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Message from the President

The World Health Organisation (WHO) received a report on 2 May 2026 that a cluster of passengers with severe respiratory illness were found while travelling on board a cruise ship with 147 passengers and crew. (<https://www.who.int/emergencies/disease-outbreak-news/item/2026-DON599>) Up to 4 May 2026, seven cases have been identified (two laboratory confirmed cases of Hantavirus and five suspected cases, with ongoing investigations), including three deaths, one critically ill patient and three with mild symptoms. The illness onset was reported to be between 6 and 28 April 2026 and with symptoms of fever, gastrointestinal upset, progressing to pneumonia, acute respiratory distress syndrome and shock. Human Hantavirus infection is a rare but severe disease that can be deadly, it is usually acquired through contact with the urine, faeces, or saliva of infected rodents. Rarely, human to human transmission has been reported. WHO currently assesses the risk to the global population as low and ongoing monitoring the epidemiological situation is being carried out with update on the risk assessment.

According to the Centre of Health Protection (CHP), Hantaviruses are a group of viruses belonging to the Bunyaviridae family that are mainly found in rodents (such as rats, mice and voles). (<https://www.chp.gov.hk/en/healthtopics/content/24/3057.html>) In human, there are two main groups of diseases caused by Hantaviruses, including Haemorrhagic Fever with Renal Syndrome (HFRS) and Hantavirus Pulmonary

Syndrome (HPS). HFRS is caused by Old World Hantaviruses in Europe, Asia and Africa, while HPS is caused by New World Hantaviruses in North and South America. Infection can be spread by being bitten by infected rodents; eating food contaminated with infected rodent's urine, droppings or saliva; touching the eyes, nose and mouth after contacting objects contaminated with an infected rodent's urine, droppings or saliva. The incubation period is between 1-8 weeks after exposure. In HFRS, initial symptoms are comprised of sudden onset of severe headache, back and abdominal pain, pyrexia, nausea, and blurred vision. Flushing of the face, inflammation or redness of the eyes and rash can also happen. Subsequently, hypotension and acute renal failure might develop. The mortality rate was reported to be between 1% to 15%. In HPS, the early symptoms are lethargy, pyrexia and myalgia, especially in the thighs, hips, back and sometimes shoulders. Other possible symptoms include headache, dizziness, chills, nausea, and gastrointestinal upset. Respiratory symptoms and dyspnoea may follow 4 to 10 days later. The mortality rate was reported to be up to 40%. The management remains supportive and currently there is no vaccine against Hantaviruses available in Hong Kong.



(Continued on page 2)

(Continued from page 1)

Happy World Family Doctor Day (WFDD) 2026! The WFDD is designated to be 19 May every year and is dedicated to celebrate the work of the family doctors who provide first point of contact in the healthcare system. (<https://worldfamilydoctorday.org/>) In 2026, World Family Doctor Day celebrates family doctors

navigating a world reshaped by digital technology, bringing their values of compassion, continuity and person-centred care into the digital age. The theme of WFDD 2026 is “Compassionate Care in a Digital World”. Family medicine’s values, i.e. continuity, compassion and understanding the person in their family and community, must guide how digital tools and Artificial Intelligence (AI) are designed and used. Digital tools and AI in primary care must be safe, ethical, transparent, evidence based, and designed to earn patients’ and doctors’ trust. Good digital tools clear the path for care by reducing burden and friction, fitting real primary care workflows, and protecting time for compassionate, equitable and coordinated care. The Primary Healthcare Commission has invited the HKCFP to co-organise the WFDD 2026 celebration activities. Please stay tuned for the forthcoming announcements.



The Hong Kong Primary Care Conference (HKPCC) 2026 is just around the corner, it is to be held from 26-26 June 2026 at the Hong Kong Academy of Medicine Jockey Club Building in Wong Chuk Hang. (<https://www.hkpcc.org.hk/>) The Conference theme is “Overcoming Challenges for Sustainable Primary Care: Innovation, Collaboration and Leadership”. As you are aware, the HKPCC is an important annual scientific event organised by the HKCFP for family doctors, nurses and allied health professionals. It serves as a great platform for academic exchanges, learning, and networking. Many local and international experts have been invited to share their expertise with us. Please do come and join us and register for the conference if you have not done so already. See you in the HKPCC 2026!

Dr. David V K CHAO
President

The image is a promotional banner for the Hong Kong Primary Care Conference 2026. On the left, there are logos for HKCFP and HKPCC. Next to them is the text 'Hong Kong Primary Care Conference' and 'The Hong Kong College of Family Physicians'. Below this is the main title 'Overcoming Challenges for Sustainable Primary Care: Innovation, Collaboration and Leadership' in large blue and white font, followed by the dates '26 - 28 June 2026 (Friday - Sunday)'. On the right, there is a photograph of three healthcare professionals (two women and one man) standing in a futuristic, brightly lit room, looking at a large digital display that shows a human skeleton and a heart rate monitor. The background of the banner is a light blue gradient.

Internal Affairs Committee News

The 39th Conjoint Fellowship Conferment Ceremony and the 36th Dr. Sun Yat Sen Oration, HKCFP

Dear Colleagues,

The College is holding “**The 39th Conjoint Fellowship Conferment Ceremony and the 36th Dr. Sun Yat Sen Oration**” on 28 June 2026 (Sunday) at the Hong Kong Academy of Medicine Jockey Club Building.

Successful candidates of the Conjoint Examination would be conferred Fellowships, and the successful candidates of Diploma in Family Medicine and the Exit Examination would be granted certificates. In conjunction with this very important occasion, Dr. Michael WRIGHT, President of The Royal Australian College of General Practitioners, would be invited to deliver the 36th Dr. Sun Yat Sen Oration to the audience.

All Fellows* and members are cordially invited to attend the Conferment Ceremony and the Oration, and pre-registration is required. For registration, please contact the secretariat by email to internal@hkcfp.org.hk on or before 18 June 2026 (Thursday).

Details are listed as follows:

Events : (i) **The 39th Conjoint Fellowship Conferment Ceremony,**
(ii) **The 36th Dr. Sun Yat Sen Oration by Dr. Michael WRIGHT**

Venue : 1/F, Run Run Shaw Hall, Hong Kong Academy of Medicine Jockey Club Building,
99 Wong Chuk Hang Road, Aberdeen, Hong Kong

Date : 28 June 2026 (Sunday)

Time : 4:15p.m. – Registration
5:00p.m. – Ceremony

Remarks : Please note that there will be 1 CME (Category 4.3)

Dress Code : Business

This activity is complimentary for our College Fellows and members.

**All College Fellows are welcome to bring their Fellowship gowns for the Conferment Ceremony.*

Please mark your diaries and we look forward to seeing you soon. Thank you!

Dr. KO Wai Kit

Chairman,

Internal Affairs Committee, HKCFP

Specialty Board News

The Specialty Board is pleased to announce that the following candidates have successfully passed the Full Exit Examination of HKCFP in 2026.

Dr. HUI Alice Sau Wei

Dr. LAM Chun Yin Jeffrey

Dr. LI Janice Chun Ying

Dr. LI Kwok Ho

Dr. LIU Ka Yee

Dr. LO Chak Yui

Dr. NOH Young Ah

Dr. TAM Long Yee

Dr. TSO Sau Lin

Dr. WONG Chun Hun Jonathan

Dr. WOO Long Yiu

Dr. YIU Man Lok Genevieve

Outstanding Candidate of Exit Exam 2026

Specialty Board is pleased to announce that **Dr. WONG Chun Hun Jonathan** has achieved outstanding performance in all segments and will be awarded the Outstanding Candidate this year. In addition, **Dr. LI Kwok Ho** is the Runner-up of the award.

Dr. Wendy TSUI

Chairlady, Specialty Board

Congratulations!



**Special Badge for Fellows of
HKAM in Family Medicine**

Young Doctors Committee News - Mentor-Mentee Meeting 8 March 2026

Dr. Aldo WONG

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

On March 8, 2026, the Hong Kong College of Family Physicians Young Doctors Committee reached a landmark milestone in its mission to cultivate professional excellence by hosting its second mentor-mentee meeting. The event created a valuable platform for exchange between experienced family physicians and doctors in training, aligning with one of the Committee's core goals: to support the professional development of younger colleagues through structured conversations with seasoned private practitioners serving as mentors.

Held at the prestigious Hong Kong Academy of Medicine, the gathering organized participants into small, randomized groups for an afternoon tea session. This welcoming setting encouraged authentic, face to face engagement and candid discussion in a friendly atmosphere.

Newly trained doctors often encountered a wide range of challenges. During the session, young doctors raised questions about the training pathway, difficulties arising in clinical encounters, career options and strategies for maintaining work-life balance. In turn, mentors shared practical insights, reflected on their own experiences, and offered tailored guidance to address mentees' specific concerns.

Importantly, the dialogue did not end when the event concluded. Attendees were encouraged to exchange

contact information and to continue their conversations after the event, laying the groundwork for sustained, long term mentorship relationships.

The success of this meeting has strengthened the Committee's ambition to host regular mentor-mentee activities, workshops, and networking opportunities. By serving as a bridge between early career doctors and experienced practitioners, the HKCFP Young Doctors Committee aimed to help cultivate the next generation of family physicians who played a crucial role in the future of family medicine in Hong Kong.



Group Photo of participants

HKCFP Family Medicine Career Talk 2026

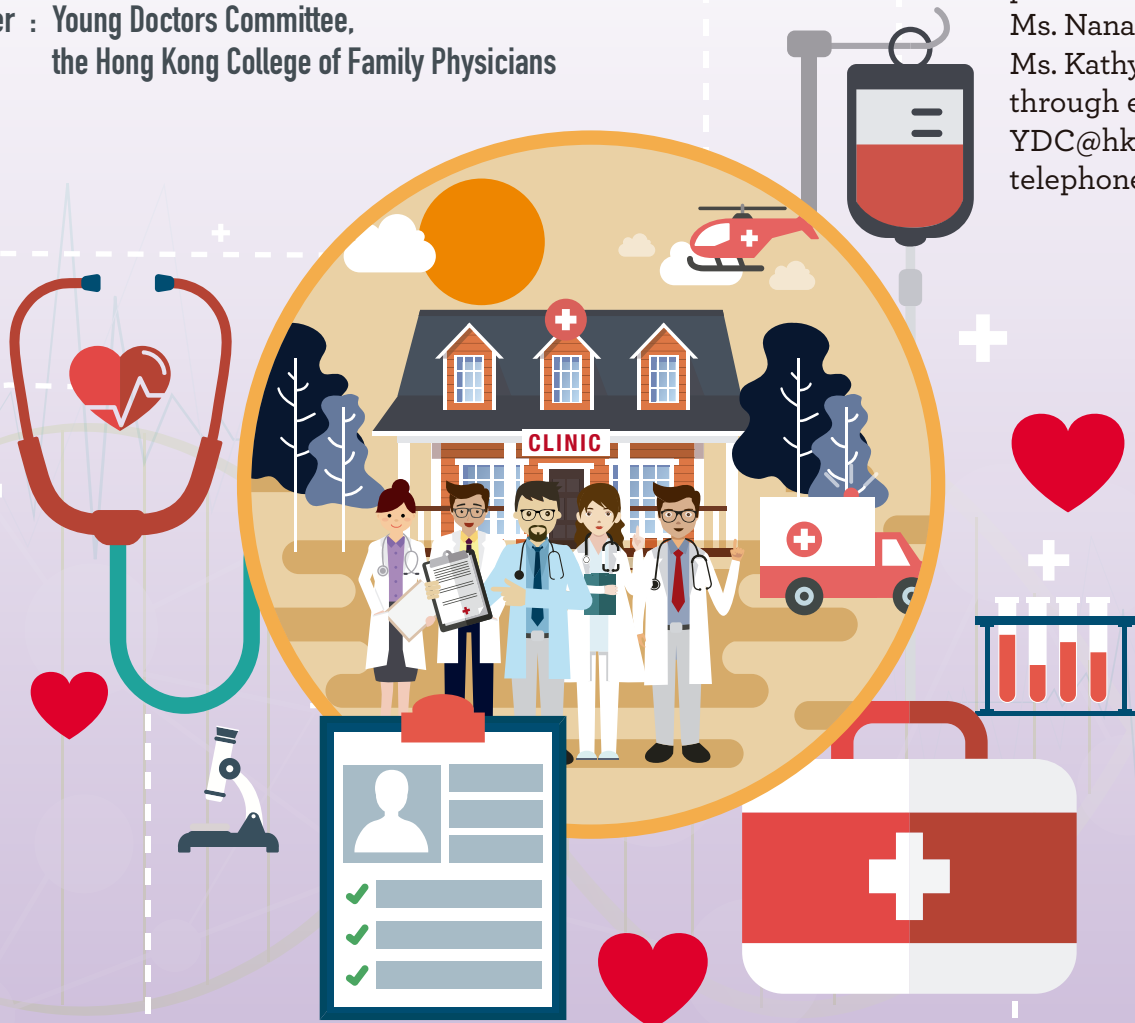


Date : 10 June 2026 (Wednesday)
Time : 18:30 - 20:30 (in-person & Zoom)
Refreshment will be provided to onsite participants
Link to Zoom will be provided to registered participants by email in due course
Venue : 8/F, Duke of Windsor Social Services Building, Wan Chai (Hybrid)
Organiser : Young Doctors Committee,
the Hong Kong College of Family Physicians

Scan to register:



For other enquiry,
please contact
Ms. Nana CHOY or
Ms. Kathy LAI
through email
YDC@hkcfp.org.hk or
telephone at 2871 8899.



Content:

- Overview of Family Medicine Vocational Training
- Young Doctors panel: Stories and insights on residency, research, global networks, switching specialties, and career development pathways
- COS / training coordinator panel: Discussion panel with each HA cluster's FM training representative on their training and what they look for in strong candidates

Who should join:

- All aspiring family physicians:
Medical students • Pre-interns • Lateral-transfer doctors
• International medical graduates

Registration:

- Free-of-charge
- Please scan the QR code to register via Google form
- For onsite participation, registrants must submit the registration form by 30 May 2026

Membership Committee News

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

New Application

Associate Membership

Dr. CHAN Ching Sze, Naomi	陳 正 思
Dr. CHAN Wing Yin	陳 穎 妍
Dr. CHU Tsun Wai	朱 峻 璋
Dr. HO Sy Chyi	何 思 錡
Dr. HO Yu Kit	何 裕 傑
Dr. LAM Cynthia	林 倬 妍
Dr. SZE Darren Wai Tat	施 維 達

Student Membership

Mr. CHOU Cheuk Yan, Ambrose	周 卓 胤
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Re-Application

Associate Membership

Dr. CHEUNG Po Cheong	張 譜 昌
Dr. LI Chun Fai	李 俊 輝

Transferral

From Associate to Fellowship

Dr. TANG Miu Sze	鄧 妙 詩
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From Associate to Non-HKSAR Member

Dr. LI Anne Beatrice	李 沛 昕
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From Fellow to Non-HKSAR Fellowship

Dr. WONG Tat Ming, Ronald	黃 達 銘
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Resignation

Associate Membership

Dr. NG Wai Chung	吳 偉 聰
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Student Membership

Miss KWAN Ellie Chi Sheung	關 知 尚
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Cessation

Fellowship

Dr. TSUI Kwok Biu	徐 國 標
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Board of Vocational Training and Standards News

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

To those who will complete basic training,

You are advised to submit the 'Application Form for the Certification of Completion of Basic Training in Family Medicine' and the **original copy** of your training logbook to BVTS for certification of completion of training within 3 months upon the completion date. If the training logbook is incomplete after review by BVTS, you should complete the training process within 6 months upon the completion date and the completion date of training will only be counted from the time all required documents are handed in to complete the certification and **basic training fee of next year will be charged**.

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The Hong Kong Primary Care Conference 2026 will be held from **26 - 28 June 2026 (Friday - Sunday)** and registration is now open.

All basic trainees are required to attend at least TWO Hong Kong Primary Care Conferences organized by the Hong Kong College of Family Physicians in the four-year training programme.

All higher trainees are required to attend at least ONE Hong Kong Primary Care Conference in the **two-year training programme**; OR, at least TWO Hong Kong Primary Care conferences in the **three-year training programme**.

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The above information has already been stated in the IMPORTANT NOTICE.

Should you have any inquiries, please contact Ms. Hannah LOK or Ms. Kathy LAI at 2871 8899.

Board of Vocational Training and Standards

HKCFP CERTIFICATE COURSE IN ESSENTIAL FAMILY MEDICINE 2026-2027

The HKCFP Certificate Course in Essential Family Medicine (CCEFM) is designed to meet the training needs of practicing primary care doctors who would like to refresh or update their clinical knowledge and skills relevant to Family Medicine practice. The curriculum of this course also forms part of the well-established HKCFP Diploma in Family Medicine (DFM) course. Our teaching faculty are experienced clinicians working in primary care, in secondary care and in academia. The course has been designed to enhance the course participants' competencies in daily Family Medicine practice in the community.

1. OBJECTIVES:

- To provide knowledgeable, pragmatic and structured training in Family Medicine for medical practitioners
- To encourage professional development of practising medical practitioners
- To improve standards and quality in Family Medicine practice by adopting holistic patient-centered care via an integrated care approach

2. SYLLABUS:

The CCEFM consists of THREE segments, including Modules III, IV (FM attachment + Update) and parts of Module V in the Diploma in Family Medicine (DFM). Doctors who have graduated from the CCEFM are expected to have acquired the following essential concepts and course contents:

- The role of Family Doctors particular in providing cost-effective primary care to the community
- The essential knowledge and skills on common problems encountered in Family Medicine
- Enhancement in the consultation and problem solving skills
- Acquiring the knowledge and skills in common practice procedures related to family practice

3. AWARDS/CREDITS:

- After completion of all the components and course requirements (max. within TWO years), a certificate will be awarded to the successful candidates
- The completed modules and credits can be accredited towards the quotable HKCFP DFM course, if the candidates would like to enroll into DFM course subsequently
- 25 CME and 5 CPD credit points will also be awarded by HKCFP.

4. COURSE CONTENT:

Segment I – Essentials of Family Medicine (Structured Seminars)

Objectives:

- ◆ Strengthen knowledge in Family Medicine
- ◆ Understand the potential growth of Family Medicine
- ◆ Enable evidence-based Family Medicine practice

Contents:

Anticipatory Care, Elderly Care and related issues, Chronic Disease Management, Common Musculoskeletal Problems, Evidence Based Medicine & Critical Appraisal, Mental Health, Practice Management; and Clinical Audit, Research & Teaching in Family Medicine.

Segment II – Problem Solving and Clinical Updates

Objectives:

- ◆ Acquire in-depth knowledge by clinical scenario/simulated cases in our daily Family Medicine practice
- ◆ Transfer the practical skills and hand-on experience by interactive learning methods led by Family Medicine Fellows

Contents:

A site visit plus scenario based training including Diagnostic Challenges on Common Symptoms, Problem-based Learning on Chronic Disease, Motivational Interviewing, Child Health, Women's Health, Men's Health and Aging and End-of-Life.

Segment III – Practical Family Medicine (Practical Workshops)

Objectives:

- ◆ Enhance practical and communication skills in Family Medicine by practical workshops in selected areas
- ◆ Transfer the practical skills and hand-on experience by interactive learning methods

Contents:

One compulsory and one elective Practical Workshops in selected areas including Consultation Skills, Counselling Skills, Women's Health, Orthopaedic Injection and Musculo-Skeletal Medicine

5. ADMISSION REQUIREMENTS:

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 sessions in the course)

8. COURSE FEES:

Administration fee for application	HK\$ 2,000		
<i>plus</i>			
Enrolment for the complete Certificate Course	HK\$ 26,000	for members	HK\$ 52,000 for Non-members
Or			
Enrolment for individual session:			
Single session from Segment I and Segment II	HK\$ 2,000	for members	HK\$ 3,900 for Non-members
Single Session from Segment III	HK\$ 2,500	for members	HK\$ 5,000 for Non-members

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

9. APPLICATION PROCEDURES:

Application 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 in appropriate amount by crossed cheque payable to "HKCFP Education Limited". This fee is non-transferable and non-refundable.

Successful applicants will be notified by an official letter of admission after the application deadline.

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

Information and application forms can be obtained from the College or can be downloaded at the College Website (<http://www.hkcfp.org.hk>). Please contact the College secretariat, Ms. Alky YU or Ms. Nana CHOY by email to dfm@hkcfp.org.hk for any enquiries.

Application Deadline: 30 June 2026

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

Diploma in Family Medicine (HKCFP) 2026-2027

Training Funding Scheme for PCD (Primary Care Directory) Doctors by Primary Healthcare Commission, The Health Bureau

The Primary Healthcare Commission has approved an initiative to enhance training subsidies for Primary Care Doctors enrolled in DFM 2026-2027. Doctors who are registered in the Primary Care Directory (PCD) and have met the course requirements are eligible to apply for reimbursement with the details as follows:

Eligible subsidy applicants		Subsidisation
Primary Care Doctors enrolled in the Primary Care Directory (i.e. "PCD doctors")	PCD doctors joining Primary Healthcare Co-care Network (family doctors paired with clients)	50% of course fee or \$23,000 , whichever is lower
	PCD doctors NOT joining Primary Healthcare Co-care Network	25% of course fee or \$11,500 , whichever is lower

For more information and the details of Training Funding Scheme for Healthcare Professionals, please visit the District Health Centre website: https://www.dhc.gov.hk/en/healthcare_service_providers.html#training

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:

- To provide knowledgeable, pragmatic and structured teaching in Family Medicine for medical practitioners
- To encourage professional development of practising medical practitioners and to provide an intermediate step to fellowship qualifications in Family Medicine
- 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:

- Current concepts about nature of Family Medicine
- Knowledge and skills in consultation, counselling and problem solving
- Knowledge and skills in common practice procedures and emergency care required for good quality family practice
- 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)

Aims:	1. Learn concepts of Family Medicine 2. Understand the role of a Family Doctor and scope of Family Medicine
Contents:	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)

Aims:	1. Enhance consultation, communication and problem solving skills 2. Understand the diagnostic formulation process in Family Medicine
Contents:	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)

Aims:	1. Strengthen knowledge in Family Medicine 2. Understand the potential growth of Family Medicine 3. Develop research and teaching skills in Family Medicine
Contents:	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)

Aims:	Acquire in-depth knowledge and practical skills in selected specialties
Contents:	THREE update seminars

*Module V – Practical Family Medicine (Practical Workshops)

Aims:	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
Contents:	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:

- A 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*

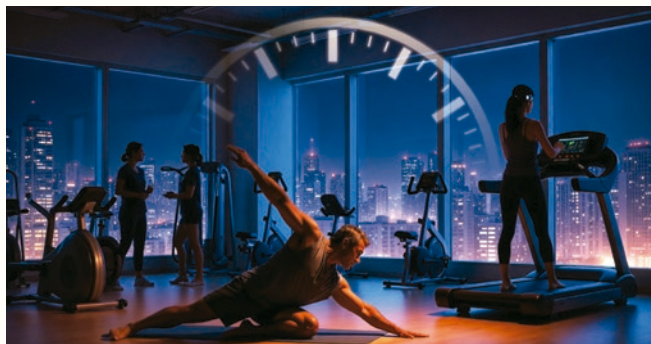
Anticipatory Care - 24-Hour Gymnasiums: Considerations for Safe Exercise in Extreme Hours?

Dr. TAM John-Hugh, Specialist in Family Medicine

Mr. Mak Cheuk-Hang, Registered Physiotherapist

Introduction

In recent years, the proliferation of 24-hour self-service gymnasiums in Hong Kong has mirrored a global surge in health consciousness, driven by urban lifestyles that demand flexibility. These facilities, often embedded in residential estates and commercial buildings, offer unrestricted access, appealing to busy professionals who exercise at dawn or midnight.



While this model promotes physical activity amid sedentary routines, it poses unique challenges. Family physicians must advise patients on the physiological risks associated with untimely workouts, particularly for those with chronic conditions. Understanding circadian rhythms and individual health profiles is crucial to maximising benefits while minimising harm, ensuring exercise remains a pillar of preventive care rather than a hazard.

The theory and evidence...

The advent of 24-hour gymnasiums has democratised fitness, allowing individuals to integrate exercise seamlessly into hectic schedules. However, this convenience belies potential health pitfalls, especially during early morning or late-night sessions. From a physiological standpoint, the human body adheres to a circadian rhythm that influences physical performance and injury susceptibility.³⁻⁵ In the early hours, core body temperature is lower, and muscle and joint flexibility is reduced, heightening the risk of strains or sprains during vigorous activity. Conversely, late-night exercise occurs after a day of accumulated fatigue, impairing coordination, focus, and recovery due to diminished sleep quality.

Patients with chronic illnesses require particularly tailored guidance. Cardiovascular conditions warrant caution; guidelines from the American Heart Association (AHA) and the American College of Sports Medicine (ACSM) recommend avoiding high-intensity exercise in the morning for those with coronary artery disease or heart

failure.¹ This period coincides with the peak occurrence of cardiovascular events, exacerbated by fluctuations in blood pressure and heart rate, potentially triggering angina or arrhythmias. Hypertensive patients face the 'morning surge' phenomenon, where blood pressure naturally elevates upon waking; intense workouts can amplify this, escalating stroke risk.¹



Resistance training poses additional concerns for hypertensives. Valsalva manoeuvres—holding one's breath during lifts—can cause intrathoracic pressure spikes, leading to acute blood pressure surges.¹ Pre-exercise blood pressure monitoring is essential: systolic readings above 160 mmHg or diastolic above 100 mmHg necessitate postponement until control is achieved; levels exceeding 200 mmHg (systolic pressure) or 110 mmHg (diastolic pressure) signal an emergency requiring immediate medical attention.¹

For individuals with diabetes, we should bear in mind the potential of exercising during extreme hours disrupting glycaemic stability. Late-night sessions may induce delayed hypoglycaemia in insulin users, while morning fasted workouts risk low blood sugar if control is suboptimal.¹ Self-monitoring is imperative, with exercise advisable only when blood glucose falls between 5.6 and 13.9 mmol/L.¹

Joint and musculoskeletal issues compound these risks; arthritis sufferers experience heightened morning stiffness, increasing flare-up likelihood during abrupt activity.² Asthmatics, particularly in Hong Kong's variable climate, may encounter exacerbations from diurnal temperature shifts in early workouts.

Optimal timing for chronic disease patients typically favours daytime hours when staffed facilities offer supervision and personal energy levels peak.^{1, 2} Yet, lifestyle constraints often dictate otherwise. In such cases, commencing with low-intensity activities, such as stretching and flexibility exercises, walking or light cycling, allows gradual adaptation.

As discussed in prior related topics in The FP Links, wearable devices for heart rate monitoring can provide real-time feedback, alerting to overexertion. Prior to initiating any exercise regimen, a pre-participation screening (PPS) by a family physician or physiotherapist is advisable, especially for those with significant risk factors such as BMI ≥ 30 , familial cardiac history, or taking chronic medications.¹

Guidelines also suggested progression should follow the '10% rule': weekly increments in intensity, duration, or frequency limited to no more than 10% of the prior week's level.¹ This fosters cardiovascular and muscular adaptation, mitigating overuse injuries.

It is also worthwhile to explore our patients' ideas whilst helping them to plan their lifestyle. Misconceptions abound, such as exercising through fever to 'sweat it out'—a dangerous practice that aggravates dehydration, elevates core temperature, and risks complications like myocarditis.⁶ Recovery demands full resolution of fever (typically 2–5 days) before resuming activity.

The interplay between exercise and sleep also merits attention. Low-to-moderate-intensity pursuits like yoga or stretching near bedtime can promote relaxation and improve sleep onset.⁷ However, high-intensity interval training (HIIT) within 90 minutes of sleep may elevate body temperature and sympathetic activity, hindering rest.⁸ Individual variability necessitates personalised advice; family physicians can help patients experiment safely.

Some safety advice to consider...

Consider that safety is paramount, there are certainly much we can advise our patients concerning safety awareness in unmanned gyms. Upon entry, patients should assess lighting, equipment integrity, and floor hazards. A 5–10-minute dynamic warm-up—such as incorporating arm circles, leg swings, and light jogging—prepares the body by raising temperature and enhancing joint mobility.¹ Hydration every 15–20 minutes prevents dehydration, particularly in Hong Kong's humid climate. Solo exercisers should eschew high-risk lifts like heavy bench presses or squats, opting for machines with built-in safeguards instead.¹

Emergency preparedness is critical. Informing family of one's location and expected return time, wearing medical alert bracelets, and carrying a mobile phone facilitate rapid response. Symptoms such as chest tightness, dyspnoea, dizziness, or visual disturbances demand immediate cessation and rest; whilst persistent issues require emergency medical attentions.¹ On the other hand, gym operators bear responsibility too: provisioning automated external defibrillators (AEDs) and clear emergency protocols enhances user safety.

Besides the risk discussed above, we should also appreciate the beauty of exercising. Healthy adults benefit from mindful practices. Besides the indoor gym environment, early outdoor exercise, blending with natural light and fresh air, can regulate circadian

rhythms, optimise melatonin secretion, and elevate sleep quality. Family physicians play a pivotal role in educating on these nuances, integrating exercise prescriptions into holistic care plans. Regular follow-ups allow monitoring adherence and adjusting for evolving health status.



In Hong Kong's context, where space constraints and work demands fuel 24-hour gym popularity, cultural shifts towards wellness must prioritise evidence-based safety. Ultimately, exercise's therapeutic value—reducing chronic disease burden and enhancing quality of life—hinges on informed, cautious engagement.

Summary

The ubiquity of 24-hour gymnasiums in Hong Kong offers unparalleled access to fitness but demands vigilance against off-peak risks. Physiological circadian influences and chronic conditions like hypertension, diabetes, and cardiovascular disease amplify hazards in early or late sessions. Family physicians should advocate pre-exercise screenings, gradual progression, and environmental safety measures. By tailoring advice to individual profiles and debunking myths, we empower patients to harness exercise's benefits safely. Prioritising evidence-based strategies ensures physical activity fosters health, not harm, aligning with global guidelines for sustainable wellness.

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Voices from the Frontline: What Our Family Doctors Say About FP Links

The FP Links Editorial Board

The Hong Kong College of Family Physicians has long relied on FP Links as its monthly newsletter to keep members informed with the latest clinical knowledge, event updates, College news, and professional insights. In our ongoing efforts to make FP Links more relevant and engaging, we have been conducting monthly readership drive questionnaires to gather direct feedback from you—our valued family doctor members.

This issue presents a heartfelt summary of the responses received. It captures the authentic feelings and thoughtful reflections shared by frontline family physicians on the role, strengths, and future direction of FP Links. Through these personal voices, we gain a clearer picture of how the newsletter supports busy practitioners in their daily practice and professional growth.

Whether you are a long-time reader or someone who occasionally browses the issues, these insights offer a mirror to our shared experiences and aspirations for the publication.

Feelings as a Family Doctor:

“Working as a Family Doctor in the public sector in Hong Kong brings both joy and sadness. The joy lies in forming long-term bonds with patients and making a meaningful impact on their health. After all, the trust and appreciation from patients often make it worthwhile.”

YF

“Being a primary doctor is not an easy job. But the precious opportunity to walk with the patients and their family in different phases of their life makes the job meaningful and rewarding.”

PK

“很有共鳴，享受工作，也喜歡分享工餘一個家庭醫生幸福的家庭生活和旅遊的樂趣。.....”

OS

“As a family doctor, each clinic day feels like turning the pages of a book filled with the stories of everyday life. From newborns receiving their first vaccinations to elderly patients managing chronic illnesses, we witness the full spectrum of human experience and walk alongside our patients through both health and illness. I’ve learned the power of listening, the value of trust, and above all, that medicine is not only about cures — it’s about connection. It’s about walking with people through their life journey, every step of the way.”

WH

“It’s truly heartwarming to see healthcare workers working as volunteers in the aftermath of the Tai Po fire tragedies. This selfless dedication shows the compassion and unity of Hong Kong’s medical community, going beyond duty to comfort the vulnerable in their darkest hour.

Blessings to the disaster victims.”

YF

“Job satisfaction comes with good rapport & good doctor patient relationship. That will be our energy in handling daily stress in clinic.”

SK

Thoughts and Feedback on FP Links:

"I particularly like the Feature section on the interview giving a short but comprehensive explanation on the difficulties of home dying in Hong Kong and the effort by his team. This issue's College News section is very information and well-written."

Ellen

"The 'Diary of a Family Doctor' section in the journal is my favorite, as it shares various consultation stories that illustrate the true essence of being a family physician. Some of the scenarios described in the article are interesting, touching, and inspiring."

WH

"Smartphone addiction is important and increasing prevalent worldwide. Role of family physician is important as smartphone addiction can affect not only physical aspect of patients but also psychosocial aspect of patients."

HY

"..... FP Links provided me a lot of updates and information about the latest College activities such as The World Family Doctor Day much impressed by the After Hours article about Oxfam Trailwalker. Their teamwork and resilience gave me a lot of positive energy. The News Corner and Feature provided me updated information"

PK

"I enjoy reading it as it provides clinical update as well as keeps me connected with College."

SY

"Realised all the recent activities of our college within short time"

PY

"Especially touched with the 我們的毅行100 plus pro 2024. Really well written with excellent team spirit including support team & 心路歷程."

SK

"The feature corner of the interview with geriatric doctor is very meaningful. As aging is increasing prevalent and important in Hong Kong, the care of elderly health is not only in the tertiary level, but more focus on the primary level and community level. The feature corner give me inspiration how elderly care can be improved in HK."

HY

The feedback collected through the FP Links Readership Drive underscores the deep sense of community and commitment among Hong Kong's family physicians. Your honest sharing—ranging from personal feelings about the newsletter to constructive thoughts on its content and format—will serve as a valuable guide as the College continues to refine FP Links to better meet your needs.

Moving forward, we remain committed to evolving the newsletter into an even more useful, inspiring, and reader-friendly resource. We warmly invite all members to continue sharing your views in future readership drives—your voice truly shapes FP Links.

Thank you for being part of this collective journey.



Hong Kong
Primary Care
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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)

Scientific Programme at-a-glance

More conference details:



E-promotional booklet:



Date Time	26 June 2026 (Friday) Pre-conference							
19:00 - 19:30	<p>Sponsored Online Seminar [Eli Lilly] Beyond BMI: Integrating GIP+GLP 1 Receptor Agonists into Modern Obesity Management <i>Dr. Ivan M.H. WONG</i></p>				<p>Sponsored Dinner Symposium [Boehringer Ingelheim] From Risk to Reality: Managing CKM Progression Through Early Intervention in Primary Care Connecting the Dots: Multidisciplinary CKM Management Through Real World Cases Every Breath Counts: Optimizing COPD Management Through Early Detection and Dual Bronchodilation in Primary Care <i>(at Cordis Hotel, Mong Kok, Kowloon)</i></p>		<p>Workshop 1 Non-Pharmacological Therapies in Traditional Chinese Medicine: An Overall Introduction and Hands-on Practice <i>Mr. HO Chin Pong</i></p>	<p>Workshop 2 A Virtual Reality of Choice: A Practical Workshop on Advance Medical Directives (AMDs) and Clinical Scenarios <i>Dr. Nick TSUI</i></p>
19:30 - 20:30								

Date Time	27 June 2026 (Saturday) Day 1			
13:45 - 14:30	Registration and Welcome Drinks			
14:30 - 15:05	Opening Ceremony			
15:10 - 15:40	<p>Plenary I Hong Kong Primary Healthcare Development - A Present Continuous Tense <i>Dr. Cecilia Y.M. FAN, JP</i></p>			
15:45 - 16:15	<p>Plenary II (Putonghua session 普通話會場) The Development and Future Direction of Primary Healthcare System in the Greater Bay Area/Mainland China 大灣區 / 中國內地基層醫療體制的發展及未來方向 <i>Prof. WANG Jiaji 王家驥教授</i></p>			
16:15 - 16:55	Coffee Break & Poster Presentation (Part 1)			
16:55 - 18:10	<p>Discussion Forum 1 (Putonghua session 普通話會場) Greater Bay Area Healthcare System: Collaboration & Implication on Medical Education & Training to Primary Care Providers 大灣區基層醫療：協作及其對基層醫療服務提供者於醫學教育與培訓的影響 <i>Dr. LAM Kuo 林果醫生, Dr. LIANG Jun 梁峻醫生 & Dr. ZHANG Danxia 張丹霞醫生</i></p>	<p>Discussion Forum 2 Safeguarding of Vulnerable Patients - Medical, Legal and Social Aspects <i>Ms. AU YEUNG Wing Yee, Dr. Anna W.F. CHENG, Dr. Mike Y.W. KWAN & Prof. Albert LEE</i></p>	<p>Workshop 3 Ultrasound-guided Joint Injection <i>Dr. Regina W.S. SIT</i></p>	
18:15 - 18:25	<p>Seminar A Sexual Health Updates <i>Dr. Francois Y. FONG</i></p>	<p>Seminar B From Adolescence to Aging: Integrating Lifestyle Medicine for Health Across the Lifespan <i>Prof. Carmen WONG</i></p>		
18:25 - 19:00				
19:05 - 20:35	<p>Sponsored Dinner Symposium [MSD] Pneumococcal Prevention in Primary Care: Implementing Next Generation PCV for High Risk Adults <i>Dr. Herbert W.C. KWOK</i></p> <p>[AstraZeneca] Repositioning Kidney Protection as Core Prevention in Diabetic Kidney Disease <i>Dr. Winston W.S. FUNG</i></p> <p>Asthma Management, with a Focus on Primary Care <i>Dr. Fanny W.S. KO</i></p>			



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Date Time	28 June 2026 (Sunday) Day 2				
08:30 - 09:00	Registration				
09:00 - 09:30	Seminar C Managing Chronic Diseases: Current Insights and Effects of Cancer Medications <i>Dr. Eric K.P. LEE & Dr. SO Tsz Him</i>	Seminar D Precision Medicine <i>Prof. Juliana C.N. CHAN & Dr. Becky M.Y. MA</i>	Seminar E Osteoporosis Screening, Management Cutoff and Dental Assessment before Treatment <i>Dr. Yolanda Y.H. LAW & Dr. Risa OZAKI</i>	Free Paper - Oral Presentation (Part 1)	Workshop 5 Hands-on Workshops on Upper Back Pain Commonly Seen by Family Physicians <i>Dr. AU Chi Lap</i>
09:30 - 09:45					
09:45 - 10:00					
10:00 - 10:30	Coffee Break Symposium Atopic Dermatitis Updates & Poster Presentation (Part 2)				
10:30 - 11:45	Discussion Forum 3 AI in Medical Practice in Asia Pacific Region <i>Dr. Adina Binti ABDULLAH, Dr. Alfred S.K. KWONG & Prof. NG Chirk Jenn</i>	Discussion Forum 4 Updates on Preventive Care <i>Dr. Maria K.W. LEUNG, Prof. Hextan Y.S. NGAN & Dr. Esther Y.T. YU</i>	Clinical Case Presentation Competition and Awards Presentation of Outstanding Poster Presentation Award	Free Paper - Oral Presentation (Part 2) & Full Research Paper Awards Presentation*	
11:50 - 12:20	Plenary III <i>Dr. Michael WRIGHT</i>				
12:25 - 13:55	Sponsored Lunch Symposium [GSK] Prevention Starts in Primary Care: Optimizing Protection Against Herpes Zoster and RSV in Diabetes <i>Prof. David T.W. LUI</i> [Amgen] Community-based Osteoporosis Screening and Management Framework for Primary Care in Hong Kong <i>Prof. CHEUNG Ching Lung</i>				

*The winner of the Best Research Paper Award will present his/ her work during this session (11:30 - 11:45).

Disclaimer

Whilst every attempt will be made to ensure all aspects of the conference mentioned will take place as scheduled, the Organising Committee reserves the right to make changes to the programme without notice as and when deemed necessary prior to the Conference.



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26 – 28 June 2026 (Friday – Sunday)

Registration is now open.
For registration details:



Registration Information

Online Registration Deadline: 14 June 2026 (Sunday)

A) Conference Registration *(required)*

	Early Bird Rate <i>(until 30 April 2026)</i>	Regular Rate <i>(until 14 June 2026)</i>	On-site Rate <i>(from 15 June 2026)</i>
HKCFP Members (excl. student members):	HK\$360	HK\$480	HK\$600
Non-members:	HK\$1,125	HK\$1,500	HK\$1,875
Students (incl. student members):	HK\$150	HK\$200	HK\$250

- On-site registration will be available at the registration counter, G/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong on 27 - 28 June 2026 (Saturday - Sunday).
- For on-site registrants, complimentary conference souvenirs will be given subject to stock availability.

B) Conference – General

- **Pre-conference Dinner Symposium *(New)*:**
Friday, 26 June 2026, 19:00 – 20:30 at Cordis Hotel, Mong Kok
- **Dinner Symposium:**
Saturday, 27 June 2026, 19:05 – 20:35 at HKAM Jockey Club Building
- **Lunch Symposium:**
Sunday, 28 June 2026, 12:35 – 14:05 at HKAM Jockey Club Building

(For details of symposium deposit, please visit <https://www.hkpcc.org.hk/registration.>)

Enrolment deposit*:

HK\$50 per symposium

C) Workshop Registration

First-come-first-served.

- CME/CPD application for workshop participants in progress.

26 June 2026 (Friday)	19:00 20:30	Workshop 1 Non-Pharmacological Therapies in Traditional Chinese Medicine: An Overall Introduction and Hands-on Practice	HK\$700
	19:00 20:30	Workshop 2 A Virtual Reality of Choice: A Practical Workshop on Advance Medical Directives (AMDs) and Clinical Scenarios	HK\$700
27 June 2026 (Saturday)	17:00 18:30	Workshop 3 Ultrasound-guided Joint Injection	HK\$700
	17:00 18:30	Workshop 4 Cryotherapy for Common Dermatology Lesion	HK\$700
28 June 2026 (Sunday)	09:30 11:45	Workshop 5 Hands-on Workshops on Upper Back Pain Commonly Seen by Family Physicians	HK\$700

Payment Method

- Credit Card
- Cheque
- Tele-transfer: for overseas delegates only.
- FPS (轉數快): for local transaction only.

For details of payment method, please visit <https://www.hkpcc.org.hk/registration.>

Refund Policies

Withdrawal and Refund Policy:

- Withdrawal of Registration **on or before 15 May 2026**: A full refund will be provided, minus any bank charges and related transaction fees.
- Withdrawal of registration **after 15 May 2026**: **No refunds** will be issued.
- Refund Processing: All refunds will be processed within **8 weeks after the conference**.

*Symposium Deposit:

- Registrants will be charged **a deposit of HK\$50** per individual symposium.
- The deposit will be refunded at the symposium registration counter to attendees who successfully participate.
- For absent registrants, the deposit will be contributed to HKCFP as an administration fee.

For inquiries, please contact the Conference Secretariat at (852) 2871 8899 or via email to hkpcc@hkcfp.org.hk.

遊威尼斯 聖馬可廣場後 隨想

張偉強醫生

2025年6月初，我參加旅行團到意大利旅行，在威尼斯的主島聖馬可廣場一帶玩了大半天。聖馬可廣場（意大利語：Piazza San Marco）呈長方形，長170米，東西寬分別為80米和55米，四周都是古建築物，廣場初建於9世紀時，只是聖馬可教堂前一個小廣場。廣場以總督府為政治中心，以聖馬可教堂為信仰中心，自19世紀以來，一直是大主教的駐地，同時也是舉辦節慶的地方。1797年拿破崙進佔威尼斯後，讚嘆聖馬可廣場是「歐洲最美的客廳」和「世界上最美的廣場」，正式將廣場命名聖馬可廣場。



廣場入口處位於威尼斯大運河旁，這裡有兩根高聳的白石柱，象徵威尼斯的城門，一根雕著有翅膀的獅子聖馬可獅（Leone di San Marco），另一根則雕著威尼斯的守護神聖狄奧多（San Todaro）。這兩根柱子之間是昔日處決犯人的地方，因此人們會避免從中間走過去，以免招來厄運。

威尼斯的守護神原本是聖狄奧多。狄奧多是在戴克里先與馬克西米安兩個皇帝執政時的人，因基督教遭迫害而殉道。聖馬可則是聖經中馬可福音的作者，他曾跟隨耶穌的大門徒彼得在羅馬宣教，及後

被派往非洲傳教，成為埃及亞歷山卓城的主教，殉道後，葬於亞歷山卓城。但該地自641年以來，便處於伊斯蘭王朝統治之下。公元828年，兩位威尼斯商人，違反當時威尼斯共和國禁止與異教徒通商的規定，私下到亞歷山卓城進行買賣。他們得悉當地天主教徒遭受迫害，聖馬可遺體有可能被破壞，遂勸服保存遺體的修道院，把它運走。他們先封住遺體，裝在轎子的底部，上面放了各種食物，而在最上層，還鋪蓋了豬肉製成的培根，沿路吆喝「有豬肉！」。因為當地的薩拉森人信奉伊斯蘭教，討厭豬肉，橋子順利通過海關，最終將遺體運抵威尼斯。到步同一年為聖馬可興建教堂，追封他為威尼斯的主保聖人，教堂內安放聖馬可的陵墓，並以其名字命名——聖馬可教堂（Basilica di San Marco）。聖馬可的象徵物是一隻有翅膀的獅子，象徵力量、勇氣與耶穌基督的王權，它亦成為威尼斯的城徽。





原先的聖馬可教堂是一座木造小教堂，11世紀蓋起大理石後，變得宏偉，12世紀繼續擴大修築，美化外觀，融合拜占庭、哥德式、伊斯蘭教等多種風格。教堂正面五個圓拱形門上方，各有不同主題的金色嵌鑲畫。教堂正門口上方有聖馬可塑像和六尊天使像。下方有四頭青銅馬雕像，是1204年十字軍東征時，從君士坦丁堡帶回來的戰利品複製品，真品現存放於教堂內的寶物庫。



聖馬可教堂對面有一座高聳的鐘塔，名叫聖馬可鐘塔 (Campanile di San Marco)，建於912年，高98.5米，最初用作港口的眺望台，以及為海上船隻，

指明航路的燈塔，可惜在公元1902年倒塌，現在看到的鐘樓是於1912年重建。鐘塔共放置了5座鐘，由教宗比約十世 (Pius X) 捐贈，5座鐘各有不同聲響、名稱和功用。遊客可登上這標誌性建築物，一覽威尼斯的迷人風光。



聖馬可教堂旁，是威尼斯大公國總督府 (Palazzo Ducale，又名「道奇宮」Doge's Palace)。原初的總督府建於9世紀，為拜占庭風格，經兩次火災後，於16世紀改建為目前所見的哥德式建築：第一層由36座拱形建築排列而成，第二層則為71根石柱所構成的鏤花拱門，第三層以粉紅色及白色的大理石，拼接出幾何圖形。總督府是歷代總督的市政廳和住所，同時也是威尼斯共和國的政府機關與最高法院的所在地。總督府現闢作博物館，裡面的會議廳裝飾得金碧輝煌、美輪美奐，展出許多珍貴的藝術作品。

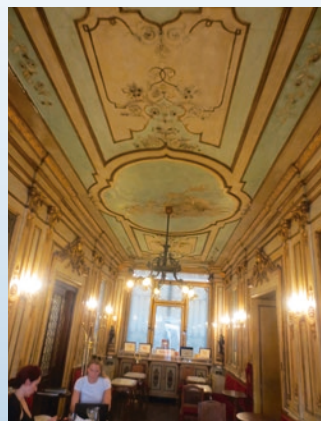


聖馬可教堂後面有一座景泰藍和金漆裝飾的時鐘塔樓 (Torre dell'Orologio)，於1496-1499年間建成。塔樓上面，用拉丁文寫著：「我只計數幸福的時光。」時鐘的外圈是代表整點時間的二十四小時制

羅馬數字。內圈則刻著代表月份的12星座的雕像。每到整點時，鐘塔上方會有兩個穿著羊皮、腰間繫著鐵槌的摩爾人，一老一少，出來敲鐘報時，吸引人們佇足觀看。原先的建築只有中間時鐘塔的部分，兩翼是後來才加建的。遊人更可付費搭乘電梯直達頂樓，從高處一覽威尼斯獨特的潟湖地形。鐘塔下方的拱門出去後，就是曲折蜿蜒的小巷弄，裡面藏著許多寶藏小店和特色餐廳。



總督府右邊的白色建築物是監獄，連接兩者之間的橋，就是「嘆息橋」(Ponte dei Sospiri)。以前在總督府被審判後的犯人，都是從總督府穿過嘆息橋，去到監獄。犯人經過這座橋時，就能從橋上的窗戶往外看外面的景色，因為不知道會不會是最後一次能看到這片風景，便會忍不住發出嘆息，這座橋亦因此俗稱「嘆息橋」。



來到聖馬可廣場旅遊，除可觀賞文藝復興時期的建築物外，還可到鄰近的咖啡廳、餐廳、精品專賣店逛逛，體驗水都的迷人風情。旅行團特別安排我們到「花神咖啡館」(Caffè Florian)喝下午茶。這間咖啡館創於1720年，原名為Alla Venezia Trionfante，後因老闆名為Floriano Francesconi，遂簡稱Caffè Florian。這咖啡館是昔日社會各階層聚集的地方，名人如拜倫、狄更斯是常客。18世紀末，法國大革命風潮席捲歐洲，咖啡館成為法國憲法之友協會(法語：Société des amis de la Constitution)的聚會場所，19世紀時更一度成為臨時醫院，收留意大利復興運動中受傷的愛國志士。老店內部於1858年重新裝修，分別設有參議員廳、希臘廳、中國廳和東方廳。我們在咖啡館內悠閒地喝著意大利咖啡，欣賞戶外樂隊的音樂表演，安然自得。



當年，威尼斯商人冒險把聖馬可遺體搬返家鄉，相信是緣於一種對聖遺物的崇拜。天主教的教義中，「聖人」是指耶穌、聖母瑪利亞以及十二門徒為首，還包含為信仰殞命的殉道者，以及對基督教有巨大貢獻的教皇、主教、修道士等。而聖遺物則是指他們的遺體、遺骨或骨灰，以及生前穿戴、觸摸過的物品，或曾接觸過遺體與上述聖遺物的其他東西。這些聖遺物往往被認為蘊含特殊的力量，這力量在希臘語中稱為dynamis，在拉丁語中稱為virtus。持有聖遺物對王公貴族而言，是一種極大的榮耀，對教會來說，則能吸引來訪者和增加捐獻。^(註)後來教會更為一些死去的偉大信徒，設立追封的「宣福禮」(Beatification)，用意在於尊崇其德行、信仰，足以升上天堂，不少獲封者更成為一個地方的守護者。

^註島崎晉 著，林農凱 譯：《咒術世界史·魔法、信仰與恐懼的交錯》，台灣 楓樹林出版事業有限公司，2025年11月，頁129-130

The Diary of a Family Doctor【家庭醫生的日常】

《過敏性鼻炎》

吳雨春醫生

有一些病雖小，但影響可以很深遠。例如有人從小患上過敏性鼻炎，又缺乏適切的治療和跟進，他的一生也會受到影響。

先說記憶力。舉一個例子，某位小朋友在睡前熟背了夜靜思：「床前明月光，疑是地上霜。舉頭望明月，低頭思故鄉。」若果當晚睡得好，短暫的文字語音記憶會自動轉化為長久記憶，睡醒後很快把這20個字背默出來。

若果他患上鼻炎，鼻子便會堵塞，睡眠質素變差。在這情況下，短暫的文字語音記憶很難轉化為長久記憶，睡醒後便需要從新學習。

當上音樂課時，患上鼻炎的孩子很難唱高音。當人類發高音時，聲音需要通過鼻竇入口而進入其內產生共鳴才能響亮。患上鼻炎的黏膜會腫脹，並把鼻竇

入口封閉，所以無法產生響亮和持續的高音。

成年人的鼻炎會造成打鼾，單身時問題不大。若果結了婚，響亮的鼻鼾聲會影響伴侶的睡眠質素，甚至造成婚姻危機。

到了中老年，鼻炎會引至睡眠窒息、高血壓等問題。

從上面的例子可以看到，有些雖然在我們眼裏不是大的問題，但對病人來說可能會影響他們一生的選擇。所以作為醫生，我們都需要重視和擔心，讓患者接受到及時和適切的治療。

The Diary of a Family Doctor 家庭醫生的日常

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

Email: FPLinks@hkcfp.org.hk

READERSHIP DRIVE

Congratulations! The returns from the following doctor has been selected for April 2026 issue:

Dr. HOU Baijing

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

Meeting Highlights

Certificate Course in ENT for Primary Care Doctors 2026

1st session on 18 April 2026

Dr. CHUI Ying Kit Ronald, Specialist in Otorhinolaryngology, delivered a lecture on “Acute Ear Problems”; Dr. Horace CHENG, Specialist in Otorhinolaryngology, delivered a lecture on “Chronic Ear Problems” and Dr. CHU Po Ngai Alvin, Specialist in Otorhinolaryngology, delivered a lecture on “Management of a dizzy patient”



Dr. CHAN Man Li (left, Moderator) presenting a souvenir to Dr. CHUI Ying Kit Ronald (right, Speaker).



Dr. CHAN Man Li (left, Moderator) presenting a souvenir to Dr. Horace CHENG (right, Speaker).



Dr. CHAN Man Li (left, Moderator) presenting a souvenir to Dr. CHU Po Ngai Alvin (right, Speaker).

2nd session on 25 April 2026

Dr. LAI Chee Fung, Calvin, Specialist in Otorhinolaryngology, delivered a lecture on “Management of Blocked and Runny Nose”; Dr. YAP Jia Xiong, Darren, Associate Consultant, Department of Ear, Nose and Throat, Queen Mary Hospital, delivered a lecture on “Management of Bleeding Nose” and Dr. WONG Kai Chuen, Fergus, Specialist in Otorhinolaryngology, delivered a lecture on “Management of Painful Nose”.



Dr. CHAN Ting Bong (left, Moderator) presenting a souvenir to Dr. LAI Chee Fung, Calvin (right, Speaker).



Dr. CHAN Ting Bong (left, Moderator) presenting a souvenir to Dr. YAP Jia Xiong, Darren (right, Speaker).



Dr. CHAN Ting Bong (left, Moderator) presenting a souvenir to Dr. WONG Kai Chuen, Fergus (right, Speaker).

Online Event

Date and Time	Topic	Speaker
10 June (Wed) 2:00 – 3:00p.m.	Beyond Mild Onychomycosis: Optimizing Treatment Outcomes in Primary Care Setting <i>Sponsored by Main Life Corporation Limited</i>	Dr. LAU Ngan Ming <i>Specialist in Dermatology & Venereology</i>

QR Code for registration



Admission Fee:

10 June (Wed)	
College Members:	Complimentary
Non – members:	HK\$ 100.00
* 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.	
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 Jun : 1 CME Point HKCFP (Cat. 4.3)
1 CME Point 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
29 May 2026 (Fri) 2:30 – 3:30 p.m.	"New Treatments in Atopic Dermatitis" by Dr. LAI Yik Kiu Dominic
26 June 2026 (Fri) 2:30 – 3:30 p.m.	"A Holistic Approach to Migraine Management: Integrating Diagnosis and Breakthrough Therapies" by Dr. LEE Chi Nam

QR Codes for registration



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

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

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

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

Notes : Online Events

- 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
Wednesday, 03 June 2026			
14:30 - 17:00	SB1032, 1/F, Special Block, Tuen Mun Hospital	A Comprehensive Guide to the General Outpatient Clinic (GOPC) Manual for Enhancing Primary Care Services Dr. LEE Chi Lung	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Approach to Alcoholism Dr. CHAN Tsz Wai, Jodie, Dr. CHAN Wing Yin, Winny	Ms. Emily LAU Tel: 3506 8610
15:15 - 17:15	Lecture Room, 2/F, Ngau Tau Kok Jockey Club Clinic, 60 Ting On Street, Ngau Tau Kok, Kowloon	DNACPR, Advanced Directive & Guardianship Board Dr. FAN Yu Yan, Sally	Ms. Milky CHAN Tel: 2753 8109
15:30 - 17:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Clinical Audit Dr. CHOW Chun Fung, Ray, Dr. ZHENG QiQi, Dr. YEUNG Yuen Ching	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Journal Club Presentation on Principles and Contents of Family Medicine Dr. WANG Luqian, Lucy, Dr. LO Ching On, Dr. YAU Kwan Ming, Jeremy, Dr. TONG Tin Yan, Emily, Dr. CHEUNG Cheuk Kan, Chloe, Dr. CHAN Chim Yiu	Ms. Cherry WONG Tel: 2589 2337
Thursday, 04 June 2026			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Community Resources for Marital Problem Dr. CHIU Kwan Ki, Dr. NG Mei Po	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 10 June 2026			
14:30 - 17:00	1/F, Health Education Room, Tin Shui Wai (Tin Yip Road) Family Medicine Integrated Centre	Paediatric Emergencies in Primary Care Dr. CHAN See In	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Patient's Illness Behavior Dr. KWOK Wing Sum, Karina	Ms. Emily LAU Tel: 3506 8610
15:15 - 17:15	Lecture Room, 2/F, Ngau Tau Kok Jockey Club Clinic, 60 Ting On Street, Ngau Tau Kok, Kowloon	Family Medicine Training in HK & Overseas Dr. CHEN Shaokai, Allen	Ms. Milky CHAN Tel: 2753 8109
15:30 - 17:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Advance Decision on Life-sustaining Treatment Dr. POON Chi Him, Dr. CHAN Hei Wai, Venus, Dr. TONG Hei Ka, Anson	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Practice Management: Clinical Waste Disposal Dr. LO Yan Yeung, Vincent	Ms. Cherry WONG Tel: 2589 2337
Thursday, 11 June 2026			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Bikini Approach: Good Practice and Pitfalls in Medical Record Keeping Dr. FUNG Hoi Yin, Dr. IP Chung Ho	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 17 June 2026			
14:30 - 17:00	1/F, Health Education Room, Tin Shui Wai (Tin Yip Road) Family Medicine Integrated Centre	Community Resources for Elderly Patients Dr. LI Pak Ho, Dr. YU Cheng Yann	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Consultation Enhancement (Physical Examination: Shoulder and Video Consultation) Dr. CHENG Tsz Wai, Sam, Dr. MAK Ka Wai, Stephanie	Ms. Emily LAU Tel: 3506 8610
15:15 - 17:15	Lecture Room, 2/F, Ngau Tau Kok Jockey Club Clinic, 60 Ting On Street, Ngau Tau Kok, Kowloon	Common Sports Injury Management Dr. LAM Cynthia	Ms. Milky CHAN Tel: 2753 8109
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Wound Care in Primary Healthcare Dr. WAN Wing Fai	Ms. Cherry WONG Tel: 2589 2337
Thursday, 18 June 2026			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Clinical Approach to Abdominal Pain in Primary Care Dr. CHAN Cheuk Sing, Dr. SZE Chung Fai	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 24 June 2026			
14:30 - 17:00	SB1036, 1/F, Special Block, Tuen Mun Hospital	Clinical Approach to Breast Complaints in Primary Care Dr. CHUNG Wing, Dr. BUT Yuet Ming	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	1. Introduction to Conjoint Fellowship Examination (Part I) Dr. TAM Wah Kit 2. Gross Medical Negligence Dr. FENG Jun Marc	Ms. Emily LAU Tel: 3506 8610
15:15 - 17:15	Lecture Room, 2/F, Ngau Tau Kok Jockey Club Clinic, 60 Ting On Street, Ngau Tau Kok, Kowloon	Professional Ethics-euthanasia Dr. MAK Hoi Yan, Clement	Ms. Milky CHAN Tel: 2753 8109
15:30 - 17:30	Seminar Room, Family Medicine Specialist Clinic, 3/F, Li Ka Shing Specialist Clinic (South Wing), PWH	Child Abuse and Community Resources Dr. CHENG Yuet Kiu, Ada, Dr. CHUI Wai Ting, Vivian, Dr. YEUNG Yuen Ching, Chloe	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Consent and Confidentiality Dr. WANG Luqian, Lucy	Ms. Cherry WONG Tel: 2589 2337
Thursday, 25 June 2026			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Contraception Counseling Dr. CHENG Ka Tong, Dr. LEE Kar Fai	Ms. Eliza CHAN Tel: 2468 6813

COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 May	25	26	27 2:30 – 7:00 p.m. Structured Education Programme	28 4:00 – 6:00 p.m. Structured Education Programme	29 2:30 – 3:30 p.m. Online Video Session	30 DFM Written Examination
31 DFM Clinical Examination	1 Jun	2	3 2:30 – 7:00 p.m. Structured Education Programme	4 4:00 – 6:00 p.m. Structured Education Programme	5 2:30 – 4:40 p.m. Certificate Course in ENT	6
7	8	9	10 2:00 – 3:00 p.m. Online CME Lecture 2:30 – 7:00 p.m. Structured Education Programme 6:30 – 8:30 p.m. HKCFP FM Career Talk 2026	11 4:00 – 6:00 p.m. Structured Education Programme 8:30 p.m. Board of DFM Meeting	12	13
14	15	16	17 2:30 – 7:00 p.m. Structured Education Programme	18 4:00 – 6:00 p.m. Structured Education Programme	19	20
21	22	23 8:00 – 10:00 p.m. Board of Conjoint Exam Meeting	24 2:30 – 7:00 p.m. Structured Education Programme	25 4:00 – 6:00 p.m. Structured Education Programme 8:30 – 11:30 p.m. HKCFP Council Meeting	26 2:30 – 3:30 p.m. Online Video Session 7:00 – 8:30 p.m. HKPCC 2026	27 1:45 – 8:35 p.m. HKPCC 2026
28 8:30 a.m. – 2:30 p.m. HKPCC 2026 4:00 p.m. HKCFP Conferment Ceremony	29	30	1 Jul	2 4:00 – 6:00 p.m. Structured Education Programme	3	4

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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

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