有這樣的情況。」

「喔，那有沒有其他長期疾病需要吃藥呢？」

「有血壓高，還有膽固醇。」

「這兩天有吃藥嗎？」

「在吃著呢，但這兩天也不知道血壓怎麼樣了。」

「不著急，我叫護士幫你量一下血壓，有藥物敏感嗎？」

「沒有。」

「好的，我大概了解了一下你的情況，現時狀態真的很混亂，太多事情需要去處理，又擔心心愛的小狗，這個我真的很明白，我也有養兩隻狗狗，如果他們有什麼我也會真的非常難過。但在這麼忙亂的時候，你要把生活的基本抓手拿著，就是盡量每日三餐要保證，每天睡眠時間要充足，我等會給你開點可以稍微鎮靜的藥，希望晚上能幫助你入眠，短時間用，把生活的規律找回來。」

護士這時也量好了血壓，「146/80mmHg」

「還好，血壓一點點壓界，繼續保持吃藥，你等我一下我看看藥。」

我轉身去到旁邊的臨時藥房，找到藥劑師，我記得醫管局常備藥裡面是沒有安眠藥的，有時我們會用鎮靜類的抗組胺藥。藥劑師是賽馬會藥健同心藥物支援網絡的，她說有褪黑素可以提供，那太好了。

我馬上給太太手寫了個處方，叮囑了一下用法，她想站起來對我表示感謝，結果用了幾次力才起來，我留意到她這個動作，就問她腿怎麼了？

她摸著右邊膝蓋說：「這兩天奔奔波波，到處要排隊登記津貼，腳都走腫了，我這個關節本來就有些退化。」

我連忙讓她坐下檢查，她的右邊膝蓋骨範圍微熱，有點輕微腫脹，活動範圍受阻。應該是骨關節炎發作。

「你最好減少走路，關節發炎了，晚上回到妹妹家裡用毛巾包個冰敷一下，我再開點止痛的藥給你吃，減少疼痛好嗎？」

「好的好的，多謝你啊，醫生，但是我等會想去現場拜祭一下，今晚是頭七啊……」

「但這邊走過去也要近十分鐘呢……最好有個拐杖分擔一下，咦，我們這裡有沒有拐杖？」

我轉過頭問附近的義工，這個庇護中心有各種捐獻的物資，從床鋪睡衣拖鞋到紙巾肥皂什麼都有，都是新的。我第一次過來這邊的時候，從火車站出來一路都是各種物資。真的很愛香港人這種守望相助的感情。



馬上義工就發散去到處尋找，居然真的很快找到了捐獻的拐杖出來，我叫他們調好高度，簡單地教了一下太太怎麼樣使用。

藥劑師配好了藥，再次確認叮囑使用方法，他們一家人慢慢走了出去。

這幾天在醫療點病人不算太多，除了情緒問題，有來配藥的，有些咳嗽的，有些皮膚過敏的，眼睛不舒服的，基本都是常見病。對我們家庭醫生來說，處理這些問題是相對駕輕就熟。

快6點的時候，接我班的醫生來了，我簡單給她介紹了一下醫療點的運作，然後交接離開了。那天是頭七，火災一轉眼就過了一週了，家人來接我，我們一起跟著人群去到災難現場，一片花海中人們神情哀傷，如想留下隻言片語，義工送上紙筆，一串串千紙鶴，無限懷念。

這是一個巨大可怕的災難，他們的痛苦，也是我們的創傷，能用我們的技能獻上綿薄之力，對我們自己來說也是撫平傷痛的一個方法。

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

UNIVERSITY HEALTH SERVICE

Medical Officer (Ref. 251118012)

The University Health Service (UHS) of The Hong Kong Polytechnic University is a community-based Family Medicine training centre, as accredited by The Hong Kong College of Family Physicians. UHS provides primary health care to students, staff members and their dependants and other eligible members. The University invites applications for the Medical Officer post in UHS. Duties: provide primary health care / health counselling, promote health education and perform administrative duties. Qualifications: registrable with the Medical Council of HKSAR and fluent in spoken English and Cantonese. A higher qualification in Internal Medicine, Emergency Medicine and/or Family Medicine is an advantage. Doctors enrolled in vocational training in Family Medicine are also welcome. Please visit <http://www.polyu.edu.hk/uhs/en> for more information about UHS. Post specification and online application are available on PolyU's career website (<https://jobs.polyu.edu.hk/management>). Application closing date: consideration of applications will commence on 10 January 2026 until the position is filled.

PolyU is an equal opportunity employer, dedicated to fostering an environment that embraces diversity and demonstrates inclusion of people from all backgrounds, cultures, identities and experiences where all members of the University are treated with fairness, dignity and respect. To learn more about the University's "Statement on Equal Opportunities, Diversity, and Inclusion", please visit our website at https://www.polyu.edu.hk/hro/equal_opportunities_diversity_and_inclusion/.

Meeting Highlights

Saturday Symposium on 8 November 2025

Prof. Herbert KWOK, Clinical Assistant Professor, Department of Medicine, Li Ka Shing Faculty of Medicine, The University of Hong Kong, delivered a lecture on "Optimising COPD Management: GOLD ABE Update, Inhaler Strategies, and the Role of ICS"; Dr. Catherine CHEN, Consultant, Department of Family Medicine & Primary Healthcare, Kowloon Central Cluster, HA, delivered a lecture on "An Evidence-Based Approach in COPD Management in the Primary Care"; Dr. CHAN Ting Bong, Clinical Associate Professor Honorary, The Jockey Club School of Public Health and Primary Care, Faculty of Medicine, CUHK and Dr. CHAN Pui Kwan, Joanne, Associate Consultant, Department of Family Medicine & Primary Healthcare, Kowloon Central Cluster, Hospital Authority, delivered a lecture on "Case-Based Discussion: Early COPD Management in GOPC".



Group photos taken on 8 November 2025
From left to right: Dr. CHAN Man Li (Moderator), Prof. Herbert KWOK (Speaker), Dr. Catherine CHEN (Speaker), Dr. CHAN Ting Bong (Speaker) and Dr. CHAN Pui Kwan, Joanne (Speaker)

Medical Humanities Seminar on 15 November 2025

Dr. Alex LO, Senior Lecturer, Department of Philosophy, CUHK and Ms. Idris HO, HKPPA Certified Counsellor, delivered a lecture on "E Mindfulness and Zhuangzi '道' 别的藝術 - 莊子療癒悲傷之道".



Dr. WONG Tsz Kau, Carl (left, Moderator) and Dr. CHAN Suen Ho, Mark (right, Moderator) presenting a souvenir to Dr. Alex LO (2nd from the left, Speaker), Ms Idris HO (middle, Speaker) and helpers.

45th Annual Refresher Course (ARC) 2025

1st session on 9 November 2025

Dr. LAM Chun, Specialist in Psychiatry, delivered a lecture on "Advances in Anxiety and Depression Management"; Dr. FU Chiu Lai, Specialist in Cardiology, delivered a lecture on "Emerging Trends in Chronic Coronary Syndrome Management" and Dr. LAW Yuk, Specialist in Vascular Surgery, delivered a lecture on "Holistic Approaches on Chronic Venous Disease Management".



Prof. LAM Lo Kuen, Cindy (left, Chief Censor) and Dr. HUNG Wai Yin (right, Moderator) presenting a souvenir to Dr. LAM Chun (middle, Speaker).



Dr. FOO Kam So, Stephen (right, Censor) and Dr. HUNG Wai Yin (left, Moderator) presenting a souvenir to Dr. FU Chiu Lai (middle, Speaker).



Dr. HUNG Wai Yin (left, Moderator) presenting a souvenir to Dr. LAW Yuk (right, Speaker).

2nd session on 11 November 2025

Dr. IP Tai Pang, Specialist in Endocrinology, Diabetes & Metabolism, delivered a lecture on "Pathophysiology Based Anti-Diabetic Treatment in Type 2 Diabetes Mellitus".



Dr. CHAN Ka Shing, Ricky (left, Moderator) presenting a souvenir to Dr. IP Tai Pang (right, Speaker).

3rd session on 16 November 2025

Dr. CHEUNG Sing Ngai, Specialist in Neurology, delivered a lecture on “Migraine as a Neurological Disorder: Insights into Disease Burden, Screening, and Diagnostic Approaches” and Dr. CHOW Cheuk Yin, Specialist in Neurology, delivered a lecture on “Managing Migraine: Evolving Treatments and Global Guidelines for Better Patient Care”.



Dr. FOO Kam So, Stephen (middle, Censor) and Dr. CHAN Man Li (left, Moderator) presenting a souvenir to Dr. CHEUNG Sing Ngai (right, Speaker).



Dr. CHAN King Hong (right, Chairman of Board of Education) and Dr. CHAN Man Li (left, Moderator) presenting a souvenir to Dr. CHOW Cheuk Yin (middle, Speaker).

4th session on 18 November 2025

Dr. LEE Chi Nam, Edmond, Specialist in Neurology, delivered a lecture on “Safety Usage of Vitamin B6 at Therapeutic Dosage Among Peripheral Neuropathy Patients”.



Dr. CHAN Kiu Pak Kilpatrick (right, Moderator) presenting a souvenir to Dr. LEE Chi Nam, Edmond (left, Speaker).

5th session on 20 November 2025

Dr. CHU Man Yee, Mandy, Specialist in Gynaecological Oncology, delivered a lecture on “Expanding Access: HPV Self-sampling in Primary Healthcare Setting”.



Dr. CHUNG Tze Nang John (right, Moderator) presenting a souvenir to Dr. CHU Man Yee, Mandy (left, Speaker).

6th session cum HKCFP Visiting Professor Lecture on 23 November 2025

Prof. Bob MASH, Professor, Stellenbosch University in Family Medicine and Primary Care, South Africa; HKCFP Visiting Professor, delivered a lecture on “Group Empowerment for People with Type 2 Diabetes”.



Dr. CHAN King Hong (right, Moderator & Chairman of Board of Education) presenting a souvenir to Prof. Bob MASH (left, Speaker).

7th session on 27 November 2025

Dr. WONG King Ying, Specialist in Respiratory Medicine, delivered a lecture on “The Management of Asthma and Comorbidity”.



Dr. MA Ping Kwan, Danny (right, Moderator) presenting a souvenir to Dr. WONG King Ying (left, Speaker).

Certificate Course on Bringing Better Health to Our Community 2025

The 4th 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 29 November 2025.

Dr. LEUNG Heng Chi, Aaran, Associate Consultant, Department of Orthopaedics & Traumatology, Queen Elizabeth Hospital, delivered the lectures on “Management of Hip Pain and Low Back Pain in Primary Care Setting” and Mr. CHOW Tsz Kit, Ray, Senior Physiotherapist, Department of Physiotherapy, Queen Elizabeth Hospital, delivered a lecture on “Physiotherapy - Hip Pain and Low Back Pain”.



Dr. KO Siu Hin (right, Chief of Service, Department of FM&PHC, KC Cluster, Hospital Authority) presenting a souvenir to Dr. LEUNG Heng Chi, Aaran (left, Speaker).



Dr. KO Siu Hin (right, Chief of Service, Department of FM&PHC, KC Cluster, Hospital Authority) presenting a souvenir to Mr. CHOW Tsz Kit, Ray (left, Speaker).

Advanced Primary Care Life Support (APCLS) Training and Examination Workshop 2026

As required by the Royal Australian College of General Practitioners (RACGP), an adequate CPR training course needs to have advance components on airway management, neck support and automated external defibrillation (AED) on top of basic life support. In order to align with our Sister College (RACGP) and to achieve reciprocal recognition in Conjoint Fellowship Examination and Quality Assurance Certificate, the CPR Subcommittee of the Board of Education is pleased to announce that an enhanced CPR course, the Advanced Primary Care Life Support (APCLS) has been launched since 2017.

APCLS course materials have been endorsed by HKCFP Council in 2015 and the Resuscitation Council of Hong Kong (RCHK) in 2016. The course aims to widen the scope of our existing CPR training course by adding several important elements: use of automated external defibrillator (AED), use of airways adjuncts and dealing with initial trauma care through use of neck support.

Tentatively, 2 APCLS Training and Examination Workshops will be held in 2026 **(1 February 2026 & 22 March 2026)**.

As no one is guaranteed to pass in the first attempt, members who plan to sit for the 2026 Conjoint Examination are strongly advised to register for our APCLS session. Members are reminded that a valid HKCFP APCLS Certificate is a pre-requisite for enrolment of the Conjoint Examination. Members who plan to sit for the 2026 Conjoint Examination are also reminded to check the validity of their HKCFP APCLS Certificate to make sure that it is valid at the time of application and also at the time Clinical Examination. HKCFP APCLS certificates are valid for 2 years.

1 February / 22 March 2026 (Sunday)

APCLS Training and Examination Workshop

Time	12:00 p.m. - 6:00 p.m.
Venue	Function Room 1 & 2, 2/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong
Talks	1. Advanced Primary Care Life Support-Principles and Techniques 2. Advances in CPR and use of Automated External Defibrillator (AED) 3. Use of Airway Insertion and Cervical Injury Management 4. Updates in Guidelines
Training	Hands-on training, supervised by HKCFP APCLS Instructors
Accreditation	3 CME Points HKCFP (Cat. 4.4) 3 CPD Points HKCFP (Cat. 3.11) for passing the APCLS Examination
Co-organizer	Resuscitation Council of Hong Kong

Admission Fee:

Members and Non-members

(Attend Training and Examination Workshop) **HK\$900.00**

Members with expired APCLS certificate issued by HKCFP

(Attend Training and Examination Workshop) **HK\$500.00**

All fees received are non-refundable and non-transferable.

Payment Methods

Course fee could be settled by **cheque or FPS**. Please indicate your preferred method in the registration and the secretarial staff would further email you once the e-debit note with payment details is ready.

Successful candidates will be awarded an APCLS Certificate valid for 2 years, which is also accredited by the Resuscitation Council of Hong Kong. Please contact Ms. Minny Fung at 2871 8899 for registration on or before **20 January 2026 (Tuesday)**.

Registration would be closed when the registration has reached its maximum number of participants.

LATE APPLICATION IS SUBJECT TO INDIVIDUAL ASSESSMENT, VACANCY AND ACCEPTANCE BY THE APCLS WORK GROUP. AN ADDITIONAL ADMINISTRATION FEE (HK\$500.00) WILL BE CHARGED.

Please take note of some of the infection controls measures as below:

- Please note participants with fever ($\geq 38^{\circ}\text{C}$) and/or any respiratory symptoms are **not allowed** to take part in the event named above and should seek medical attention promptly.

*REMARKS:

1. You are not allowed to take the APCLS training workshop and examination during your pregnancy.
2. Priority will be given to candidates who is planning to sit for the Conjoint HKCFP/RACGP Fellowship Examination in 2026 and is going to sit the Diploma of Family Medicine Examination 2026.

Registration QR Code



Online Events

Date and Time	Topic	Speaker	Moderator
10 January (Sat) 2:00 – 3:30 p.m.	Online Dermatology Seminar: Trainees Dermatology Cases Presentation <i>Organized by Interest Group in Dermatology</i>	FM Trainees	Dr. LAM Wing Wo

QR Code for registration



Admission Fee:

10 Jan 2026 (Sat)

Members:

Non – members:

Complimentary

HK\$ 100.00

Pre-registration is required and subject to receipt of enrollment deposit cheque in order to confirm the registration.

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

Accreditation :

10 Jan : 2 CME Points HKCFP (Cat. 4.3)

2 CME Points MCHK (pending)

Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)

Online Monthly Video Sessions

Dates and Time	Topics
30 January 2026 (Fri) 2:30 – 3:30pm	“Hypertension Management of Patient with Cardiometabolic Comorbidities: Moving from A Disease-Centered to A Patient-Centered Approach” by Dr. TAM Kin Ming

QR Codes for registration

30 January 2026 (Fri)



Accreditation : 1 CME Point HKCFP (Cat. 4.2)

1 CME Point MCHK (pending)

Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)

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

Admission Fee

(For all online seminars)

: Member Free

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 decision would be subject to the approval of 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 issue, please note private recording of the lecture is prohibited.
8. Registration will be closed 3 days prior to the event.

Structured Education Programmes

Free for members
HKCFP 2 CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
Wednesday, 07 January 2026			
14:30 - 17:00	Rm T352, 3/F, OT Block, Tuen Mun Hospital	Introduction and Application of FM Principles Dr. FONG Lok Ki	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Paediatric Emergency in General Practice Dr. WONG Ho Sum, Dr. CHEUNG Hang Lam	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	Genogram Dr. TONG Hei Ka, Anson, Dr. YOUNG James Haley, Dr. CHUI Wai Ting, Vivian	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Management of Ear Wax in Primary Care Setting Dr. WONG Wing Sze	Ms. Cherry WONG Tel: 2589 2337
Thursday, 08 January 2026			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Mastering the Art of Delivering Tough News for Family Physicians Dr. WOO Tiffany, Dr. WONG Fai Ying	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 14 January 2026			
14:30 - 17:00	Rm T352, 3/F, OT Block, Tuen Mun Hospital	Vocational Training Program for Family Medicine in Hong Kong Dr. LIANG Kai Ting, Dr. LEE Chi Lung	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Requirement of QA, CME, CPD, and other Postgraduate Study in FM & General Practice Dr. CHENG Tsz Wai, Sam, 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	Management of CHF Dr. DENG Luo, Valeria, Dr. ZHANG Guilian, Aviva, Dr. CHAN Cheuk Lam, Phoebe	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Common Clinic Procedure: Cryotherapy Cum Workshop Dr. TSANG Pui Lim	Ms. Cherry WONG Tel: 2589 2337
Thursday, 15 January 2026			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Approach to Abnormal Urine Test Results: Microscopic Hematuria Dr. TAM Tsz On, Dr. SUNG Cheuk Chung	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 21 January 2026			
14:30 - 17:00	Rm13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Health Care System in USA Dr. LI Ronald Muk Lam, Dr. LEE Hsin Yi	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Approach to Surgery Tests Dr. KONG Tai Wai, 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	Update Management of Hepatitis B Dr. CHOW Chau Yi, Charlie, Dr. CHOW Chun Fung, Ray, Dr. WONG Ka Yan, Judy	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Role of Family Doctor in Subfertile Couples Dr. TONG Tin Yan, Emily	Ms. Cherry WONG Tel: 2589 2337
Thursday, 22 January 2026			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Social Prescribing in the Primary Care: Coordinated and Comprehensive Care Dr. WONG Tsz Yan, Dr. ZHANG Dingzuan	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 28 January 2026			
14:30 - 17:00	Rm13, 2/F, Tin Shui Wai (Tin Yip Road) Community Health Centre	Better Patient Communication Skill Dr. CHAN Yin Yue	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	1. Clinical Case Presentation Dr. CHAN Queenie Chi Ying, Dr. FOCK Hoi Hei, Surena, Dr. LAI Siu Tung, Dr. HO HAN Chung, Gary, Dr. PANNU Prubodial Singh 2. How to Write a Case Report Dr. CHEN Xiao Rui, Catherine	Ms. Emily LAU Tel: 3506 8610
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Management of Common Eye Diseases in OPD Setting Dr. LEE Chun Ki	Ms. Cherry WONG Tel: 2589 2337
16:00 - 18:00	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Patient Care Ethics and Payment Model in Primary Care Dr. TONG Ka Hung, Dr. YUNG Hiu Ting	Ms. LiLi YUNG Tel: 5569 6405



*May peace be upon Hong Kong
and
everyone one of us.*

*The FP Links Editorial Board would like to
thank all readers, contributors, sponsors and
the College Secretariat for their tremendous support to
the FP Links throughout the year.*

Wishing you all

*Merry Christmas &
Happy New Year*

The FP Links Committee

COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Dec	29	30	31 2:30 – 7:00 p.m. Structured Education Programme	1 Jan	2	3
4	5	6	7 2:30 – 7:00 p.m. Structured Education Programme	8 4:00 – 6:00 p.m. Structured Education Programme	9	10 2:00 – 3:30 p.m. Interest Group in Dermatology 2:30 – 5:00 p.m. DFM Module IV FM Clinical Skills Enhancement
11	12	13	14 2:30 – 7:00 p.m. Structured Education Programme	15 4:00 – 6:00 p.m. Structured Education Programme 8:30 p.m. HKCFP Council Meeting	16	17 2:30 – 5:30 p.m. DFM Module III Structured Seminar
18	19	20	21 2:30 – 7:00 p.m. Structured Education Programme	22 4:00 – 6:00 p.m. Structured Education Programme 9:00 – 10:30 p.m. Board of Conjoint Exam Meeting	23	24 2:30 – 5:30 p.m. DFM Women's health Workshop
25 9:00 a.m. – 5:00 p.m. Photography Club Outdoor activity	26	27 9:00 p.m. Board of DFM Meeting	28 2:30 – 7:00 p.m. Structured Education Programme	29 4:00 – 6:00 p.m. Structured Education Programme	30 2:30 – 3:30 p.m. Online Video Session	31 2:30 – 5:30 p.m. DFM Consultation Skills Workshop II
1 Feb 12:00 – 6:00 p.m. APCLS Training Course	2	3	4 2:30 – 7:00 p.m. Structured Education Programme	5 4:00 – 6:00 p.m. Structured Education Programme	6	7

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



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