

## INSIDE THIS ISSUE

Issue 264 February 2026

- 01 Message from the President
- 02 Message from the President (Con't);  
College News:
- 02 Membership Committee News
- 03 Young Doctors Committee News
- 06 Diploma in Family Medicine  
(HKCFP) 2026-2027

- 08 Board of Conjoint Examination  
News
- 10 The HKCFP Awards for the Best  
Research and Best Trainee  
Research of 2025
- 11 HKCFP Research Fellowship 2026
- 12 News Corner: Cooling the Flames:  
New Non-Hormonal Fixes for

- Menopausal Hot Flashes —  
Fezolinetant from a Primary Care  
Perspective
- 14 Feature: Occupational medicine  
series (1) Knowing more about the  
Occupational Medicine Service in  
Hospital Authority – Interview with Dr  
Marcus Wong

- 17 After Hours: 富士山周邊Glamping之  
旅
- 20 College News (Con't):  
20 HKPCC 2026  
25 The Diary of a Family Doctor
- 26 Board of Education News
- 28 College Calendar

## Message from the President

The Centre for Health Protection (CHP) of the Department of Health alerted us in a recent communication that their latest surveillance data revealed an increasing number of acute gastroenteritis (AGE) outbreaks in local institutions and schools, affecting around 150 people over the last few weeks. (<https://www.info.gov.hk/gia/general/202601/29/P2026012900589p.htm>) Norovirus or rotavirus are the usual causative agents for AGE and the infection can be transmitted by consumption of contaminated food, contact with the vomitus or excreta of the infected persons, contaminated objects, and aerosol spread with contaminated droplets of splashed vomitus. AGE outbreaks are relatively more prevalent in winter months despite they may occur throughout the year.

The CHP urges the public to help prevent AGE outbreaks. Therefore, strict personal, food and environmental hygiene, with particular attention to handling of vomitus and faecal matter, is very important. Hand hygiene with liquid soap and water remains important as alcohol does not effectively kill some viruses frequently causing AGE (e.g. norovirus), hence. It cannot be replaced by alcohol-based handrub.

The CHP has also been following up the recent reporting of a cluster of five cases of Nipah virus infection in West Bengal of India since mid-January of this year, mainly due to nosocomial transmission and primarily involved healthcare workers, with no reported deaths or cross-border transmissions

at the time of writing. (<https://www.info.gov.hk/gia/general/202601/26/P2026012600674.htm>) Approximately 100 close contacts have been quarantined and tested in India. The CHP is conducting health screenings on travellers from the affected area and there are no imported or local cases of Nipah virus infection in Hong Kong to date. CHP pointed out that Nipah virus is a zoonotic disease with fruit bats as the natural host. It is mainly transmitted through direct contact with sick animals including pigs, horses, goats, sheep, cats and dogs via their contaminated respiratory droplets, nasal secretions and tissues. It can also be transmitted via consuming food contaminated with urine, droppings or saliva from infected bats, usually fruits or fruit products. Human-to-human transmission is also possible through close contact with contaminated secretions and excretions of infected persons. Patients infected with Nipah virus can be asymptomatic, but early symptoms may include flu-like symptoms, such as fever, headache, vomiting, sore throat and muscle aches, and later there maybe dizziness, drowsiness and a decrease in consciousness. Symptoms usually start to happen from 4 to 14 days after exposure, but may develop as late as 45 days. Complications such as pneumonia, seizure, encephalitis, coma or even death can happen



*(Continued on page 2)*

## Message from the President (Con't)

(Continued from page 1)

in severe cases. The reported case fatality rate ranges from approximately 40 per cent to 75 per cent. There is no specific treatment or medication for Nipah virus infection at present. Therefore, it is important for the public to reduce infection risk by not travelling to Nipah virus-affected areas, avoid contact with wild animals or sick farm animals (especially bats, farmed pigs, horses, domestic and feral cats), avoid areas where bats are known to roost, adhere to good personal hygiene, observe

good food hygiene by thoroughly washing and peeling fruits before consumption, avoid having fruits with signs of bat bites or found on the ground, avoid drinking raw date palm sap, toddy or other juice.

Wishing you all a very happy and healthy Chinese New Year of the horse ahead!

**Dr. David V K CHAO**  
President



## Membership Committee News

The Council approved, on recommendation of the Chairlady of the Membership Committee, the following applications for membership in **November 2025 – February 2026**:

### New Application

#### Associate Membership

Dr. CHUI Wai Ting, Vivian	徐偉婷
Dr. FAN Yu Yan	范如欣

### Transferral

#### From Associate to Fellowship

Dr. CHEUNG Tsz Kei	張芷蕙
Dr. HUANG Wanshu	黃婉舒
Dr. LAM Josephine Wai May	林慧美
Dr. LEE Ka Kei	李嘉琦
Dr. LEUNG Ka Man	梁嘉文
Dr. NG Chi Ho	吳子豪

Dr. NG Ka Wai	吳家威
Dr. POON Daniel	潘朗維
Dr. SUN Dione Tinoi	沈天愛
Dr. WONG Nicole	黃亦陶

#### From Fellow to Non-HKSAR Fellowship

Dr. KWONG Sheung Li	鄺尚理
---------------------	-----

#### From Full Membership to Non-HKSAR Membership

Dr. LUI Rupert Yau Han	呂佑亨
------------------------	-----

### Termination

#### Student Membership

Miss LO Wing Sum, Amy	盧穎心
-----------------------	-----

# Hiking Activity 3/2026

## Cape D'Aguilar

(鶴咀海岸保護區)

Dear College members,

As you may know, our last Hiking was organized in February 2025.

This time, Young Doctors Committee picked a route starting from Shau Kei Wan and would like to invite you to join.

Please find the details as follows:

Cape D'Aguilar (鶴咀) is a scenic, rugged headland on the southeastern tip of Hong Kong Island, known for being a marine reserve and a popular, easy hiking spot with natural rock formations and historical sites.

Date	1 March 2026 (Sunday)
Route	鶴咀 (Cape d'aguilar) 行山路線： 筲箕灣巴士總站 ▶ 鶴咀道 ▶ 鶴咀燈塔 ▶ 鶴咀雷音洞 ▶ 鶴咀海岸保護區 ▶ 筲箕灣東大街
Difficulty	Easy, around 2 hours hike
Time	09:00 Meet up at 筲箕灣地鐵站 A2 出口 → 筲箕灣巴士總站 10:00 - 12:30 Hiking (including 30 mins leisure time) 12:30 - 13:30 Return to 筲箕灣巴士總站
Transport	在筲箕灣巴士總站乘搭9號巴士，到鶴咀道下車(去程和回程同樣)
Info	<a href="https://www.hkallshan.com/capedaguilar1/">https://www.hkallshan.com/capedaguilar1/</a>
Registration	Interested members please register through <a href="https://forms.gle/h1m6ftrTotsLKLHt5">https://forms.gle/h1m6ftrTotsLKLHt5</a> or QR Code on or before <b>23 February 2026 (Monday)</b>



**\*Family & friends of members are welcomed to participate**

**\*Advised participants to have breakfast before hiking**

**\*Please be reminded to bring enough water, sun protection, insect repellent and if necessary, trekking poles.**

**\*May bring some snacks to enjoy when we reach our destination**

For enquiry, please feel free to contact Ms. Nana Choy or Ms. Kathy Lai at 2871 8899/  
email: [YDC@hkcfp.org.hk](mailto:YDC@hkcfp.org.hk)

We look forward to seeing you there.

**Young Doctors Committee**

## Young Doctors Committee News - Family Doctors' Christmas Caroling 2025

Dr. Lau Ka Man  
Member from Young Doctors Committee, HKCFP

Each December, as the year comes to its close, the season is marked by warmth, joy, and the cherished tradition of gathering to celebrate Christmas. For many, it is a time of rest and reunion, yet even amidst the demands of professional life, a devoted group of family physicians continues to uphold a noble practice: offering their time and compassion to bring peace and happiness to others.

The memory of last year's community caroling remains vivid—a joyful occasion when voices rose together in song at the mall and along the busy streets, leaving behind moments both delightful and unforgettable. In 2025, this tradition deepened in meaning as we once again visited patients at Queen Elizabeth Hospital. What distinguished this year's caroling was its collaboration with the hospital chaplaincy Ms. Wu and Ms. Cheung; we extended beyond

music to embrace prayer and words of comfort. Through this visit, we carried messages of hope, healing, and the enduring love and salvation of Jesus Christ to the patients.

This annual devotion has grown into far more than a festive ritual; it stands as a living testament to the spirit of service and faith. By weaving together fellowship, compassion, and devotion, our family physicians have nurtured a tradition that not only illuminates the season but also leaves a lasting imprint of kindness upon the community.

This year's caroling was graced by the presence of our family physicians, who were delighted to recount their experiences. We hope that those inspired by this tradition will join us in the coming year, adding their voices to this chorus of joy and service.



*I am truly grateful for the opportunity to participate in Christmas Caroling at Queen Elizabeth Hospital this year. It was a wonderful chance to share the joyous spirit of Christmas through festive songs in the wards. I especially enjoyed connecting with the children and the elderly who were there during the holiday season, interacting with them beyond my role as a doctor. Listening to their stories was incredibly rewarding. Though the session lasted only two hours, I truly cherished every moment spent singing in the Children's and orthopaedic wards.*

**Dr. Chan Tsz Wai, Jodie**

*The Christmas carol event was a wonderful experience! I loved the strong community spirit, and it was uplifting to see the joy it brought to both patients and staff. The festive atmosphere added to the magic of the occasion. Giving and sharing joy truly are blessings, especially during this season. Overall, it was fantastic—let's make it even better next time!*

**Dr. Mok Tze Ngai, Paul**

*There was an elderly lady in a bed by the entrance of the orthopaedic ward, about to be transferred away. Seeing that we had come to sing Christmas carols, she urged us to quickly begin before she had to leave the ward. How delighted she seemed to have heard us sing, perhaps having felt a little joy in what had been a dull and depressing hospital stay! Also in the orthopaedic ward, I came across a patient who asked us to help pray for her as she was scheduled for an emergency operation. My encounters that day made me realise how we as doctors often focus on the physical needs and neglect the spiritual needs of our patients.*

**Dr. Li Ting Kwan**

*This event gave me another chance to contact patients in ward whom I have not been able to touch since I started working in community clinics 10 years ago. It is great to spread the Good News to these patients through Christmas songs. While we face many patients in community clinics, let us not forget the babies and elderlies in ward who are not even able to come to see us in community clinics. I hope they found healing power in the songs we sing for them.*

**Dr. Lee Ho Ming, Peter**

*We extend our deepest gratitude to Chief Chaplain Ms. Wu and Chaplain Ms. Cheung for graciously leading us in this meaningful occasion. It was not only a time of song and prayer for our patients, but also a precious opportunity to spend moments in conversation, to listen with compassion, and to show genuine care. Even the children within the hospital were able to share in the joy and peace of Christmas. Through this experience, I felt a profound and unwavering conviction in the love of Jesus Christ—a love that embraces us in both health and in illness.*

**Dr. Lau Ka Man, Kaman**

*It was a wonderful experience joining the Christmas Carol event at the QEH paediatrics and orthopaedics wards in December 2025. Putting aside my usual role as a doctor and simply chatting with the patients, I could truly feel their emotions — without thinking about their prescriptions, investigations, management plans etc.*

*Our songs and conversations seemed to help the patients feel more relaxed, but in fact, I think I was the one who felt even more relieved and grateful after the event. Talking with the patients freely really eased my own stress and reminded me why I love my job.*

**Dr. Cheuk Christina**



## Diploma in Family Medicine (HKCFP) 2026-2027

The Board is pleased to announce that the Diploma Course in Family Medicine (DFM) organized by The Hong Kong College of Family Physicians will commence in August 2026.

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

Details of the course are as follows:

### 1. Objectives:

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

### 2. \*Syllabus:

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

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

#### Module I – Principles of Family Medicine (Distance Learning)

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

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

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

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

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

#### \*Module IV - Clinical Updates (Updates and FM Clinical Skills Enhancements)

<b>Aims:</b>	Acquire in-depth knowledge and practical skills in selected specialties
<b>Contents:</b>	<u>THREE</u> update seminars

#### \*Module V - Practical Family Medicine (Practical Workshops)

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

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

### 3. Articulations:

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

### 4. \*Schedule:

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

August to October 2026	Module I
October to December 2026	Module II
August 2026 to April 2027	Module III, IV & V
April 2027	Final Examination

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

### 5. Admission Requirement:

Registered Medical Practitioner with Bachelor's Degree in Medicine.

### 6. Teaching Staff:

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

## 7. Teaching Medium:

English

(Cantonese may be used in some seminars, workshops and FM clinical skills enhancements)

## 8. Course Fees:

Whole course:

HK\$47,000 for members of HKCFP

HK\$94,000 for non-members

**(A discount of HK\$3,000 for early bird applications on or before 31 May 2026)**

Individual Modules:	Members	Non-members
Module I (Distance Learning – Principles of Family Medicine)	\$6,000	\$12,000
Module II (Distance Learning – Common Problems in Family Medicine)	\$6,000	\$12,000
Module III (Structured Lectures & Seminars)	\$6,100	\$12,200
Module IV (Updates & FM Clinical Skills Enhancements)	\$5,800	\$11,600
Module V (Practical Workshops)	\$7,600	\$15,200
Examination	\$13,600	\$27,200
Administration Fee	\$5,000	\$10,000

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

## 9. Awards/Credits:

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

## 10. Application Procedure:

**Applications are now open.**

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

- Photocopy of the current Annual Practising Certificate;
- A recent photo of the applicant (passport size);
- A signed "Disclaimer of Liability";
- An administration fee for application of HK\$2,000 by crossed cheque payable to "HKCFP Education Limited". This fee is non-refundable;
- A Course Fee of HK\$47,000 (or HK\$94,000 for non-members) by crossed cheque payable to "HKCFP Education Limited". This fee is non-transferable and non-refundable.

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

Information and application forms can be obtained from the College or can be downloaded at the College website (<http://www.hkcfp.org.hk>). Members who were not admitted in the course in 2025 have to send in their application again if they want to study the course this year. Please contact the College secretariat, Ms. Alky Yu at 2871 8899 for any queries.

The eligibility of candidates is subject to the final approval of the Board of Diploma in Family Medicine.

## 11. Application Deadline: 30 June 2026

### Comments From Former DFM Graduates

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

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



APCLS Training Workshop



Women's Health Workshop



Orthopaedic Injection Workshop



Musculoskeletal Workshop

## THE 40TH CONJOINT HKCFP/RACGP FELLOWSHIP EXAMINATION SECOND ANNOUNCEMENT

The Board of Conjoint Examination is pleased to announce the following information on the 40<sup>th</sup> Conjoint Fellowship Examination with the Royal Australian College of General Practitioners to be held in 2026.

### (1) REQUIREMENTS AND ELIGIBILITY

CATEGORIES OF CANDIDATES:

**(a) CATEGORY I CANDIDATES MUST** be FULL OR ASSOCIATE members of BOTH HKCFP AND RACGP\* at the time of application for the Examination and at the time of the Conjoint Examination. (\*Documentary evidence is required with the application – including a valid RACGP number. All candidates are required to have renewed their RACGP membership for the year 2026/2027 on or before 31 July 2026. Failure to comply with the above may result in denial of admission to the Examination.)

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

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

**[Note:** All Category I candidates who are current vocational trainees and apply to sit the Written Examination **MUST** submit evidence of completion of at least 15 months of approved training by 31 March 2026, together with the application. Those current vocational trainees who apply for the Clinical Examination **MUST** submit evidence of completion of at least 39 months of approved training by 31 March 2026, together with the application. Candidates who have already completed vocational training **MUST** submit evidence of completion of vocational training, together with the application.

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

**Please Note:**

*For Category I candidates who have enrolled in the vocational training program before 31 December 2018, they will remain eligible to apply for the FRACGP before 1 March 2027, provided all requirements for Fellowship are met. All other candidates are eligible to apply for the award of International Conjoint RACGP Fellowship (ICFRACGP).*

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

**(b) CATEGORY II CANDIDATES** are doctors who

1. are FULLY registered with the Hong Kong Medical Council,
2. have been predominantly in general practice in Hong Kong for not less than **five** years by 30 June 2026, provided that the experiences are within the most recent 10 years,
3. must be FULL OR ASSOCIATE members of HKCFP at the time of application for the Examination and at the time of the Fellowship Examination.
4. had enrolled and passed the Diploma in Family Medicine course organized by the HKCFP, or other equivalent subject to the approval of the Board of DFM, HKCFP.
5. had fulfilled the CME/CPD requirements by obtaining both 30 CME points and 10 CPD points accredited by the HKCFP each in the 2 consecutive years (i.e. 2024-2025).

**Please Note:**

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

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

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

### (2) FORMAT AND CONTENTS

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

### (3) PRE-REQUISITE FOR CLINICAL SEGMENTS

All candidates applying to sit for the Clinical Examination of the Conjoint Fellowship Examination **MUST** possess an APCLS (Advanced Primary Care Life Support) certificate issued by the HKCFP\*. The validity of this certificate must span the time at which the application for the Examination is made **AND** the time of the Clinical Examination.

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

\*Note: In regarding the APCLS certificate issued by the HKCFP, the dates of APCLS workshops & examinations for 2026 have been announced. If you do not hold a valid APCLS certificate issued by HKCFP and intend to sit for the Conjoint Examination 2026, please register AS EARLY AS POSSIBLE.

**(4) CRITERIA FOR A PASS IN THE EXAMINATION**

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

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

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

**(5) APPLICATION AND EXAMINATION FEES**

Application forms are available at the College website, <http://www.hkcfp.org.hk>. Please note that the deadline for application is **9 April 2026 (Thursday)**.

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

**Application Fee** : \$3,000 (Non-refundable)

**Examination Fee** :

- Full Examination (Written + Clinical)	\$48,000
- Written Examination	
• AKT	\$12,000
• KFP	\$12,000
- Clinical Examination	\$24,000

Please make the cheque payable to **"HKCFP Education Limited"**. If a candidate applied for the Full Examination **but failed in the Written Examination, s/he will be automatically withdrawn from the Clinical Examination, and the Clinical Examination fee (\$24,000) would be refunded.**

**(6) REFUND POLICY**

If a candidate wishes to withdraw from the examination, and written notice of withdrawal is received by the College 60 days or more prior to the date of the examination, he will receive a refund of \$48,000 (for the whole examination), \$12,000 (for AKT), \$12,000 (for KFP) or \$24,000 (for the clinical examination). The application fee of \$3,000 will not be refunded.

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

All fees paid are not transferable to subsequent examinations.

**(7) IMPORTANT DATES**

- |                                                |                               |
|------------------------------------------------|-------------------------------|
| • 9 April 2026 (Thursday)                      | Closing Date for Applications |
| • 16 August 2026 (Sunday) ( <u>tentative</u> ) | Written Examination (KFP)     |
| • 23 August 2026 (Sunday) ( <u>tentative</u> ) | Written Examination (AKT)     |
| • Date to be confirmed                         | Clinical Examination (CCE)    |

**(8) ELECTION TO FELLOWSHIP**

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

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

Dr. David VK CHAO  
Co-Chairman  
Board of Conjoint Examination

Dr. Welchie WK KO  
Co-Chairman  
Board of Conjoint Examination

## The HKCFP Awards for the Best Research and Best Trainee Research of 2025

The Research Committee of the Hong Kong College of Family Physicians is calling for The Award for The Best Research of the Year 2025. All members and fellows of the College are invited to participate and submit their research papers to the Research Committee for selection.

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

Both the abovementioned Awards will be presented at the Conferment Ceremony in 2026.

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

**Entry and assessment criteria are listed below.**

**Entry Criteria:**

**For Best Research Paper:**

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

**For Best Trainee Research Paper:**

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

**Assessment Criteria:**

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

Each research project submitted will be assessed according to the seven criteria listed above by a selection panel. Each criterion may attract a different weighting to be decided by the selection panel. Please indicate the research award that you applied for, i.e. “The HKCFP Award for the Best Research of 2025” or “The HKCFP Award for the Best Trainee Research of 2025”, on your research project upon submission, and send your submission either

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

Or, **by email** to [research@hkcfp.org.hk](mailto:research@hkcfp.org.hk)

**DEADLINE OF SUBMISSION: 27 March 2026**

*Supported by HKCFP Foundation Fund*

## HKCFP Research Fellowship 2026

### Introduction

---

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

### Eligibility

---

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

### Selection criteria

---

Application will be judged on\*:

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

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

### How to apply

---

1. Application form, terms and conditions of the Fellowship can be downloaded from [www.hkcfp.org.hk](http://www.hkcfp.org.hk) or obtained from the College Secretariat, HKCFP at Rm 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. Tel: 2871 8899 Fax: 2866 0616
2. Applicants must submit:
  - The completed application form;
  - The signed terms and conditions of the HKCFP Research Fellowship;
  - Curriculum vitae from the principal investigator;
  - Curriculum vitae from the co-investigator(s) (no more than two pages) AND,
  - Curriculum vitae from the supervisor.
3. Applications close on: **27 March 2026**. Late applications will not be accepted.
4. Applications can be either sent:
 

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

Or, **by email** to [research@hkcfp.org.hk](mailto:research@hkcfp.org.hk)

*Supported by HKCFP Foundation Fund*

## Cooling the Flames: New Non-Hormonal Fixes for Menopausal Hot Flashes — Fezolinetant from a Primary Care Perspective

As a primary care physician managing women through midlife transitions, I routinely address the challenges of menopause. Vasomotor symptoms (VMS)—hot flashes and night sweats—affect 75–85% of women during this phase, often severely disrupting daily functioning for a median of 7–10 years.<sup>1</sup> The introduction of fezolinetant, a non-hormonal NK3 receptor antagonist approved by the FDA in 2023, provides a valuable targeted option for moderate-to-severe VMS, particularly for women unsuitable for, or preferring to avoid, hormone replacement therapy (HRT).<sup>2</sup>

### ■ **The Burden of Vasomotor Symptoms on Quality of Life**

VMS cause sudden heat sensations, flushing, and sweating multiple times daily or nocturnally, leading to sleep disturbances, chronic fatigue, irritability, and impaired concentration. Greater VMS severity links to worse sleep quality (PROMIS measures) and reduced productivity.<sup>3</sup> Many women normalize these symptoms or hesitate to seek help, yet untreated VMS correlate with poorer cardiovascular risk factors and increased CVD events.<sup>4</sup> Proactive screening with tools like the Menopause Rating Scale or patient diaries is essential to capture this hidden burden and improve quality of life.

### ■ **Lifestyle Modifications: First-Line Advice for Menopause**

Before escalating to pharmacotherapy, lifestyle modifications form the cornerstone of VMS management, often providing 20–30% symptom relief. I counsel patients on practical strategies: paced breathing during episodes (inhale 5 seconds, exhale 5 seconds), layering clothing for quick changes, maintaining a cool bedroom (<18°C with fans), limiting caffeine/alcohol/spicy foods, and regular aerobic exercise (150 min/week). Emerging evidence supports mindfulness

practices—an 8-week Mindfulness-Based Stress Reduction (MBSR) program reduced VMS frequency by 40% and improved sleep quality versus controls (P=0.01), with sustained benefits at 6 months. Cognitive behavioral therapy (CBT) also shows 30–40% long-term relief.<sup>9</sup> These low-risk interventions empower women, enhance adherence when combined with meds, and address holistic midlife wellness.

### ■ **Case Sharing: A Typical Presentation of VMS in Menopause**

Mrs. L is a 52-year-old accountant with good past health, who experienced menopause one year ago. She first noticed VMS about two years prior, during perimenopause. Initially mild, they progressed to severe episodes, reporting eight hot flashes per night accompanied by drenching sweats, requiring frequent clothing changes. During the day, episodes occurred 5–7 times, often triggered by stress or warm environments.

These symptoms profoundly affected her life. Night sweats disrupted her sleep, leaving her exhausted and foggy-headed. At work, her concentration lapsed, leading to minor errors, mood swings, and irritability, straining family interactions. Socially, she avoided evening events due to fear of visible sweating, leading to withdrawal from professional circles and friends.

Although she tried lifestyle measures such as cooling her bedroom and wearing breathable clothing, results were limited. She had previously declined hormone therapy due to concerns about breast cancer. Upon discussing fezolinetant, she was relieved by the non-hormonal mechanism and rapid relief potential. Following baseline liver function tests, she started 45 mg daily. Within one week, nocturnal episodes decreased to 2–3 milder ones, and by one month, frequency was reduced by over 70%.<sup>2</sup> She resumed social activities with renewed confidence. This case

illustrates the severe impact VMS can have on professional women and the relief that targeted treatments can provide.

### ■ **Current Management Options and Their Limitations**

Lifestyle modification is the essential first step in managing menopausal VMS. Primary care physicians can guide patients using six pillars of lifestyle medicine: a healthy diet, regular physical activity, stress management, restorative sleep, positive social relationships, and avoidance of harmful substances. However, these lifestyle approaches often prove insufficient for women with moderate-to-severe VMS.

Hormone therapy (HT) remains highly effective, reducing VMS frequency and severity by 75–90%. However, potential risks—including thromboembolism, stroke, and breast cancer—make it unsuitable for many women.<sup>6</sup> Non-hormonal pharmacological alternatives like low-dose selective serotonin reuptake inhibitors or gabapentin typically offer only 40–60% symptom reduction, often with side effects that lead to high discontinuation rates.<sup>2,5,7</sup>

### ■ **Mechanism of Action of Fezolinetant**

Fezolinetant targets hypothalamic thermoregulation. With declining estrogen levels, neurokinin B signaling via NK3 receptors increases, triggering VMS. As a selective NK3 antagonist, fezolinetant blocks this pathway without hormonal effects, making it suitable for women contraindicated for HT.<sup>2</sup>

### ■ **Clinical Evidence: Efficacy and Safety**

Phase 3 trials (SKYLIGHT 1 and 2) demonstrated that fezolinetant at 45 mg reduced VMS frequency by approximately 2.5–2.6 events/day at week 12 versus placebo, with improvements in severity noted as early as week one.<sup>2,10</sup> In women not using hormonal therapy, trials showed reduced frequency and improved sleep quality.<sup>2</sup> Common adverse events include headache, fatigue, and transient transaminase elevations (monthly

monitoring of LFT is recommended in the first three months). Fezolinetant suits women with moderate-to-severe VMS who are averse to or ineligible for HT (approximately 37% in trials).<sup>2</sup> VMS impose significant burdens on women's lives, disrupting sleep, mood, social interactions, and work performance. Fezolinetant offers effective, non-hormonal relief with favorable safety characteristics, empowering primary care management alongside established options. Proactive care, including lifestyle modifications and use of medication when appropriate, as illustrated in cases like Mrs. L's, can restore quality of life and productivity for women navigating menopause.<sup>2</sup>

### Reference:

1. Avis NE, Crawford SL, Green R, *et al.* Duration of menopausal vasomotor symptoms over the menopause transition. *JAMA Intern Med.* 2015;175(4):531-9. doi:10.1001/jamainternmed.2014.8063
2. Lederman S, Ottery F, Cano A, *et al.* Fezolinetant for treatment of moderate-to-severe vasomotor symptoms associated with menopause (SKYLIGHT 1): a phase 3 randomised controlled study. *The Lancet*, Volume 401, Issue 10382, 1091 – 1102
3. English M, *et al.* Burden of menopause-associated vasomotor symptoms and validation of PROMIS Sleep Disturbance and Sleep-related Impairment measures for assessment of VMS impact on sleep. *J Patient Rep Outcomes* 2021;5:37 and Islam RM, *et al.* Prevalence and severity of symptoms across the menopause transition: cross-sectional findings from the Australian Women's Midlife Years (AMY) Study. *Lancet Diabetes Endocrinol.* 2025;13(9):765–76.
4. Thurston RC, Sutton-Tyrrell K, Everson-Rose SA, *et al.* Hot flashes and subclinical cardiovascular disease: findings from the Study of Women's Health Across the Nation Heart Study. *Circulation.* 2008;118(10):1092-100.
5. English M, Edwards NC, Beusterien K, *et al.* Patient-reported outcomes with oxybutynin for vasomotor symptoms of menopause: results from a real-world study. *J Patient Rep Outcomes.* 2021;5:37.
6. Rossouw JE, Anderson GL, Prentice RL, *et al.* Risks and benefits of estrogen plus progestin in healthy postmenopausal women: principal results from the Women's Health Initiative randomized controlled trial. *JAMA.* 2002;288(3):321-33.
7. Kagan R, Kellogg-Spadt S, Parish SJ. Practical treatment considerations in the management of a common, yet complex, developmental milestone: menopause. *Menopause.* 2021;28(10):1176-80.
8. Wong, C., Yip, B.H.K., Gao, T. *et al.* Mindfulness-Based Stress Reduction (MBSR) or Psychoeducation for the Reduction of Menopausal Symptoms: A Randomized, Controlled Clinical Trial. *Sci Rep* 8, 6609 [2018].
9. Hunter MS, Chilcot J. Is cognitive behaviour therapy an effective option for women who have troublesome menopausal symptoms? *Br J Health Psychol.* 2021 Sep;26(3):697-708. doi: 10.1111/bjhp.12543.
10. Johnson KA, Martin N, Nappi RE *et al.* Efficacy and Safety of Fezolinetant in Moderate to Severe Vasomotor Symptoms Associated With Menopause: A Phase 3 RCT. *J Clin Endocrinol Metab.* 2023 Jul 14;108(8):1981-1997.

**Compiled by Dr. Cheryl Chan**

## Occupational Medicine Series (1): Knowing more about the Occupational Medicine Service in Hospital Authority – Interview with Dr. Marcus Wong

Dr. Marcus Wong, Hong Kong East Cluster Occupational Health Centre Director / Hong Kong East Cluster Chief-of-service (Family Medicine and Primary Health Care)

Compiled by: Dr. Catherine Ng, Family Medicine Specialist, Hong Kong West Cluster, Hospital Authority  
Dr. David Cheng, Family Medicine Specialist, Hong Kong West Cluster, Hospital Authority

*It is our pleasure to chat with Dr. Marcus Wong, the director of Occupational Health Centre of Hong Kong East Cluster, Hospital Authority. He shared with us the Occupational Medicine Service in Hong Kong.*



(Left to Right) Dr. David Cheng, Dr. Marcus Wong and Dr. Catherine Ng

1. **What is the scope of services of Occupational Medicine (OM) under HA? Understood that there may be some variations among clusters.**

The Occupational Medicine Care Service (OMCS) under Hospital Authority (HA) commenced in 2005 involving only 3 cluster then: New Territories West, New Territories East and Kowloon West, managing HA staff with injury-on-duty (IOD), with a doctor and a case manager in each cluster. The service expanded further and in 2010, all seven clusters had their own OM services. Initially, the OM service in the seven clusters was overseen by different committees or departments, with services provided by Occupational and Environmental Medicine (OEM) physicians, Family Medicine specialists, Psychiatrists, Physicians, and Orthopaedic Surgeons. At present, the governance of OM services has been consolidated under Family Medicine across all clusters, with one OM representative serving on each cluster's Occupational Safety and Health (OSH) Committee.

Currently, the main target population of OMCS are still HA staff with injury-on-duty. In all clusters, OM service offers timely clinical assessment, occupational assessment, treatment, rehabilitation, and with the support of case managers, providing return-to-work service for them, aiming for early rehabilitation and hence facilitating early and safe return-to-work (RTW). Minor variations exist among clusters regarding the referral criteria, including the required duration of IOD sick leave and the source of referral, such as the Human Resources Department.

Some clusters manage non-IOD cases. For instance, our cluster see staff with long sick leave of absence associated with non-IOD clinical conditions, who hope to return to work, or request medical assessment on fitness to resume work. Staff attend the service on voluntary basis.

Some cluster OM services conduct worksite assessment. For indicated IOD cases, they visit the workplace with the OSH team to study how the incidents happened and provide advice on prevention. To prevent occupational hazards, advice on work setting and work process are not only provided to supervisors, but also to the staff. For some staff with return-to-work difficulties, case managers conduct on-site work assessment, training and tailor-made RTW advice.



The OMCS provides health surveillance for staff who are at risk of exposure to various occupational hazards. Medical examinations for radiation workers are conducted in all clusters, for example, among staff in the Department of Clinical Oncology. Some clusters also conduct health assessments for staff handling cytotoxic drugs. In addition, the Hong Kong East Cluster (HKEC) provides medical surveillance for staff working in compressed air environments, as Pamela Youde Nethersole Eastern Hospital which houses a hyperbaric oxygen chamber.

The Hong Kong East Cluster (HKEC) conducts tailor-made Occupational Health Enhancement Projects annually, focusing on promoting occupational health within individual departments. In collaboration with the Occupational Safety and Health (OSH) Team, educational activities are organized to foster a healthy workplace culture, such as health talks on heat stress prevention. HKEC also partners with other specialties to provide targeted health education, including talks on osteoporosis and stroke prevention.

Occupational and Environmental Medicine (OEM) in Hong Kong is a recognized medical specialty under the Hong Kong College of Community Medicine. All seven clusters have accredited OEM training centres.

At present, several Family Medicine Specialists are undertaking OEM training within different clusters. In addition to training doctor trainees in OEM, HKEC also provides training opportunities for occupational health nurses and medical students.

The Occupational Health Centre (OHC) is another service established with government funding provided to the Hospital Authority in 2011. Two OHCs were set up—one at Queen Elizabeth Hospital and another at Pamela Youde Nethersole Eastern Hospital—serving civil servants as the target population. These centres provide clinical assessment, treatment, and rehabilitation services similar to those of the Occupational Medicine Clinical Service (OMCS). However, there is comparatively less emphasis on return-to-work (RTW) services, and on-site workplace assessments are not conducted.

## 2. **What is the difference between the OMs in HA and in Labour Department?**

The main difference is the target population. OM Service in Labour Department is open to the general public, while for HA, the service is targeted for HA staff. Their team also have OEM doctors and nurses, and patients can be referred for rehabilitation services such as physiotherapy and occupational therapy.



Staff Health Talk on Probiotics

3. **What is MAB/OAB? What are they and what is the difference between them? What are the things to be done in these sessions?**

### Ordinary Assessment Board (OAB)

Under Employees' Compensation Ordinance (ECO), an employer is liable to pay compensation in respect of injuries sustained by his/ her employees as a result of an accident arising out of and in the course of employment. The so-called "OAB" (Ordinary Assessment Board of ECO) aims to assess the necessary period of absence from duty, and the percentage of loss of earning capacity permanently caused to the employee as a result of the work injury, which is used to calculate the compensation amount. The OAB comprises a Labour Department Officer and two persons each of whom shall be a registered medical practitioner, a registered Chinese medicine practitioner or a registered dentist. Any HA doctors, except interns, can act as members of the board. OEM doctors are either chairmen or member of OAB in some clusters. Period of sick leave related to the work injury, and the percentage of permanent incapacity with reference to the First Schedule of Employees' Compensation Ordinance and AMA Guides to the Evaluation of Permanent Impairment will be decided at the OAB. After the first OAB, both the employer and the employee have the right to appeal for a second OAB to reassess the case. Further appeal shall lie to the District Court.

### Medical Assessment Board (MAB)

The Medical Assessment Board (MAB) is an internal mechanism convened to conduct medical assessments for civil servants and Hospital Authority (HA) staff, in accordance with the Civil Service

Regulations (CSR) and the Human Resources manual of the HA, respectively. All clusters organize MABs; however, the specific practices and the extent of participation by individual Occupational Medicine Clinical Services (OMCS) may vary.

A typical board comprises of three doctors, one of whom serves as the Chairperson. An MAB may be convened either at the request of the staff member's work division or upon the staff member's own application for assessment of their health condition. Common reasons for convening an MAB include prolonged sick leave (for example, exceeding 91 or 182 days under CSR), assessment of work capacity and ability to perform principal duties, consideration of modified duty arrangements, determination of alleged injury-on-duty (IOD) status, evaluation of IOD-related loss of earning capacity under the CSR pension scheme, and consideration of early retirement on medical grounds.

During an MAB, the Board assesses and provides comments on the staff member's current medical condition, the resulting infirmities, whether such infirmities are temporary or permanent, the appropriateness of the sick leave granted, and whether the staff member remains fit to discharge the principal duties of their post. In summary, the MAB serves as a comprehensive fitness-to-work assessment, requiring detailed evaluation of both medical conditions and job-related factors.

*After reading about Dr. Wong's interview, I'm sure our readers now know quite a lot about Occupational Medicine and the scope of OMCS in HA. In next issue, Dr. Wong will share more on OEM training and also his life as a Family Physician as well as an OEM doctor.*



Staff Health Talk on Vision Health

# 富士山周邊 Glamping之旅

譚仲豪醫生

2023年秋天，我再次回來了日本，這次的目的地是廣為人知的富士山周邊地區。很多人來到這裡時都會考慮入住溫泉旅館，品嚐懷石料理。這種住宿方式以前都試過了！這次我想嘗試一些新潮的東西，體驗年輕人當下最時尚的露營之旅，也就是在日本親近大自然的奢華露營，又稱為「Glamping」。

這次上網查看了一些關於河口湖露營的相關網頁，很快就找到了這個度假村。這個度假村實際上只開了一兩年，所以非常新穎。進入營地後，會看到四周都被茂密的樹林所包圍，散發出濃厚的大自然氛圍。



蒙古包區域大約有11間小屋，中央設有一個休息和活動區域。在進入自己的蒙古包之前，我繞著這個區域走了一圈，每間小屋之間的距離不算太遠，但也不是非常緊密，所以在住宿期間還是能夠保有一定程度的私隱。在蒙古包區域的中間，設有幾張太陽椅，供人們坐下休息。



好了，現在大家應該都迫不及待地想看看蒙古包的情況了。蒙古包內的環境佈置得相當舒適，並且非常現代化。兩張床都相當寬敞，而房間的地板鋪設了隔熱材料。開燈後，整個房間會變得明亮起來。



從窗外可以看到屬於自己小屋的用餐帳篷，所以我的房間不會被鄰居看到，我對房間的私密性感到滿意。

在房間內除了電燈之外，還配備了冰箱、風扇、抽濕機和電暖爐。我這次是在秋天來的，晚上的氣溫可能會下降到約攝氏11至12度，但打開暖爐睡覺後，整個房間都感到溫暖舒適。

蒙古包的後面是屬於自己房間的露天小廚房，這裡設有洗手盆，度假村也準備了柴枝供生火使用，並配備了一個小型的氣體卡式爐，所以生火相當方便。



蒙古包的背後是一個小型火爐，旁邊是用餐的帳篷。雖然可以額外付費在那裡享受燒烤晚餐和早餐，這次旅行我沒有安排太多麻煩的事情，只是純粹享受住在這裡，中途用餐會開車去附近的餐廳用餐，然後再回到蒙古包。對於像我這樣的懶人來說，讓別人煮飯比自己動手煮更方便。



可能會有讀者現在會有嘞疑問，呢個蒙古包有冇浴室設施？答案是有的。這個蒙古包設有獨立的浴室設施及廁所，就在蒙古包旁邊的一個小屋裡。打開房間的門後，你會看到一個現代化的浴室，裡面有淋浴間和馬桶。廁所內也設

有暖爐，所以晚上在這裡洗澡非常溫暖舒適。而這裡提供的洗髮水和沐浴露我覺得也很好用。

在參觀完房間後，去看看周圍的環境有什麼吧！營地的中心設有一個迷你小酒吧，可以在這裡購買飲品，坐在森林中享受一杯。在這個營地裡可以付費參加一些戶外活動，例如在河口湖上划獨木舟，這一定很刺激有趣。此外，你還可以留在營地內烤食物，例如燒烤棉花糖，這對於家人或朋友一起享受休閒時光來說一定很愉快。營地旁邊還有一個適合孩子玩耍的冒險遊樂區，裡面有簡單的繩網和鞦韆。而我特別注意到的是一個吊床，最後我在那裡休息了一會兒，聆聽著鳥兒的歌聲，感受著森林微風，非常舒適愜意。



當地的工作人員會教大家如何在野外生火，原來這也是技巧的！他們會示範如何排列不同大小的木材，以獲得更美麗的火焰。觀察他們的示範不僅可以享受他們的表演，還能增加知識。





當太陽下山後，只剩下營地的燈光照亮周圍。在這種環境下度過夜晚，遠離城市的喧囂，確實是一種與平日在城市酒店旅行完全不同的體驗。既然設施如此齊全，就在這裡準備一些熱飲品，坐在營火旁邊聊天，享受一個美好的夜晚。

總體來說，我對這次野外住宿的體驗感到滿意。營地提供的設施非常完善，而且環境也非常乾淨整潔，所以我們度過了一個愉快的住宿體驗。

這次的河口湖之旅當然不僅僅是住宿，我還參觀了幾個獨特的景點。例如，我們去了百花盛開的彼得兔英式花園，在那裡可以遠眺到富士山和美麗的園林景色。我還去了河口湖旁的本栖湖，這裡是著名的日本千元紙幣背景景點，你可以在那裡欣賞到真實版的令人驚嘆的美景。

總體而言，這次旅行是非常有趣的。



*"Submissions of articles to After Hours with up to 500 words are always welcome. Options of College Souvenirs or Gift vouchers will be given as a token of appreciation if the articles are selected for publication. Email: FPLinks@hkcfp.org.hk"*

## READERSHIP DRIVE

**Congratulations!** The returns from the following doctors have been selected for January 2026 issue:

Dr. SO Fong Tat, Dr. YU Yi Fung

**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



**Hong Kong  
Primary Care  
Conference**

The Hong Kong College  
of Family Physicians

**Hong Kong Primary Care Conference 2026**  
**Overcoming Challenges for  
Sustainable Primary Care:**  
*Innovation, Collaboration and Leadership*  
**26 – 28 June 2026 (Friday – Sunday)**



*(Supported by HKCFP Foundation Fund)*



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

# Hong Kong Primary Care Conference 2026 “Overcoming Challenges for Sustainable Primary Care: Innovation, Collaboration and Leadership”

**26 – 28 June 2026 (Friday – Sunday)**

Time flies and it is once again our great pleasure to announce that the Hong Kong Primary Care Conference (HKPCC) 2026, will be held from 26 to 28 June 2026 at the Hong Kong Academy of Medicine Jockey Club Building in Aberdeen, Hong Kong.

This year’s theme, “Overcoming Challenges for Sustainable Primary Care: Innovation, Collaboration, and Leadership” could not be more timely. Hong Kong’s healthcare system continues to face mounting pressures - an aging population, the rising prevalence of chronic diseases, workforce shortages among doctors and nurses, and an overstretched public sector. These challenges underscore the urgent need for systemic reform, optimal resource allocation and a more holistic approach to healthcare. In response, the Government has demonstrated a strong commitment to healthcare transformation by shifting the focus from a hospital-based, curative model to a community-oriented, preventive care framework as outlined in the Primary Care Blueprint. A key reform initiative is the promotion of the “Family Doctor for All” concept, supported by the Chronic Disease Co-Care (CDCC) Pilot Scheme launched in 2023. This initiative aims to establish a family doctor system, with District Health Centers (DHCs) serving as community hubs to reinforce the primary healthcare network. Family doctors are the cornerstone of primary healthcare, providing community-based, continuous care that adapts to our patients’ changing needs. Through innovation, interdisciplinary collaboration, and effective leadership, they are leading the charge towards sustainable, high quality primary care capable of meeting rising demands and complex challenges.

The HKPCC has long been a hallmark event for academic exchange, professional networking, and innovation in primary care. Join us again to get the latest insights in family medicine and primary healthcare through a rich and well-curated scientific program featuring inspiring plenary lectures, interactive forums, hands-on workshops, and engaging seminars. We warmly invite you to submit abstracts for our full research paper, free paper, and clinical case competitions - now open for submission. Stay tuned for more updates and exciting surprises to come!

We look forward to welcoming you all for another insightful and inspiring experience.

Sincerely yours,



Dr. Lorna Ng  
Chairlady, Organising Committee  
Hong Kong Primary Care Conference 2026



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

# Hong Kong Primary Care Conference 2026

## “Overcoming Challenges for Sustainable Primary Care: Innovation, Collaboration and Leadership”

26 – 28 June 2026 (Friday – Sunday)

## Full Research Paper Competition

We cordially invite your participation in the **Full Research Paper Competition** of the HKPCC 2026. The Competition is a long-standing tradition of the College's Annual Conference to promote and recognise well-designed and innovative research which bears potential impact on clinical practice or development of primary care. This year, we will have TWO Awards:

### AWARDS

#### Best Research Paper Award

#### Best New Investigator Research Paper Award

The HKPCC 2026 Organising Committee will invite renowned scholars as judges to review the participating papers. Both winners will receive a **Certificate of Award** and will be invited to present their research papers at the Conference.

### ELIGIBILITY AND AUTHOR GUIDELINES

For **Best Research Paper Award**: the first author of the paper must meet ALL of the following conditions:

- (1) The author must register for the Conference;
- (2) The author completes the majority of the research and writing for the paper;
- (3) The author has not used the paper to apply for other awards;
- (4) The paper had not been awarded in other competitions in the past; and
- (5) If the paper has already been published, it must be published after 1 January 2024.

For **Best New Investigator Research Paper Award**: the first author of the paper must meet ALL of the following conditions:

- (1) The author must register for the Conference;
- (2) The author completes the majority of the research and writing for the paper;
- (3) The author has not used the paper to apply for other awards;
- (4) The paper had not been awarded in other competitions in the past;
- (5) If the paper has already been published, it must be published after 1 January 2024; and
- (6) The first author must not have published any other research paper in any scientific journal as first author before (for example, The Hong Kong Practitioner, Hong Kong Medical Journal or other academic journals).

\* Recent successful exit examination candidates (in research segment) are also encouraged to submit for this award.

The participating paper should be a full-length article. It should include a structured abstract of no more than 250 words. The text should contain at least 2,000 words, organised as **INTRODUCTION, METHODOLOGY, RESULTS and DISCUSSION**. It should consist of no more than 6 illustrations (tables/figures). Only electronic versions are accepted. The full paper should be typed in 12-point size in Microsoft Word format.

- All accepted abstracts of the papers will be published on the HKPCC website and/ or e-programme book.

### AWARD SELECTION CRITERIA

Each paper will be evaluated against the following criteria:

- (1) Academic rigor of the paper (e.g. originality, methodology, organisation and presentation).
- (2) Relevance and impact to primary care (e.g. importance of the topic and the impact of the findings on the practice or development of primary care).

The panel reserves the right of granting / withholding an award for this year.

### HOW TO SUBMIT

After you have submitted the conference registration, please go to [https://online.hkam.org.hk/form/hkpcc2026\\_fullresearch](https://online.hkam.org.hk/form/hkpcc2026_fullresearch) to complete the competition submission form and submit your full research paper. All entries will be acknowledged upon receipt.

For enquiries, *please do not hesitate to contact our Conference Secretariat, Ms. Carol Pang or Ms. Nana Choy, at 2871 8899 or by email [hkpcc@hkcfp.org.hk](mailto:hkpcc@hkcfp.org.hk).*

### SUBMISSION DEADLINE

16 March 2026 (Monday)

*“We look forward to receiving your research articles!”*



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

# Hong Kong Primary Care Conference 2026 “Overcoming Challenges for Sustainable Primary Care: Innovation, Collaboration and Leadership”

26 – 28 June 2026 (Friday – Sunday)

## Free Paper Competition (Oral/ Poster)

**Free Paper Competition** sees many pioneering research ideas, pilot studies and thought-provoking case studies, commentaries and stimulating discussions. The Free Paper Competition is one of the highlights of the HKPCC and can be in the form of **ORAL** presentation or **POSTER** presentation. We look forward to your active participation in the Free Paper Competition.

### AWARDS

#### Best Oral Presentation Award

#### Outstanding Poster Presentation Award

For Outstanding Poster Presentation Award, the Best Three papers will be given awards among the categories as follows:

- Primary Care Interventions and Advances
- Healthcare System Improvements
- Medical Education
- Primary Care Epidemiology
- Others

Each winner will receive a **Certificate of Award**.

### Author Guidelines

- The presentation of the free paper can be in the form of an **ORAL** presentation or **POSTER** presentation. (The details of oral or poster presentation will be announced to the presenting authors via email later.)
- The author should select one category that matches his/ her abstract most during the submission.
- Electronic version is preferred for abstracts. Abstract should be typed in online abstract submission form. Handwritten abstracts will NOT be accepted.
- The abstract must not exceed 300 words, and should be organised as follows: **TITLE, AUTHOR(S), INTRODUCTION, METHOD, RESULTS and CONCLUSION**. Commentaries and discussion papers need not follow the above format apart from the TITLE and AUTHOR(S).
- Authors' full names and affiliations must be specified and correspondingly indexed. Surnames should be printed in bold.
- All abstracts must be submitted in English. All accepted abstracts must be presented in English.

### ELIGIBILITY REQUIREMENTS

To be eligible for participation in the free paper presentation, **the first author of the paper must meet ALL of the following conditions:**

- (1) The author (and the presenting author if applicable) must register for the Conference;
- (2) The author completes the majority of the research and writing of the paper;
- (3) The author has not submitted the same paper to other conferences conducting at the same time period of HKPCC;
- (4) The paper has not been granted any award(s) in the past;\*
- (5) Only **ONE** designated presenter can present the accepted abstract. Co-authors are welcome to register and attend the session of the Conference;
- (6) The abstracts of research studies in progress are welcome in the form of POSTER presentation;
- (7) All accepted abstracts of the papers will be published on the HKPCC website and/ or e-programme book; and
- (8) The Organising Committee has the right of final decision on the acceptance of an abstract.

\*If the paper has been granted any award(s) in the past, the paper can be submitted for poster presentation only and will be automatically excluded from award competition.

### AWARD SELECTION CRITERIA

For **Best Oral Presentation Award**, each oral presentation will be evaluated against the following criteria:

- (1) Quality and thoroughness of research methods used to generate findings;
- (2) Quality of visual presentation if applied;
- (3) Relevance, innovation and impact to primary care.

For **Outstanding Poster Presentation Award**, each poster will be evaluated against the following criteria:

- (1) Quality of visual presentation (poster layout);
- (2) Quality and thoroughness of research methods used to generate findings;
- (3) Relevance, innovation and impact to primary care.

The panel reserves the right of granting/ withholding an award for this year.

### HOW TO SUBMIT

After you have submitted the conference registration, please go to [https://online.hkam.org.hk/form/hkpcc2026\\_freepaper](https://online.hkam.org.hk/form/hkpcc2026_freepaper) to complete the competition submission form and submit your abstract. All entries will be acknowledged upon receipt.

For enquiries, please do not hesitate to contact our Conference Secretariat, Ms. Carol Pang or Ms. Nana Choy, at 2871 8899 or by email [hkpcc@hkcfp.org.hk](mailto:hkpcc@hkcfp.org.hk).

### SUBMISSION DEADLINE

16 March 2026 (Monday)



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

# Hong Kong Primary Care Conference 2026 “Overcoming Challenges for Sustainable Primary Care: Innovation, Collaboration and Leadership”

26 – 28 June 2026 (Friday – Sunday)

## Clinical Case Presentation Competition

Following on from the success of the previous years' HKPCC Clinical Case Presentation Competition, the Organising Committee of the upcoming HKPCC 2026 is honored to organise the competition again this year!

The Presentation can be in the form of individual or group presentation with up to 5 people per group. The details of the competition are listed as below. We look forward to your active participation in the Clinical Case Presentation Competition.

### AWARDS

The Best Presentation Award winner will receive a **Certificate of Award**.

### COMPETITION OUTLINE

- (1) Target participants: Doctors, nurses, physiotherapists, clinical psychologists, occupational therapists, dieticians, podiatrists and any other allied health professionals.
- (2) Presentation materials: Any clinical case relevant to primary care.
- (3) Presentation format: In the form of individual presentation, role-play, drama or any other possible format for 10 – 15 minutes which must be presented in English. Either individual or group presentation with up to 5 people per group is acceptable.
- (4) The Organising Committee has the right of final decision on the acceptance of the cases for presentation upon the review of presentation proposal submitted by the presenter.

### ELIGIBILITY REQUIREMENTS

To be eligible for participation in the Clinical Case Presentation Competition, the presenter must meet ALL of the following conditions:

- (1) The presenter must register for the Conference.
- (2) **The presentation should be the original work of the participants.**
- (3) The presenter must submit the presentation proposal for selection by the Organising Committee.
- (4) **Each presentation proposal should state the topic of case, case brief, presentation format (e.g. PowerPoint, role-play, drama, video) and rundown.**

### AWARD SELECTION CRITERIA

Each presentation will be evaluated against the following criteria:

- (1) Quality of presentation: Presentation skills and time management.
- (2) Content of presentation: Relevance and impact to primary care, enhancement to patient care in daily practice and useful take home message.

### HOW TO SUBMIT

After you have submitted the conference registration, please go to [https://online.hkam.org.hk/form/hkpcc2026\\_clinicalcase](https://online.hkam.org.hk/form/hkpcc2026_clinicalcase) to complete the competition submission form and submit your presentation proposal. All entries will be acknowledged upon receipt.

Once the presentation proposal is accepted by the Organising Committee, the presenter needs to submit the presentation material to the Conference Secretariat **on or before 11 June 2026 (Thursday)**.

For enquiries, *please do not hesitate to contact our Conference Secretariat, Ms. Carol Pang or Ms. Nana Choy, at 2871 8899 or by email [hkpcc@hkcfp.org.hk](mailto:hkpcc@hkcfp.org.hk).*

## SUBMISSION DEADLINE FOR ENTRY FORM AND PRESENTATION PROPOSAL

**16 March 2026 (Monday)**

## SUBMISSION DEADLINE FOR PRESENTATION MATERIAL

**11 June 2026 (Thursday)**

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

### 《為什麼停滯不前？》

蔡雄宇醫生

54歲女士在家庭醫生覆診適應障礙症，已經四年了，起源自丈夫因賭博欠下巨債離家出走，離婚後女士要獨力照顧讀中二及小四的女兒。前夫一直有穩定給贍養費，直至最近半年經常拖欠，因為他已經有了新的婚姻。大女兒成績平平，媽媽形容她為聰明但懶惰的小朋友，在校有被網絡欺凌過，而小女兒的成績則不理想。

**我**：「你好叻阿，無用血清素半年，聽到前夫無俾贍養費，情緒都無受困擾。」

**女士**：「我放低左佢，唔諗佢，不過佢爭我屋企人的錢，照顧阿女的錢我一定會追返，呢D係佢做人老豆的責任。我考慮緊透過社工向法庭追討，不過好多野要處理。」

**我**：「財政上有無困難？」

**女士**：「我打算做下兼職，咁就可以照顧好兩個女的起居飲食。」

**我**：「你真係個盡責的媽媽！」

過了半年，女士覆診了兩次。

**我**：「搵工搵成點？」

**女士**：「我打算去搵下兼職，不過仲未寄出求職信。」

**我**：「你唔係有財政壓力咩？」

**女士**：「係阿，不過就係停滯不前，好似無乜動力。」

**我**：「追返前夫D錢未？」

**女士**：「未阿，佢今次話佢都借左佢現任老婆幾十萬炒股輸左，唔好諗住佢有錢。阿女就睇到前夫IG話爸爸岩岩先去左歐洲旅行。我想追佢D錢，但係D文件好煩，我就停滯不前。」

**我**：「咁你呢排咪訓得好差？」

**女士**：「係阿。」

**我**：「訓唔着會諗咩？兩個女？搵工？打官司？」

**女士**：「無諗喎，我對佢已經無期望。」

**我**：「噢，你諗前夫所以諗到訓唔着。」

**女士**：「我以為我已經放低左佢。」

**我**：「如果你放低左佢，就唔會次次覆診都係講佢。」

**女士**：「咁我係咪要食返血清素？我唔想。」

**我**：「你要的唔係藥，令你停滯不前的野，其實唔係眼前的財政壓力或者女兒的照顧壓力，你知唔知係咩？」

**女士**：「我唔知。」

**我**：「從第一日你黎睇我到今時今日，你對前夫的種種複雜情緒令你停滯不前。當你心裏真正放低你前夫，你就以後唔駛黎覆診，因為你已經重新出發，不再活在過去的傷痛。」

#### 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@hkcp.org.hk](mailto:FPLinks@hkcp.org.hk)



THE HONG KONG  
POLYTECHNIC UNIVERSITY  
香港理工大學

### UNIVERSITY HEALTH SERVICE

#### Medical Officer (Ref. 260115008)

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 <https://www.polyu.edu.hk/uhs/> 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 14 March 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/](https://www.polyu.edu.hk/hro/equal_opportunities_diversity_and_inclusion/).*

# BOARD OF EDUCATION NEWS

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

## Online Event

Date and Time	Topic	Speaker
5 March (Thu) 2:00 – 3:00p.m.	<b>Beyond the Headlines: COVID-19 Updates, Local Burden, and Why Vaccination Still Matters</b> <i>Sponsored by Moderna Hong Kong Limited</i>	<b>Dr. Wilson LAM</b> <i>Specialist in Infectious Disease</i>

## On-site Events

Date and Time	Venue	Topic	Speakers
14 March (Sat) 2:00 – 4:30p.m. (Registration & Lunch will be started from 1:00 p.m.)	Star Room, Level 42, Cordis Hotel, 555 Shanghai Street, Mongkok, Kowloon	<b>Saturday Symposium</b> <b>1. Looking Through Metabolic Dysfunction-Associated Steatotic Liver Disease - The Emerging Silent Pandemic from Surgeon Perspective</b> <b>2. Strengthening the Expertise and Clinical Strategies in Managing Vertigo</b> <b>3. Optimizing the Management of Acute Diarrhea - What is the Right Approach?</b> <i>Sponsored by Abbott Laboratories Ltd</i>	<b>1. Dr. TSUI Tsun Miu</b> <i>Specialist in General Surgery</i> <b>2. Dr. CHAN Man Hin</b> <i>Specialist in Otorhinolaryngology</i> <b>3. Dr. SHAM Chak On</b> <i>Specialist in Paediatrics</i>
18 March (Wed) 2:00 – 3:00p.m. (Registration & Lunch will be started from 1:00 p.m.)	Chalet, Lower Lobby Level, Langham Hotel, 8 Peking Rd, Tsim Sha Tsui	<b>OA Hip Knee Shoulder and Robotic Surgery</b> <i>Sponsored by Hisamitsu Pharmaceutical (Hong Kong) Co., Limited</i>	<b>Dr. LEE Cheung Hong</b> <i>Specialist in Orthopaedics &amp; Traumatology</i>

### QR Code for registration



### Admission Fee:

<b>5 March 2026 (Thu)</b> College Members: Non – members:	Complimentary HK\$ 100.00
<b>14 March 2026 (Sat)</b> College Fellow, Full, or Associate Members:  Other Categories of Members: Non – members:	Complimentary *(\$50 Enrollment deposit is required) HK\$ 750.00 HK\$ 850.00
<b>18 March 2026 (Wed)</b> College Fellow, Full, or Associate Members:  Other Categories of Members: Non – members:	Complimentary *(\$50 Enrollment deposit is required) HK\$ 650.00 HK\$ 750.00
* Enrollment deposit of HK\$50.00 per lecture is needed for CME event held in hotel. Cheque should be made payable to "HKCFP Education Limited" and send to the Secretariat Office at "Room 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong". The cheque would be returned to registered member upon registration on the day. <b>Pre-registration is required and subject to receipt of enrollment deposit cheque in order to confirm the registration.</b> <i>For non-members, please contact the secretariat for registration details. All fees received are non-refundable nor transferable.</i>	

Accreditation : 5 & 18 March : 1 CME Point HKCFP [Cat. 4.3] Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)  
1 CME Point MCHK (pending)  
14 March : 3 CME Points HKCFP [Cat. 4.4] Up to 2 CPD Points (Subject to submission of satisfactory report of Professional Development Log)  
3 CME Points MCHK (pending)

## Online Monthly Video Sessions

Dates and Time	Topics
27 February 2026 (Fri) 2:30 – 3:30 p.m.	"New solution for Metabolic Syndromes Management: Metabolic Health Benefits of Fiber" by Dr. CHOW Yee Kwan, Elaine
27 March 2026 (Fri) 2:30 – 3:30 p.m.	"Evaluating Point of Care Tests for Guiding Antimicrobial Prescribing in Primary Care" by Prof. Chris BUTLER

### QR Codes for registration

27 February 2026 (Fri) | 27 March 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 : Member Free  
(For all online seminars) Non-member HK\$ 100.00 for each session  
*For non-members, please contact the secretariat for registration details. All fees received are non-refundable nor transferable.*

Registration Method : Please register via the registration link to be sent by email later or scan the QR code above. For enquiry about registration, please contact Ms. Minny Fung by email to [education@hkcfp.org.hk](mailto:education@hkcfp.org.hk) or call 2871 8899. Thank you.

### Notes :

- Online Events**
- In case of over-subscription, the organizer reserves the right of final decision to accept registration.
  - The link to join the webinar **SHOULD NOT** be shared with others as it is unique to each individual who has completed prior enrolment procedures. If additional attendee(s) is/are found using the same unique link to join the webinar with you, all attendees joining the lecture via your unique link would be dismissed. You can only login with one device at a time. CME point(s) would only be given to those on the pre-registration list and attended the lecture.
  - Please note you can just attend **ONE** CME activity at a time. If found you are attending more than one CME activity simultaneously by the CME administrator later, you may NOT be able to receive the CME point(s).
  - Members who have attended less than 75% of the length of the online lecture may not be able to receive CME. Final decision would be subject to the approval of the related Board / Committee.
  - Please be reminded to complete and submit the \*MCQs or survey after the session for HKCFP and MCHK CME point(s) accreditation. (\*MCQs/ True or False Questions; 50% or above of correct answers are required)**
  - Please be reminded to check the system requirements beforehand to avoid any connection issues.
  - Due to copyright issue, please note private recording of the lecture is prohibited.
  - Registration will be closed 3 days prior to the event.

## Structured Education Programmes

Free for members

HKCFP 2 CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
<b>Wednesday, 04 March 2026</b>			
14:30 - 17:00	Rm T352, 3/F, OT Block, Tuen Mun Hospital	<b>Update Management of O&amp;T Disease with Cases Sharing</b> Dr. CHAN Ho Shuen	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	<b>Management of an Infertile Couple</b> Dr. FOCK Hoi Hei, Surena, Dr. NG Yuen Shan	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	<b>Motivation Interview</b> Dr. POON Chi Him, Dr. CHENG Wai Man, Alice, Dr. NG Wang Ho, Rex	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	<b>Sleep and Dreams</b> Dr. SIN Ming Cheun	Ms. Cherry WONG Tel: 2589 2337
<b>Thursday, 05 March 2026</b>			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	<b>Management of Substance Use Disorder in Primary Care Setting Including Sleeping Pills</b> Dr. WAN Kwong Ha, Dr. LO Cheuk Wai	Ms. Eliza CHAN Tel: 2468 6813
<b>Wednesday, 11 March 2026</b>			
14:30 - 17:00	Rm T352, 3/F, OT Block, Tuen Mun Hospital	<b>Woman's Health: Preventive Care Services</b> Dr. CHAN Lai Yung	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	<b>Occupational Health</b> Dr. WONG Yuet Hei, Dr. MAK Hollam, Harry	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	<b>Menstrual Disorder</b> Dr. LUI Yin Mei, Catherine, Dr. WONG Tsz Yan, Nicole, Dr. LEE Sheung Yim, Sharon	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	<b>Services for Drug Abusers</b> Dr. TSE Ping Yu, Clarice	Ms. Cherry WONG Tel: 2589 2337
<b>Thursday, 12 March 2026</b>			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	<b>Community Resources for Underprivileged Patient</b> Dr. YIP Pui Leung, Dr. WU Flora	Ms. Eliza CHAN Tel: 2468 6813
<b>Wednesday, 18 March 2026</b>			
14:30 - 17:00	1/F, Health Education Room, Tin Shui Wai (Tin Yip Road) Family Medicine Integrated Centre	<b>AI in Health Care: Mobile App for Community Resources</b> Dr. CHEUNG Hoi Man	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	<b>Community Resources: Mobile Phone App in Health Care / eHR</b> Dr. LAI Siu Tung, Dr. CHENG Yee Sum, Summer	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	<b>Psychotic Disorder</b> Dr. DENG Luo, Valeria, Dr. ZHANG Guilian, Aviva, Dr. LEE Sheung Yim, Sharon	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	<b>Common Clinic Procedure: Trigger Finger Cum Injection Workshop</b> Dr. SY Hung Pan	Ms. Cherry WONG Tel: 2589 2337
<b>Thursday, 19 March 2026</b>			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	<b>Safety Net: Prolong Waiting Protocol and Call Back System in Primary Care Clinic</b> Dr. KWONG Chung Man, Dr. LAM Ka Wai	Ms. Eliza CHAN Tel: 2468 6813
<b>Wednesday, 25 March 2026</b>			
14:30 - 17:00	Rm5019, 5/F, Rehab Block, Tuen Mun Hospital	<b>Endocrine Emergencies in Primary Care</b> Dr. LO Anna	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	<b>Update on Management of Chronic Disease (Dementia, Parkinsonism)</b> Dr. HO Han Chung, Gary, Dr. CHAN Wing Yin, Winny	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	<b>Low Back Pain</b> Dr. HO Ka Wa, Joe, Dr. ZHENG Qiqi, Dr. LEE Ka Long, Aaron	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	<b>Emergency Orthopedic Case Sharing in Primary Healthcare</b> Dr. IONG Ka I	Ms. Cherry WONG Tel: 2589 2337
<b>Thursday, 26 March 2026</b>			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	<b>Teaching Family Medicine / General Practice</b> Dr. KUM Chung Hang, Dr. LAU Lai Na	Ms. Eliza CHAN Tel: 2468 6813

# COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 <b>Feb</b>	23	24	25 2:30 – 7:00 p.m. Structured Education Programme	26 4:00 – 6:00 p.m. Structured Education Programme 8:30 – 11:30 p.m. HKCFP Council Meeting	27 2:30 – 3:30 p.m. Online Video Session	28 2:30 – 5:00 p.m. DFM FM Clinical Skills Enhancement
1 <b>Mar</b>	2	3	4 2:30 – 7:00 p.m. Structured Education Programme	5 2:00 – 3:00 p.m. Online CME Lecture 4:00 – 6:00 p.m. Structured Education Programme	6 7:30 p.m. Higher Training Introductory Seminar	7 2:30 – 5:00 p.m. DFM FM Clinical Skills Enhancement
8 7:00 – 10:00 p.m. HKCFP 48 <sup>th</sup> College Annual Dinner	9	10	11 2:30 – 7:00 p.m. Structured Education Programme	12 4:00 – 6:00 p.m. Structured Education Programme	13	14 2:00 – 4:30 p.m. CME Lecture 2:30 – 5:30 p.m. DFM Module III
15	16	17	18 2:00 – 3:00 p.m. CME Lecture 2:30 – 7:00 p.m. Structured Education Programme	19 4:00 – 6:00 p.m. Structured Education Programme	20	21 2:30 – 5:00 p.m. DFM Module IV
22 12:00 – 6:30 p.m. APCLS Training Course	23	24	25 2:30 – 7:00 p.m. Structured Education Programme	26 4:00 – 6:00 p.m. Structured Education Programme 8:30 – 11:30 p.m. HKCFP Council Meeting	27 2:30 – 3:30 p.m. Online Video Session	28
29 2:00 – 5:30 p.m. DFM Pre Exam Workshop 1	30	31	1 <b>Apr</b> 2:30 – 7:00 p.m. Structured Education Programme	2 4:00 – 6:00 p.m. Structured Education Programme	3	4

## FP LINKS EDITORIAL BOARD

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



家庭醫生共聯繫 守護身心最到位

4<sup>th</sup> row (from left to right) : Dr. Patrick Tsai, Dr. Raymond Yeung, Dr. Chan Man Li, Dr. Alvin Chan, Dr. Alfred Kwong, Dr. Eva Tsui, Dr. Wanmie Leung  
3<sup>rd</sup> 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  
2<sup>nd</sup> 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  
1<sup>st</sup> row (from left to right) : Dr. Maria Leung, Dr. Anita Fan, Dr. Judy Cheng, Dr. Wendy Tsui, Dr. Catherine Ng, Dr. Natalie Siu

### FP LINKS EDITORIAL BOARD 2026

<b>Board Advisor</b>	: Dr. Wendy Tsui	
<b>Chief Editor</b>	: Dr. Judy Cheng	
<b>Deputy Editors</b>	: Dr. Catherine Ng Dr. Anita Fan Dr. Natalie Siu	
<b>Feature</b>	: Dr. David Cheng Section Editor	: Dr. Tam John Hugh Deputy Section Editor
<b>News Corner</b>	: Dr. Sze Hon Ho Section Editor	
<b>After Hours</b>	: Dr. Gavin Sin Section Editor	: Dr. Yip Tze Hung Deputy Section Editor
<b>WONCA Express</b>	: Dr. Will Leung Section Editor	
<b>Photo Gallery</b>	: Dr. Maria Leung Section Editor	: Dr. Christina Cheuk Deputy Section Editor
<b>Board of Education News</b>	: Dr. King Chan Section Editor	
<b>The Diary of a Family Doctor</b>	: Dr. John Wu Section Editor	: Dr. Patrick Tsai Deputy Section Editor
<b>Board Members</b>	: Dr. Alvin Chan Dr. Chan Man Li Dr. Rebecca Hou Dr. Dorothy Law Dr. Eva Tsui Dr. Raymond Yeung	: Dr. Cheryl Chan Dr. Alfred Kwong Dr. Wanmie Leung Prof. Martin Wong

#### 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, 8<sup>th</sup> Floor, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Hong Kong

@ hkcfp@hkcfp.org.hk



www.hkcfp.org.hk



2871 8899



Find us on: facebook.

To find out more, contact us:

The Hong Kong College of Family Physicians

"Restricted to members of HKCFP. The views expressed in the Family Physicians Links represent personal view only and are not necessarily shared by the College or the publishers. Copyrights reserved."