

INSIDE THIS ISSUE

Issue 272 October 2026

- | | | | |
|--|--|---|--|
| 01 Message from the President
02 College News:
02 The 49 th HKCFP Annual General Meeting & The 49 th HKCFP Annual Dinner
03 HKCFP 50 th Anniversary Special Publication Cover Design Competition | 04 WONCA APR Conference 2027
06 Specialty Board News
07 Membership Committee News; Board of Conjoint Examination News
08 News Corner: Planetary Health: Why it matters to Family Physicians | 10 Family Doctors Column: Navigating the Label: A Clinical Perspective on Food Expiration and Patient Safety
13 College News (Con't):
13 家庭醫生的日常
14 Young Doctors Committee News | 16 Meeting Highlights
17 Board of Education News
20 College Calendar |
|--|--|---|--|

Message from the President

The forthcoming Clinical Competency Examination (CCE) of the Conjoint Fellowship Examination is scheduled on 1 November 2026 (Sunday). The CCE is designed to assess the clinical competence – how the candidate applies his / her knowledge and clinical reasoning skills when presented with a range of clinical scenarios. Candidates are expected to demonstrate the application of their clinical skills as well as their communication skills, including inter-professional and patient-centred communication and professional attitudes, in the context of each case. (https://www.hkcfp.org.hk/pages_87_276.html) A prize in the form of “Dr. Peter CY Lee Best Candidate Award” will be awarded to the candidate who passed the Conjoint Fellowship Examination at one setting and achieved the highest mark in the Examination.

Thanks to the ongoing dedicated work of the Board of Conjoint Examination team in the running up of the CCE, including but not limited to Dr. Welchie KO (Co-Chairman), Dr. IP Pang Fei (Chief Examiner), Dr. Loretta CHAN (CCE Co-ordinator), Dr. FU Sau Nga (CCE deputy Co-ordinator) with the case writing examiners, the examiners, and the college secretariat, the CCE rehearsal had been held successfully on 11 October 2026 at the examination venue, the Pamela Youde Nethersole Eastern Hospital (PYNEH). We are also very grateful towards the Royal Australian College of General Practitioners (RACGP) for their continuing support in refining the Conjoint Fellowship Examination over the years. In fact, this year’s examination marks the 40th Anniversary of the Conjoint Examination!



from left to right: Dr. David CHAO, Dr. Dr. Welchie KO, Dr. IP Pang Fei, Dr. FU Sau Nga, Dr. Loretta CHAN and Ms. Iris IP



from left to right: Dr. David CHAO, Dr. Stephen FOO and Dr. Welchie KO



from left to right: Dr. David CHAO, Dr. IP Pang Fei and Dr. CHAN Hung Chiu

(Continued on page 2)

MESSAGE FROM THE PRESIDENT

(Continued from page 1)

As mentioned before, the WONCA Asia Pacific Regional Conference 2027 is to be hosted by HKCFP in Hong Kong from 22 to 25 April, 2027. The theme of this conference highlights the importance of family doctors in providing the crucial elements to support the health of the community, namely, **“Family Doctors: The Heart of Quality Primary Healthcare”**. The Call for Abstracts and for Symposium Proposals are now open (<https://www.woncaaprc2027hk.com/index/abstract/call-for-abstracts>) Do visit the above link for details of

submission. The submission deadline is 15 November 2026 (Sunday). Please share your experience and expertise in your very own WONCA Conference in Hong Kong in 2027! It is a great opportunity to catch up with friends and make new connections with local and international primary care colleagues. We look forward to seeing you all in Hong Kong at the WONCA Asia Pacific Regional Conference 2027!

Dr. David V K CHAO
President



The 49th HKCFP Annual General Meeting

The 49th Annual General Meeting of The Hong Kong College of Family Physicians will be held on **6 December 2026, Sunday** with the following details.

Time : 5:00pm

Venue : Victoria Harbour Supreme 海港薈, 22/F, Lee Theatre Plaza, 99 Percival Street, Causeway Bay, Hong Kong

Admission : All members are welcome.

Registration

Please scan the QR code to register for the **Annual General Meeting** to facilitate related arrangement. Please note that registration will close on **27 November 2026 (Friday)**.

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



The 49th HKCFP Annual Dinner

The College's 49th Annual Dinner will be held on **6 December 2026, Sunday**, as follows:

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

Venue : Victoria Harbour Supreme 海港薈, 22/F, Lee Theatre Plaza, 99 Percival Street, Causeway Bay, Hong Kong

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

Registration

Please scan the QR code to complete the registration for the **Annual Dinner**. Please note that registration will close on **27 November 2026 (Friday)** or earlier if the maximum capacity is reached. As seating is limited, members are encouraged to register early to secure their places.

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

We look forward to welcoming you at the dinner.



The Hong Kong College of Family Physicians



Special Publication

Cover Design Competition

Dear Members,

The Hong Kong College of Family Physicians (HKCFP) is proud to announce a design competition for the cover of our special publication commemorating the 50th Anniversary of the College in 2027.

Details of the Competition:

Theme : The Hong Kong College of Family Physicians 50th Anniversary

Slogan : **“Honouring our legacy, inspiring our future”**

Design Size : A4 paper

Application & Submission Deadline: 30 November 2026

The winning design will be featured on the cover of our special 50th Anniversary publication.

How to Apply:

Please submit your artwork in **.pdf or .jpg format** along with a 100-word brief explanation of your design concept via email to minnyfung@hkcfp.org.hk.

We invite all HKCFP members and their immediate family members to submit a creative design for the cover of our 50th anniversary publication. This is an excellent opportunity to showcase your creativity and contribute to the legacy of Family Medicine in Hong Kong.

Let's celebrate 50 years of excellence in Family Medicine together!

For inquiries, please contact the College Secretariat at 2871 8899 or by email to alkyyu@hkcfp.org.hk

Yours Sincerely,

HKCFP 50th Anniversary Publication Subcommittee

Terms & conditions:

1. Participants must submit their artwork in either PDF or JPG format via email to minnyfung@hkcfp.org.hk. Each entry should include a 100-word brief explanation of the design concept. The deadline for application & submission is 30 November 2026.
2. The winning design will be selected based on creativity, relevance to the theme, and overall visual impact by a panel of judges appointed by HKCFP, and the decision of HKCFP is final.
3. The winner may be asked to provide an editable version of their artwork in Adobe Illustrator (.ai) format for editing, reproduction, or promotional purposes. By participating, the winner agrees to deliver the .ai file upon request within a specified timeframe, if necessary, to facilitate the use of their design.
4. By participating, entrants agree that their submissions may be used by HKCFP for promotional purposes related to the 50th anniversary celebrations, including social media, publications, and website features.
5. HKCFP reserves the right to modify or cancel the competition at any time without prior notice.

(Supported by HKCFP Foundation Fund)

WONCA



ORGANISERS:



Asia Pacific Regional Conference 2027 on 22-25 April 2027

Bauhinia Cruise Gala Dinner

23 April 2027 (Friday)

Embarkation time: **18:45-19:00** (tentative)

Location : **North Point (East) Ferry Pier**
(Harbour Parade, North Point, Hong Kong Island)

(Embarkation time will be strictly enforced; late arrivals will not be accommodated)

Debarcation time : **21:00** (tentative)

Fee : **USD 120/person** (same price for adults and children, non refundable)

Including Dinner Buffet (Including Halal-friendly and vegetarian food options),
Live Band Performance, Cruise Sightseeing in Victoria Harbour

Dress code : **Smart Casual / Ethnic attire is warmly welcomed**



Experience Hong Kong's Magic : An Unforgettable Night Cruise & Gala Dinner

Enjoy a memorable evening cruising across Hong Kong's stunning harbour aboard the Bauhinia Cruise. As you sail, take in the captivating views of the illuminated Hong Kong Island and Kowloon shores, surrounded by the cool sea breeze and the city's dazzling skyline.

There is nothing quite like feeling the refreshing sea breeze while standing on the deck, surrounded by 360-degree views of the world's most dramatic skyline. It gives you a front-row seat to the city's vibrant energy, completely away from the bustling streets. Savor a sumptuous buffet dinner and let the melodies of live music sweep you away, as the city skyline shimmers and transforms into a breath-taking canvas during the enchanting **Pearl of the Orient Night**.

Join us for this enchanting experience and see the city in a whole new light.

**REGISTRATION FOR
CONFERENCE**



(Supported by HKCFP Foundation Fund)



ORGANISERS:



World family doctors. Caring for people.

WONCA Asia Pacific Regional Conference 2027 on 22-25 April 2027

Morning Social Run: Recharge, & Connect !

24 April 2027 (Saturday)

07:30 – 08:15

Shuttle Bus Arrangement:

Departure from Xiqu Centre at **07:15** and
return from West Kowloon District at **08:15**

Rise & Shine 3K Morning Run

Start your morning with fresh air and amazing harbour views at
the West Kowloon Cultural District!



Join fellow delegates from all over the world at 07:30 AM for a fun, easy 3km morning run. The route is completely flat, and all paces are welcome. Everyone can chat, enjoy the open views of Victoria Harbour, and snap great photos. It is the perfect way to wake up, make new friends, and boost your energy before a full day of conference sessions.

Round-trip transportation will be provided between the conference venue and the running site.

More details will be given soon for registration, so please stay tuned!

Registration for
Conference



REFRESHER TRAINING COURSE FOR EXIT EXAMINERS 2026

RTC

Organized by Specialty Board

- For Exam Observers, Trainee Examiners & Examiners of Exit Exam
- Trainee Examiners & Exam Observers need to possess certificate of Refresher Training Course before promotion as Examiners

4 SESSIONS

Dates	Segments	Panel Speakers led by:
27 November 2026 (Fri)	Practice Assessment (hybrid mode)	Dr. LUK Kam Hung (Coordinator, Practice Assessment)
4 December 2026 (Fri)	Clinical Audit (face-to-face)	Dr. Alfred KWONG (Coordinator, Clinical Audit)
9 December 2026 (Wed)	Research (face-to-face)	Dr. Catherine CHEN (Deputy Coordinator, Research)
16 December 2026 (Wed)	Consultation Skills Assessment [#] (hybrid mode)	Dr. Jenny WANG (Coordinator, Consultation Skills Assessment)

[#] Participants of CSA Refresher Training Course would be required to attend a video viewing session for completing the pre-course assignment on either 27 November or 16 December 6:15 - 7:00 p.m.

Time : 7:00 – 9:00p.m.

Venue : Rm 802, Duke of Windsor Social Services Building, 15 Hennessy Road, Wanchai

Highlights of our course:

- Overview on the Exit Exam Segments and interactive discussions
- Standardization of exam marking
- CME: 2 points for each session (Cat 4.4) and max. 8 points for whole course
- CPD: Up to 2 CPD points will be awarded, depending on achievement made in the pre & post- course assessment
- Invitation to mark in the coming Exit Examination
- Privilege to receive course materials and free admission to the subsequent years of Refresher Training Courses

Certificate of attendance:

- Awarded for 75% or more attendance of the whole course (i.e. 3 sessions)

Course fees:

HK\$1,000 for whole course (4 sessions)

HK\$500 for single session

[Course fee reimbursable upon 100% attendance of the whole course / registered session(s)]

APPLICATION DEADLINE 6 November 2026

For enquiry, please contact the Board Secretariat,
Mr. John MA or Ms. Alky YU at 2871 8899 or email to exit@hkcfp.org.hk



Enrolment & Learn more

Membership Committee News

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

NEW APPLICATION

Associate Membership

Dr. AU Ying Heung	區 凝 香
Dr. CHAN Wing Sum Venus	陳 穎 琛
Dr. CHEUNG Ho Hin	張 灝 軒
Dr. LAM Venus Waisze	林 惠 思
Dr. LAM Wing Fung	林 穎 鋒
Dr. PANG King Chi	彭 瓊 芝
Dr. SHEK Cheuk Lam Jasmine	石 卓 琳

EXPIRATION

Student Membership

Ms. CHAN Yan Kiu	陳 忻 翹
Ms. CHEUNG Hei Ching	張 晞 晴
Mr. CHUNG Chi Wai	鍾 志 偉
Ms. IP Yin Yu	葉 彥 好

Mr. KWAN Chun Hei Michael	關 雋 熙
Mr. LAM Tsz Lung	林 子 龍
Mr. LEUNG Wang Hei Keith	梁 宏 熙
Mr. NG Sze Hang	吳 思 恒
Ms. TANG Sin Tung	鄧 倩 彤
Ms. TSE Tung Yee	謝 咚 頤
Ms. TSUI Kit Lam	徐 潔 琳
Ms. WING Cecinia	榮 熙
Mr. WONG Chak Pan	汪 澤 斌
Ms. YAO Xuhong	姚 旭 鴻
Ms. YEUNG Maegan Hon Yan	楊 瀚 欣
Mr. YIU Wing San	姚 榮 新

RESIGNATION

Associate Membership

Dr. WONG Ting Wai	王 廷 慧
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Board of Conjoint Examination News

Successful Candidates List

The Board of Conjoint Examination is pleased to announce that the following candidates passed the 40th Conjoint HKCFP/RACGP Fellowship Examination (Written Segment) 2026.

Dr. AU-YEUNG Kelly Hoi Lee	Dr. FUNG Wing Yee	Dr. LEUNG Chi Ho	Dr. TSUI Natalie Chiara
Dr. CHAN Cheuk Sing	Dr. HO Ching Ting	Dr. LI Michelle Aiqi	Dr. WAN Chui Yan
Dr. CHAN Chim Yiu	Dr. HO Ka Wa	Dr. LI Wai Yam	Dr. WONG Dag
Dr. CHAN Ho Shuen	Dr. HUI Yan Lok	Dr. LO Ching On	Dr. WONG Hei Nga
Dr. CHENG Tsz Wai	Dr. KOO Ho Tun	Dr. NG Cheuk Wing Charlene	Dr. WONG Ho Sum
Dr. CHEUNG Chi Yan	Dr. LAU Ho Yee	Dr. SIN Tak Yee	Dr. WONG Nicole Tsz Yan
Dr. CHEUNG Hang Lam	Dr. LAU Kin Wang Thomas	Dr. SZE Lee Sze	Dr. WONG Yuet Hei
Dr. CHEUNG Tsz King	Dr. LAU Kwan Ho	Dr. TAM Chin Yui	Dr. YANG Tsz Ching Kelly
Dr. CHU Pui Yan Jasmine	Dr. LAU Tsz Ying	Dr. TAM Tsz On	Dr. YIU Kwan Ching
Dr. DAY Chi Rong Joycelyn	Dr. LAW Hoi Yiu	Dr. TANG Sik Wun	
Dr. FENG Jun Marc	Dr. LEE Chak Pui	Dr. TONG Hei Ka Anson	
Dr. FONG Lok Ki	Dr. LEE Yan Tung	Dr. TSANG Wing Ting	

Congratulations to you all !

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

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

Planetary Health: Why it matters to Family Physicians

“Our patients needs a healthy planet to stay healthy”

Clean air, safe water, a stable climate, nutritious food and healthy ecosystems keep us well. When any of them breaks down, family physicians will see the consequences in our everyday practice: heat-related illness, worsening of cardiovascular and respiratory diseases, infections, mental health problems etc.

From awareness to health-system action

World Health Organization's (WHO) placed health prominently in the climate agenda in its 2021 26th Conference of the Parties Special Report, which set out ten recommendations for governments and policy makers to place health at the centre of climate action.¹

1. Commit to a healthy recovery
2. Our health is not negotiable
3. Harness the health benefits of climate action
4. Build health resilience to climate risks
5. Create energy systems that protect and improve climate and health
6. Reimagine urban environments, transport, and mobility
7. Protect and restore nature as the foundation of our health
8. Promote healthy, sustainable, and resilient food systems
9. Finance a healthier, fairer, and greener future to save lives
10. Listen to the health community and prescribe urgent climate action

World Health Day 2022 then used the theme “Our planet, our health”, with WHO describing climate crisis as a health crisis.²

The discussion has since moved from awareness to implementation. WHO's 2023 Operational Framework for Building Climate Resilient and Low Carbon Health Systems asks health services to do two things: remain safe and functional during climate-related hazards, and reduce avoidable emissions, waste and resource use.³

In May 2025, the World Health Assembly adopted the first Global Action Plan on Climate Change and Health 2025–2028. Its priorities include climate-resilient and low-carbon health systems, surveillance and early warning, protection of vulnerable populations, and stronger integration of health into climate policy.⁴

Europe and Asia-Pacific: family medicine is already responding

The 2023 Budapest Declaration on Environment and Health addresses climate change, pollution and biodiversity loss, together with healthier communities and more resilient health systems.⁵ In the same year, WONCA Europe revised its definition of General Practice/Family Medicine to highlight One Health, Planetary Health and Sustainability as relevant foundations for the discipline.⁶

In our own region, the WONCA Asia Pacific Region Declaration on Planetary Health was adopted in Singapore in 2024. A follow-up workshop in Busan in 2025 focused on practical action, including reducing unnecessary tests and prescriptions, reducing pharmaceutical waste, encouraging active transport and more sustainable diets, and using brief “micro-education” during consultations.⁷

WHO's Asia-Pacific Centre for Environment and Health has also set out a 2025-2030 strategy built around stronger health systems, healthier urban and island environments, and healthier food systems.⁸ These developments place planetary health within mainstream primary care rather than as a separate environmental specialty.

What does this mean in our everyday practice?

1. Recognize environmental contributors

Heat may contribute to dehydration, hypotension, acute kidney injury or deterioration of cardiovascular disease. Air pollution may aggravate asthma and COPD. Typhoons or extreme rainfall may interrupt transport, medication supply, caregiving and follow-up. In selected consultations, simple questions about recent heat exposure, outdoor work, air quality, cooling at home or disruption of care can already be clinically useful.

2. Identify vulnerable patients before problems occur

Patients at greater risk include frail older people, young children, pregnant women, outdoor workers, people with cardiovascular, respiratory or renal disease, and those with limited social support. Before severe heat or extreme weather, family physicians can reinforce hydration and cooling advice, ensure adequate medication supply, explain warning symptoms and check that appropriate support is available.

Why this matters in Hong Kong?

HEAT

Local evidence is measurable. A 2017 Hong Kong study found that the day after five consecutive hot nights was associated with a 7.99% increase in all-cause mortality.⁹ A 2024 study of more than five million hospitalisations found that extreme excess nighttime heat (99th percentile versus no excess nighttime heat) was associated with a 3.1% increase in non-cancer/non-external hospitalisations over lag 0-4 days, rising to 5.3% among older people.¹⁰ Importantly, the study's excess-heat metric was more informative than the simple official definition of a hot night. These observational findings do not prove that brief clinic counselling prevents admissions, but they support anticipatory advice for patients at higher risk.

AQHI

Hong Kong's Air Quality Health Index is a health-risk-based index derived from local air-pollution and hospital-admission data.¹¹ For patients with asthma, COPD or cardiovascular disease, a brief reminder to check the AQHI and reduce strenuous outdoor activity when health risk is high can be incorporated into routine advice.

EXTREME WEATHER

Typhoons and heavy rainfall can disrupt transport, carers, medications, refrigeration of temperature-sensitive medicines and follow-up. Asking how treatment will continue during disruption is part of climate-resilient primary care.

A simple consultation check

This does not need to be used in every consultation. When environmental factors may be relevant, five short questions could help.

Exposure: Could heat, pollution, occupation or extreme weather be contributing?

Vulnerability: Is this patient at increased risk because of age, chronic illness, pregnancy, occupation or social circumstances?

Co-benefit: Can my usual lifestyle advice improve both personal and environmental health?

Resource stewardship: Can I safely avoid an unnecessary test, prescription or wasted medicine?

Continuity: What happens to this patient's treatment if transport, electricity, medicine supply or caregiving breaks down

Good planetary health is also good family medicine

Hong Kong's Primary Healthcare Blueprint promotes prevention-oriented, community-based and family-centric care, together with the concept of "Family Doctor for All".¹² Although it is not specifically a planetary-health strategy, this model provides a natural platform for identifying environmental vulnerability and strengthening community resilience.

Family physicians do not need to become climate scientists. Our contributions can begin with what we already do well: prevent disease, understand the patient's environment, identify vulnerable patients, support healthy behaviour and maintain continuity of care. Planetary health just adds an environmental part of the work we had already did.

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Compiled by Dr. Christina CHEUK

Navigating the Label: A Clinical Perspective on Food Expiration and Patient Safety

Dr. John-Hugh TAM, Specialist in Family Medicine

As Family Physicians, our consultations frequently intersect with the dietary habits and domestic lives of our patients. While we often focus on chronic disease management or acute pathology, the mundane reality of what sits in a patient's refrigerator can be a significant determinant of their health. We have all encountered the inquisitive patient or perhaps a concerned family member asking whether a slightly "past-its-prime" yogurt is truly a hazard or merely a culinary disappointment. In an era of rising living costs and a growing consciousness regarding food waste, the ability to provide evidence-based guidance on food labelling is an underrated but essential component of our role in preventive medicine and public health advocacy.

The Linguistic and Legal Landscape of Food Safety

The confusion surrounding food dates is not merely a matter of consumer negligence; it is a byproduct of complex regulatory frameworks and a lack of standardised terminology. In our local context in Hong Kong, the Centre for Food Safety (CFS) maintains a relatively stringent oversight, yet the influx of imported goods each adhering to the specific mandates of their country of origin creates a mosaic of labels that can baffle even the most discerning clinician.^{1,2}



In Hong Kong and similarly in the United Kingdom, the distinction between "Use By" and "Best Before" is the cornerstone of food safety education. However, as we look globally, the picture blurs. In the United States, for instance, federal law does not mandate date labelling for any products except infant formula.³ Consequently, many American labels such as "Sell-By" or "Enjoy By" are voluntary industry standards intended for inventory management rather than clinical safety.^{4,7} When these

products reach our local shelves, they often require supplementary labelling to comply with the Food and Drugs (Composition and Labelling) Regulations (Cap. 132W), creating a double-layered system of information that patients must navigate.

"Use By" vs. "Best Before": A Risk Stratification

For us Family Physicians, these labels should be viewed through the lens of risk stratification.

1. The "Use By" Date: The Safety Threshold

In Hong Kong, the "Use By" label (officially known as "此日期或之前食用", which in some import food items may also be referred to as, "expiry date", "有效日期", "保存期限" or "消費期限" (Japanese origin, しょうひきげん)) is applied to highly perishable items—fresh meats, fish, soft cheeses, and prepared salads—that are prone to rapid microbiological colonisation.^{1,5} From a clinical standpoint, this date is a hard deadline. Beyond this point, the risk of pathogens such as *Listeria monocytogenes* and *Salmonella* increases exponentially.⁶ It is crucial to remind our patients that these microorganisms often do not alter the organoleptic properties of the food; a piece of poultry may smell, look, and taste perfectly normal while harbouring a significant colonial count of pathogens.^{2,5}



2. The "Best Before" Date: The Quality Metric

Conversely, "Best Before" (officially known as "此日期前最佳", or unofficially as "Best if used by date", "賞味期限" (Japanese origin, しょうみきげん)) in some foreign imports) pertains to quality, texture, and nutritional integrity rather than immediate safety.^{1,5} Items such as dried pasta, canned goods, and frozen foods may remain

safe for consumption long after this date has passed, provided the integrity of the packaging is maintained.⁷ While the vitamins may degrade or the texture may become less palatable (e.g., stale crackers or dry bread), the microbiological risk remains low.² For patients on a tight budget, understanding this distinction can prevent unnecessary food wastage without compromising health.

Additionally, some readers may have seen alternative date labels, such as the “pack date” (包裝日期), “sell-by date” (銷售限期) which indicates how long a store can display an item for sale and is mainly used for internal inventory management. This is not a food-safety date.

The Microbiological Nuances of Storage and Handling

A common misconception prevalent in our community and occasionally echoed by retail staff is that “fermented” or “cultured” foods like yogurt or kimchi are indefinitely safe because they already contain “bacteria”. During a recent observation at a local supermarket, I overheard a sales assistant suggesting that a yogurt two days past its expiry was “no problem” because it was already fermented. As clinicians, we must correct this: while beneficial probiotics are present, they do not prevent the eventual growth of opportunistic pathogens or moulds once the preservative balance or internal environment of the product shifts.^{2,7}

Furthermore, the validity of any date label is predicated on the unopened state of the product. The moment a seal is broken, the “Use By” or “Best Before” date becomes largely irrelevant, superseded by secondary instructions such as “consume within 3 days of opening”.^{2,5}

We must also highlight the risk of “saliva-borne contamination”. It is common practice for individuals to drink directly from a bottle or take a bite of bread and return the remainder to the refrigerator. The introduction of amylase and oral flora including *Staphylococcus aureus* or *Streptococcus* species into a nutrient-rich medium can accelerate spoilage significantly, even in a chilled environment.²

The Role of the Refrigerator and Sensory Judgement

Storage conditions are the primary modifiers of shelf life. The “4-degree rule” is a useful mnemonic for patients; for perishable food items (such as fresh meat, aquatic products, bottled milk and cheese, etc.), maintaining a refrigerator temperature *at or below* 4°C is vital for slowing

bacterial thermogenesis.^{2,6} We should advise patients that if a perishable item has been left at room temperature for more than two hours, a common occurrence during long commutes from shopping or outdoor social gatherings, the “Use By” date should be considered void.² Similarly, the CFS has also recommended that frozen food need to be kept in the freezer at or below -18°C.⁸

However, we should also encourage the use of “common sense” or sensory evaluation for items that do not fall into the high-risk “Use By” category. We should instruct patients to check for:

- Physical Integrity Problems: Dented, rusted, or bulging cans (a red flag for *Clostridium botulinum*).²
- Visual Changes: Mould, unusual discolouration, or “soft spots” in produce.
- Olfactory Clues: Rancid odours in fats/oils or “off” smells in dairy.⁷

The GP’s Consultation: Tailoring Advice to the Vulnerable

While a healthy adult might tolerate a minor encounter with spoiled food, the stakes are significantly higher for the “YOPI” risk group (*Young, Old, Pregnant, and Immunocompromised*). For our geriatric patients or those on immunosuppressive therapy, we should advocate for a “when in doubt, throw it out” policy, even for “Best Before” items.⁷ The physiological reserve to combat foodborne toxicoses is diminished in these populations, and the complications of gastroenteritis dehydration, electrolyte imbalance, and secondary infections can be life-threatening.



Societal Trends: Social Enterprises and “Expired” Sales

In recent years, social enterprises have emerged the service which is specialised in selling “near-expiry” or “just-past-best-before” items at a discount to reduce waste. While this is a commendable environmental effort, it places a higher burden of responsibility on the

consumer to understand the labels.^{2,5} In our role as family doctors, we can support these initiatives by ensuring our patients have the health literacy to choose products that are safe (expired “Best Before”) while avoiding those that are dangerous (expired “Use By”).

Summary

The interpretation of food date labels is a practical application of clinical risk management in the domestic sphere. By educating our patients on the fundamental difference between “Use By” (safety) and “Best Before” (quality), we empower them to make choices that protect their health while potentially reducing the economic burden of food waste. We must emphasise that storage conditions, packaging integrity, and post-opening hygiene are just as critical as the date printed on the box. As the first point of contact in the healthcare system, the General Practitioner is uniquely positioned to turn a simple question about a supermarket label into a meaningful conversation about nutrition, safety, and preventive health.

Reference:

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The Diary of a Family Doctor【家庭醫生的日常】

工傷的委屈

蔡雄宇醫生

診症室內，醫生盯著電腦螢幕，手指按着鍵盤，比起白色的燈光更冰冷。眼神空洞的地盤工人陳先生來要為一年前的工傷腰痛續病假紙。

A 醫生：「腰痛一年你仍未康復？你只是在工地滑倒，急症室X光已經證明沒有骨裂。這裏是四天假紙，走吧！」

陳先生：「你猜我很想來嗎？」

醫生跟陳先生起了口角，幸好護士出來調停，差點兒要報警解決。

四天後，陳先生又來續病假。

B 醫生：「這腰痛真的影響到你的生活，家人們明白嗎？」

陳先生：「太太跟我天天吵架，說我沒有給家用，是個廢人。」這時陳先生再也忍不住淚水，淚如雨下。

B醫生容讓片刻的寧靜，陳先生的心情得以平復。

B 醫生：「公司上一次出糧給你是什麼時候？」

陳先生：「從來都沒有！我現在每次見醫生及物理治療師都要繳費，很快連飯錢也沒有

了。公司還說不承認這是工傷，勞工處又說在調查當中，叫我繼續拿病假紙，否則公司可以把我解僱。」

B 醫生：「腰痛的困擾，加上財政的壓力，還有跟公司及勞工處的周旋，未知的將來，怪不得你這樣辛苦。」

陳先生：「本來以為老闆是表親戚，怎料他竟是個壞人，真是氣憤！」

B 醫生：「你真是一個好堅強的男人，受了這麼多的委屈都獨自承擔。讓我為你仔細檢查，看看可否在身體的痛上出一分力，讓你有安眠的時候。」

陳先生：

「多謝醫生，從來沒有人讓我有機會暢所欲言，有你明白我就夠了，多謝你。」

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 doctors have been selected for September 2026 issue:
Dr. HUI Yuk Ting Candy, Dr. SO Fong Tat

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.

Young Doctors Committee News – Embarking on the Family Medicine Journey: Highlights from the 2026 HKCFP Boot Camp

Dr. Sara CHAN, Chairperson of Boot Camp Subcommittee, Young Doctors Committee, HKCFP

The commencement of the family medicine training journey is a significant milestone in any doctor's career. On 13 September 2026, the Young Doctors Committee (YDC) of the HKCFP had the distinct pleasure of welcoming its newest cohort of basic trainees to the HKCFP Boot Camp 2026. The afternoon brought together first-year trainees for an inspiring occasion dedicated to learning, connection, and mutual encouragement.



Dr. Aldo WONG gave welcome speech

The programme was formally opened by Dr. Aldo Wong, Co-Chair of the YDC, who extended a warm welcome to the attendees and set an encouraging tone for the afternoon ahead.



The ice breaking game "Big TV", led by Dr. TK LI and Dr. Louise YUNG



Winners of game

The icebreaker activity that followed, a game of "Big TV", was enthusiastically led by Dr. Louise Yung and Dr. TK Li. Organized across four groups, the activity successfully fostered a spirit of collaboration and friendly competition among the new peers.

The heart of the afternoon was a thought-provoking sharing session by our guest speaker, Dr. Eric Lee, entitled "The Purpose-Driven Doctor: Mastering Self-Care as a Core Competency". Far from a passive lecture, this was a genuinely interactive experience, complete with a lifestyle medicine assessment and a calming visualization exercise. It served as a powerful reminder to the trainees that caring for oneself is not a luxury, but rather an essential skill for those who devote their careers to the care of others.



Interactive sharing by Guest speaker Dr. Eric LEE



Dr. Aldo WONG presented souvenir to Dr. Eric LEE

Dr. Jerry Woo then offered a lively glimpse into the multitude of YDC and HKCFP activities available to trainees. A group photograph was taken to commemorate the occasion before participants proceeded to the small-group sharing sessions.



Dr. Jerry WOO's sharing on YDC activities

These discussions, conducted in four groups and guided by dedicated facilitators, provided a particularly valuable opportunity for personal connection and reflection. Trainees introduced themselves, reflected candidly upon their current rotations, and shared the challenges they had encountered, along with their strategies for addressing them. In a convivial atmosphere over refreshments, facilitators generously offered practical guidance, training support, and valuable insights into future career pathways and the development of special interests.



Small group discussion and sharing

We drew the afternoon to a close by launching our 'Buddy' WhatsApp group, a dedicated platform designed to keep the conversation flowing long after the event concluded. This initiative connects new trainees with their senior buddies, ensuring everyone remains supported and updated on forthcoming HKCFP and YDC events.

To all our new trainees: a very warm welcome to family medicine training! This is only the beginning, and we eagerly anticipate seeing where your professional journeys will take you!



Group photo of 2026 HKCFP Boot Camp

Meeting Highlights

Certificate Course on Bringing Better Health to Our Community 2026

The 2nd session of the "Certificate Course on Bringing Better Health to Our Community 2026" co-organized with Queen Elizabeth Hospital and The Hong Kong Medical Association were held on 19 September 2026.

Dr. LIU Hin Wai, Henry, Associate Consultant, Department of Medicine, Queen Elizabeth Hospital, delivered the lecture on "Update on Management of Fatty Liver" and Dr. IP Fong Cheng, Francis, Consultant Dermatologist i/c, Social Hygiene Service, Centre for Health Protection, Department of Health, delivered a lecture on "Update on Management of Eczema".



Dr. KO Siu Hin (right, Chief of Service, Department of FM&PHC, KC Cluster, Hospital Authority) presenting a souvenir to Dr. LIU Hin Wai, Henry (left, Speaker).



Dr. KO Siu Hin (right, Chief of Service, Department of FM&PHC, KC Cluster, Hospital Authority) presenting a souvenir to Dr. IP Fong Cheng, Francis (left, Speaker).

Sunday Symposium "Breaking Boundaries in Cardiorenal Metabolic Management: Driving Change Toward Better Practice" on 13 September 2026

Dr. Victor HUNG, Specialist in Endocrinology, Diabetes & Metabolism, delivered the lecture on "Managing Resistant Hypertension in Primary Care: Optimizing Guideline Based Care & Understanding Aldosterone Biology"; Dr. Kevin KAM, Specialist in Cardiology, delivered the lecture on "Heart Failure Recognition and Early Detection in Family Medicine"; Dr. TSAI Hung Yu, Specialist in Family Medicine, delivered the lecture on "Case Discussion on Heart Failure"; Dr. Winston FUNG, Specialist in Nephrology, delivered the lecture on "From Evidence to Practice: Practical Considerations in Real-World CKD Management" and Dr. CHAN Ting Bong, Specialist in Family Medicine, delivered the lecture on "Chronic Kidney Disease".



A group photo taken on 13 September 2026 (From left to right)

Dr. CHAN Ting Bong (Speaker), Dr. Kevin KAM (Speaker), Prof. Desmond YAP (Chairperson), Dr. Victor HUNG (Speaker), Prof. Cindy LAM (Chief Censor, HKCFP), Dr. Catherine CHEN (Chairperson), Dr. Winston FUNG (Speaker) and Dr. TSAI Hung Yu (Speaker)



香港家庭醫學學院

THE HONG KONG COLLEGE OF FAMILY PHYSICIANS
BOARD OF EDUCATION

HKCFP-HKU Visiting Professor Online Lecture: “Creating Primary Care Led Health Systems – Globally”

We are pleased to announce Prof. Sir Aziz SHEIKH is the HKCFP-HKU Visiting Professor in Family Medicine this year. Although it is now widely acknowledged that primary care is essential to achieving universal health coverage and delivering effective chronic disease management, many patients, students and healthcare professionals still see primary care/family medicine as a poor substitute for specialist care. Prof. SHEIKH will argue that we need to change these perceptions and find ways to attract the most gifted students and practitioners into the most difficult clinical speciality. This will involve, amongst other things, ensuring the highest possible quality of primary care, ensuring that primary care providers are not financially disadvantaged with respect to their specialist peers and developing an outstanding academic base.



Date and Time	Topic	Speaker
21 November (Sat) 3:00 – 4:00 p.m.	HKCFP-HKU Visiting Professor Online Lecture: Creating Primary Care Led Health Systems – Globally	Prof. Sir Aziz SHEIKH <i>Nuffield Professor of Primary Care Health Sciences, Head of the Nuffield Department of Primary Care Health Sciences and Pro-Vice-Chancellor, the University of Oxford</i>

Please scan the QR Code
for registration



Admission Fee:

21 November 2026 (Sat)	
College Members:	Complimentary
Non – members:	HK\$ 300.00
Accreditation :	
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)	

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:

- In case of over-subscription, the organiser 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 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 3/4 of the length of the webinar 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.

Online Monthly Video Sessions

Dates and Time	Topic
30 October 2026 (Fri) 2:30 – 3:30 p.m.	“Advances in Management of Heart Failure” by Dr. KONG Chun Cheong
27 November 2026 (Fri) 2:30 – 3:30 p.m.	“Latest Atopic Dermatitis management - What is achievable today?” by Dr. CHANG Mee, Mimi

QR Codes for registration

30 October 2026 (Fri)	27 November 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 or call 2871 8899. Thank you.

Notes : Online Events

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

Structured Education Programmes

Free for members

HKCFP 2 CME points accreditation [Cat 4.3]

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
Wednesday, 04 November 2026			
14:30 - 17:00	7/F, Operating Theatre Block, Tuen Mun Hospital	Updates in Reproductive Medicine: From the Prospective of Family Physicians Dr. TAM Tsz On, Dr. MI Yuqi	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Update on Management of Osteoporosis Dr. ZHANG Wenhao, Fred, Dr. CHAN Kai Lok, Cyrus	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	Dangerous Drug Management - Ordinance, Storage, Dispensing and Disposal Dr. CHAN Justin Yik-pun	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	Overview of Health Care System and Medical Insurance in China Dr. ZHENG Qiqi, Dr. CHENG Yuet Kiu, Ada, Dr. ZHANG Guilian, Aviva	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hosptial Road, Hong Kong	Journal Club II Trainees	Ms. Cherry WONG Tel: 2589 2337
Thursday, 05 November 2026			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Coordination of Multi-disciplinary Care for Preventive Medicine in the Community Dr. LAM Yat Hei, Dr. HO Chung Yu	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 11 November 2026			
14:30 - 17:00	Rm 5019, 5/F, Rehab Block, Tuen Mun Hospital	Approach to Vaginal Discharge Dr. CHEUNG Hoi Man, Dr. CHAN Sui Yi	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	O&G Emergency in General Practice Dr. SIN Tak Yee, Dr. SUEN Rowena	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	Updates Management of Osteoporosis Dr. LAM Cynthia	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 Ordinance Dr. NG Wang Ho, Rex, Dr. CHUI Wai Ting, Vivian, Dr. WONG Ka Yan, Kelly	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hosptial Road, Hong Kong	Updates of TED Management Prof. Kelvin CHONG	Ms. Cherry WONG Tel: 2589 2337
Thursday, 12 November 2026			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	The Ethics of "Gatekeeping" and Resource Allocation Dr. TAM Chin Yui, Dr. WONG Fai Ying	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 18 November 2026			
14:30 - 17:00	Rm 5019, 5/F, Rehab Block, Tuen Mun Hospital	Mastering the CCE Format Dr. LI Pak Ho, Dr. WONG Wai Yee	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Common Psychogeriatric Problems Dr. CHEUNG Fu Chuen, Johnny, Dr. WONG Si Ho	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	Telemedicine in Primary Care 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	New Professional Era (Genetic and Genomic Medicine) Dr. HO Ka Wa, Joe, Dr. POON Chi Him, Dr. LAU Chak Shu, Jusk	Ms. LiLi YUNG Tel: 5569 6405
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hosptial Road, Hong Kong	Research in Primary Care Settings, And Its Associated Ethical Dilemma Prof. Peter Tanuseputro	Ms. Cherry WONG Tel: 2589 2337
Thursday, 19 November 2026			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Management of Polypharmacy and Deprescribing in Elderly Primary Care Patients Dr. AU Hin Fung, Dr. TSANG Kam Wah	Ms. Eliza CHAN Tel: 2468 6813
Wednesday, 25 November 2026			
14:30 - 17:00	7/F, Operating Theatre Block, Tuen Mun Hospital	Clinical Approach to Common Eye Complaints in Primary Care Dr. YU Cheng Yann, Dr. MI Yuqi	Ms. Eliza CHAN Tel: 2468 6813
14:30 - 17:30	Conference Room 2, G/F, Block M, QEH	Consultation Enhancement (Physical Examination: Back and Video Consultation) Dr. KOO Ho Tun, Dr. WONG Yin Tung, Alex	Ms. Emily LAU Tel: 3506 8610
14:45 - 17:15	Lecture Room, 2/F, Ngau Tau Kok Jockey Club Clinic, 60 Ting On Street, Ngau Tau Kok, Kowloon	Updates in Vaccination Dr. MAK Tze Chung	Ms. Milky CHAN Tel: 2753 8109
17:00 - 19:00	Lecture Room, 6/F, Tsan Yuk Hospital, 30 Hosptial Road, Hong Kong	Interesting Emergency Case Presentation Dr. YAU Kwan Ming, Jeremy, Dr. LIU Lok Wan, Christy, Dr. TSE Ping Yu, Clarice, Dr. LO Yan Yeung, Vincent	Ms. Cherry WONG Tel: 2589 2337
Thursday, 26 November, 2026			
16:00 - 18:00	Activities Room, 3/F, Yan Oi General Out-patient Clinic	Recognizing and Managing Mood Disorders in Elderly Patients in Primary Care Setting Dr. LO Anna, Dr. FAN Siu Wai	Ms. Eliza CHAN Tel: 2468 6813

COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 Oct	26	27	28 2:30 – 7:00 p.m. Structured Education Programme	29 4:00 – 6:00 p.m. Structured Education Programme	30 2:30 – 3:30 p.m. Online Video Session	31 2:00 – 4:00 p.m. Certificate Course on Bringing Better Health to Our Community 2026
1 Nov Conjoint - Clinical Competency Examination	2	3	4 2:30 – 7:00 p.m. Structured Education Programme	5 4:00 – 6:00 p.m. Structured Education Programme	6	7 2:30 – 5:30 p.m. DFM Module V Workshop
8	9	10	11 2:30 – 7:00 p.m. Structured Education Programme	12 4:00 – 6:00 p.m. Structured Education Programme	13	14 2:30 – 5:30 p.m. DFM Module V Workshop
15	16	17 8:00 – 10:00 p.m. Board of Conjoint Exam Meeting	18 2:30 – 7:00 p.m. Structured Education Programme	19 4:00 – 6:00 p.m. Structured Education Programme 8:30 p.m. HKCFP Council Meeting	20	21 3:00 – 4:00 p.m. HKCFP Visiting Professor Lecture 2:30 – 5:30 p.m. DFM Module IV Seminar
22	23	24	25 2:30 – 7:00 p.m. Structured Education Programme	26 4:00 – 6:00 p.m. Structured Education Programme	27 2:30 – 3:30 p.m. Online Video Session 7:00 – 9:00 p.m. Exit Refresher Training Course - PA segment	28 2:00 – 4:00 p.m. Certificate Course on Bringing Better Health to Our Community 2026 2:30 – 5:30 p.m. DFM Module III Structured Seminar
29	30	1 Dec	2 2:30 – 7:00 p.m. Structured Education Programme	3 4:00 – 6:00 p.m. Structured Education Programme	4 7:00 – 9:00 p.m. Exit Refresher Training Course - Clinical Audit segment	5 2:30 – 5:30 p.m. DFM Module III Structured Seminar

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Green : Community & Structured Education Programmes
Purple : College Activities



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家庭醫生共聯繫 守護身心最到位

4th 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
3rd row (from left to right) : Dr. Dorothy Law, Dr. Heidi Fung, Dr. Christina Cheuk, Dr. Tam John Hugh, Dr. Rebecca Hou, Dr. Yip Tze Hung, Dr. Cheryl Chan
2nd row (from left to right) : Dr. Gavin Sin, Dr. King Chan, Dr. Will Leung, Prof. Martin Wong, Dr. Sze Hon Ho, Dr. David Cheng, Dr. John Wu
1st row (from left to right) : Dr. Maria Leung, Dr. Anita Fan, Dr. Judy Cheng, Dr. Wendy Tsui, Dr. Catherine Ng, Dr. Natalie Siu

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