

Message from the President

The honeymoon is over. In fact there is no honeymoon at all and no rest for the wicked. This job description is simply hard work and responsibility. I remembered a few years back our immediate past President Dr. Ruby Lee had mentioned to me the love and care from others. At the time my initial thought was everybody loved the pretty Ruby! Now the ugly Angus has the same feeling with all the congratulation messages from home and abroad. The love and care originates from everybody who wishes the College and Family Medicine to go forward and to strive for the best.



My first outing was to “yum cha” at Sheung Wan Maxim’s Palace for the first meeting of the HKCFP Photography Club. The big table was filled up with members and of course dim sum. Thank you to Dr. Lo Ling and Dr. David Chao for organizing this activity. During the chit chat camera models, lens adaptors, and lenses all came into the discussion. Dr. Lau Ho Lim is the photography encyclopedia. He could tell you anything and everything about photo taking and camera price. I would not waste my time to google anymore. Everyone showed off their “cannons” and soon disappeared into the mist of seafood stalls and temples in Sheung Wan. If you have any hobby that can be promoted to members in their leisure, please let me know.

I had a very interesting dinner with Dr. Chow Pak Chin, President of the Hong Kong College of Ophthalmologists and his Council members. Dr. Chow expressed his viewpoints on the interaction between ophthalmologists and optometrists. His Council is very keen for family doctors to engage more in primary eye care. They are also looking into the possibility of FM trainees attached to private ophthalmologists for learning sessions. We do feel this can be the first of many opportunities for collaboration between different Colleges to enhance their trainees’ experience.

On 9th January 2015, Drs. Lau Ho Lim, David Chao, Billy Chiu, Ms. Erica So and I attended a briefing on Electronic Health Record (eHR) by Mr. Sidney Chan, Head (eHR) and Dr. KM Choy, Consultant (Private-Public Partnership) of the Food and Health Bureau. They updated us on eHR Bill legislation, major concerns on patient choice, privacy protection and recent development on safe deposit box for patient data. This is a great leap forward compared to what we had heard two years ago. Its first phase of implementation is likely to commence at the end of this year or beginning of next year. There is no financial incentive, software or hardware support from the government. However, for good patient care, there is food for thought for every practicing doctor to participate. Please look up more detail from its official website: <http://www.ehealth.gov.hk/>

If you have read South China Morning Post recently on articles relating to doctors needing postgraduate training before commencing their own primary care clinics. Dr. Louis Shih, President of Hong Kong Medical Association believes the training system is in need of a major revamp.

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THE HONG KONG
COLLEGE OF
FAMILY PHYSICIANS



Family Physicians Links



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Message from the President

He advocates a voluntary accreditation course, possibly lasting for two years to equip fresh graduates. Dr. Donald Li, President of Hong Kong Academy of Medicine and the ex-President of our College highlights the need to train those who decide against postgraduate studies, but in favour of starting a clinic while still inexperienced. Their lack of experience and training poses a problem to quality and efficiency in primary care. I cannot agree more with Donald! Mandatory training for primary care doctors/ family physicians is an unequivocal universal trend to safeguard not just the knowledge but the quality, standard and attitude of the most valuable asset of any healthcare system, The Family Doctors. For certain there will be ongoing discussion amongst the different stakeholders and the Medical Council of Hong Kong.

Don't miss the opportunity to join us at the Wonca Asia Pacific Regional Conference and the Cross Strait meeting at Taipei in March 2015. Dr. Donald Li will be the plenary speaker on "When doctors Voice Out Advocacy – Another Service to Be Provided by Family Doctors. Dr. William Wong will speak on "The challenge of primary care research in the Asia Pacific Region". I will speak in the conference as well.

The Chinese New Year is fast approaching. I take this early opportunity to say "Kung Hei Fat Choy" and wishing you all the best of luck in the Year of the Goat!

Dr. Angus MW Chan
President



Back row (left to right):

Ms. Crystal Yung, Dr. Alvin Chan, Dr. Simon Au, Dr. Chan Kin Ling, Dr. Ngan Po Lun, Dr. Chan Wing Yan, Dr. Chan Hung Chiu, Dr. Mark Chan, Dr. Daniel Chu, Dr. William Wong, Dr. Tony Lee, Ms. Erica So

Front row (left to right):

Dr. Gene Tsoi, Dr. Billy Chiu, Dr. Lau Ho Lim, Dr. Ruby Lee, Prof. Cindy Lam, Dr. Angus Chan, Dr. Stephen Foo, Dr. Donald Li, Dr. David Chao, Dr. Quincy Yuen, Dr. Mary Kwong

Absentees:

Dr. Lorna Ng & Dr. Wendy Tsui

"Council Member-On-Duty" (CMOD) System

Dear College members,

We are still providing this alternative channel of communication for you to reach us. Do let us have your ideas and comments so that we can further improve our services to all the members.

From 15th February 2015 to 14th March 2015, Dr. Chan Hung Chiu and Dr. Alvin Chan will be the Council Members On Duty. Please feel free to make use of this channel to voice your doubts, concerns, queries, and comments on anything related to our College and Family Medicine. You can reach us by contacting our College Secretariat by phone: 2528 6618, by fax: 2866 0616, or by email: hkcfp@hkcfp.org.hk. Once we receive your call or message, we will get in touch with you directly as soon as we can.

Dr. Tony C. K. Lee
Co-ordinator, CMOD System



Dr. Chan Hung Chiu



Dr. Alvin Chan

Classified Advertisements

Office Available

Clinic for share
A fully furnished TCM clinic wanted to share with a doctor, situated in Shamshuipo. Rent \$ 15,000/per month. Interest please call Ms. Lee 2739 9557

Position Vacant

Invites applicants for full time/part time position in Evangel Hospital and general outpatient clinics in Kowloon.
Please send your C.V. and enquiry to cplusclinic@gmail.com
Dr. Billy Chui.

The 37th Annual General Meeting and 37th Annual Dinner of the Hong Kong College of Family Physicians

Dr. David V. K. Chao, Chairman of Internal Affairs Committee

The 37th Annual General Meeting (AGM) and 37th Annual Dinner of the Hong Kong College of Family Physicians were successfully held on 13th December 2014 (Saturday) at the Run Run Shaw Hall of the Hong Kong Academy of Medicine, thanks to the great support by all our participating members and fellows. Our new President, Dr. Angus Chan led the Executives, Council and College members kick-started the evening with the AGM going through the various operational matters related to the College. A brief Council meeting was conducted to confirm the chairmanship of various boards and committees for the coming year.

The Annual Dinner commenced right after that. We were most grateful to have Dr. Monica Wong - Head of Primary Care Office, Department of Health, Hong Kong SAR, Dr. Tsang Man Wo, specialist in Endocrinology, Diabetes & Metabolism, and Mr. Andrew Lau from the Sun Tak District Min Yuen Tong of Hong Kong joining us for the dinner.

We would like to express our thanks to Dr. Tsim Koon Lan, Kathy and Dr. Luk Man Hei, Matthew for helping as MCs of the Annual Dinner and led us through a very enjoyable evening, and we would also like to thank Dr. Lo Ling to be our volunteer photographer again this year. Dr. Angus Chan expressed the College's gratitude towards all collaborating partners, the College Council and all Boards and Committees, College Fellows and Members, and the secretariat for their unfailing support to make 2014 a very fruitful year for all. The College thanked Dr. Chong Man Yuk, a retiring Council Member, for his past contribution towards the College. Dr. Ruby Lee, Dr. Angus Chan, Dr. Lau Ho Lim and Dr. David Chao presented gift coupons to the secretariat staff as a token of appreciation for their hard work over the year. It was then followed by various boards and committees proposing a vote of thanks to all members and fellows for their continuing support. Successful examination candidates were invited to share with the audience about their experiences and thoughts. They included Dr. Kwong Lok See, Dr. Esther Yu and Dr. Chau Ka Vai who passed the Conjoint Fellowship Examination, the Exit Examination and the Diploma in Family Medicine respectively.

Various entertaining games including a phone game and bingo were conducted, followed by the marvellous singing performances by Dr. Kenny Kung, Dr. Chan Hung Chiu, Peter and Dr. Yeung Wai Man, Raymond. For the first time in the history of our College functions, we were privileged to have Dr. May Lam and her husband, Mr. Bernard Yim to perform an elegant flamenco dance and guitar play for us. Thanks to the thoughtful generousities of our council members, friends and related organisations, the lucky draw was carried out successfully to conclude the annual dinner on a high note. We would like to take this opportunity to thank all the colleagues who have helped to make the evening a very enjoyable occasion again.



Dr. Ruby Lee (middle) chairing the HKCFP AGM before handing over to the new President Dr. Angus Chan



The 2015 new College Executives (left to right): Dr. Billy Chiu (Honorary Secretary), Dr. Lau Ho Lim (Vice-President, General Affairs), Dr. Angus Chan (President), Dr. David Chao (Vice-President, Education and Examinations) and Dr. Quincy Yuen (Honorary Treasurer)



A welcoming speech by the new President, Dr. Angus Chan



Toasting proposed by President, Dr. Angus Chan (7th from the left) with Council Members



Council Members with distinguished guests



Dr. Simon Au (middle) with our distinguished guests, Mr. Andrew Lau (left) and Dr. Tsang Man Wo (right)



Dr. Monica Wong (left), Head of Primary Care Office, Mr. Andrew Lau (middle) and Dr. Mary Kwong (right)



(From left to right): Dr. Loretta Chan, Dr. Lorna Ng, Dr. Simon Au, Dr. Wan Kwong Yu and Dr. Catherine Lam



(From left to right): Dr. Alvin Chan, Dr. Steven Ho, Dr. King Chan, Dr. Kathy Tsim, Dr. Ruby Lee, Dr. Angus Chan, Dr. Chan Hung Chiu, Dr. Andrew Ip, Dr. Lorna Ng, Dr. William Wong, Dr. Mary Kwong, Dr. David Chao and Dr. Lau Ho Lim



Council members and staff



Group photo of pharmaceutical companies' representatives, distinguished guest and members of the Board of Education



Group photo of Conjoint Examination successful candidates with members of the Board of Conjoint Examination



Group photo of Diploma in Family Medicine successful candidates with members of the Board of Diploma in Family Medicine



Group photo of Exit Examination successful candidates with examiners and members of the Specialty Board



Members and staff of the Hong Kong Primary Care Conference Organising Committee



Members and staff of the Editorial Board



Sharing by a successful Conjoint Examination candidate, Dr. Kwong Lok See



Members and staff of the Internal Affairs Committee and Photography Club



Sharing by a successful Exit Examination candidate, Dr. Esther Yu



Sharing by a successful DFM Examination candidate, Dr. Chau Ka Vai



Our music band (from left to right), Dr. Kenny Kung, Dr. Chan Hung Chiu and Dr. Yeung Wai Man



(From left to right) Dr. Chan Hung Chiu, Dr. Ruby Lee, Dr. Yeung Wai Man, Dr. David Chao and Dr. Kenny Kung



Group singing led by Dr. Chan Hung Chiu, Dr. Kenny Kung and Dr. Yeung Wai Man with Council members and guests



Flamenco dance performance by Dr. May Lam (left) and Mr. Bernard Yim (right)



Flamenco dance performance by Dr. May Lam



Dr. David Chao (right) presenting the souvenir to the flamenco dance performer, Dr. May Lam (middle) and the guitarist, Mr. Bernard Yim (left)



Dr. David Chao (right) presenting a prize to Dr. Wai Heung Wah (left) for winning the "Photography Voting Competition".



Dr. David Chao (right) presenting a souvenir to our volunteer photographer, Dr. Lo Ling (left)



Our Masters of Ceremony, Dr. Matthew Luk (left) and Dr. Kathy Tsim (right) with Dr. David Chao (middle), Chairman of Internal Affairs Committee



Prof. Cindy Lam (left), presenting a lucky draw prize to Dr. Ko Wai Kit (right)



Dr. Stephen Foo (left) presenting a lucky draw prize to Dr. Siu Ping Cheong (right)



Dr. Ruby Lee (left) presenting a lucky draw prize to Dr. Chung Sze Pok (right)



Dr. Lau Ho Lim (left) presenting a lucky draw prize to Dr. Catherine Chen (right)



Dr. David Chao (left) presenting a lucky draw prize to Dr. Cheung Mei Yee (right)



Dr. Angus Chan (left) presenting the Grand Prize to the winner, Mr. Wong Ping Ki (right)

Board of Vocational Training and Standards News

Reminder: Submission of Annual Checklist / Logbook for Completion of Higher Training

To all Higher Trainees,

Please be reminded that all higher trainees should submit the original copy of annual checklist to our Board either by registered post or in-person on or before **27th February 2015 (Friday)**. Late submission will not be accepted.

For the application for certification of completion of higher training, please make sure that the application form and checklist for completion of higher training are completed and returned together with the original copy of your training logbook on or before **27th February 2015 (Friday)**.

The training experience of 2014 **WILL NOT** be counted if the trainee fails to submit the checklist before the deadline.

Higher Training Subcommittee

BVTS

Reminder: Enrolment of Higher Training

Basic trainees who have completed 4-year basic vocational training and attained a higher qualification in Family Medicine can be enrolled into the higher training programme.

For those who prepare to sit for the Exit Examination in 2017, please submit the application for higher training on or before **27th February 2015 (Friday)** in order to meet the requirement for sitting Exit Examination. The application form can be available from the College Secretariat or downloaded from the College website.

Please contact Ms. Carmen Tong at 2528 6618 for any queries.

Higher Training Subcommittee

BVTS

Higher Training Introductory Seminar

A Higher Training Introductory Seminar will be held in March 2015 for all newly enrolled higher trainees, current trainees and clinical supervisors. The seminar is designed to help higher trainees and supervisors to understand our training programme more comprehensively.

Details of the seminar are as follows:

Speaker: Dr. Lui Luen Pun, Benny (Deputy Chairman, Higher Training Subcommittee)
Date : **21st March 2015 (Saturday)** *updated as at February 2015
Time : 2:30 – 4:30 p.m.
Venue : Function Room II, 2/F
Hong Kong Academy of Medicine Jockey Club Building
99 Wong Chuk Hang Road, Aberdeen, Hong Kong

Please contact Ms. Carmen Tong at 2528 6618 for any queries.

QA & A Committee News

QA Certificate and CME Certificate go PAPERLESS

Dear Members,

May I express my utmost gratitude and thanks for your support all along on the College's eco-friendly project.

Since 2007, QA&A Committee has been successfully starting the web-based CME report which helps significantly in saving the consumption on paper and postal as well as reducing the workload of the Secretariat. We would now like to announce that the CME and QA Certificates will go paperless starting from the coming issue (2014).

The CME report 2014 is expected to be finalized in February 2015, while the electronic copy of CME certificate 2014 would be available on the College's homepage <http://www.hkcfp.org.hk> starting from March 2015. Members can login to their own account to download the certificates anytime. More details would be announced through email and FP Links March issue.

For any enquiry, please feel free to contact our secretariat Ms Wing Yeung or Ms Carmen Tong at cmecpd@hkcfp.org.hk or 2528 6618.

The HKCFP Award for the Best Research of 2014

The Research Committee of the Hong Kong College of Family Physicians is calling for The Award for The Best Research of the Year 2014. All members and fellows of the College are invited to participate and submit their research papers to the Research Committee for selection. The Award will be presented at the Conferment Ceremony in 2015.

Entry and assessment criteria are listed below:

Entry Criteria:

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

Assessment Criteria:

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

Each research project submitted will be assessed according to the seven criteria listed above by a selection panel. Each criterion may attract a different weighting to be decided by the selection panel. Please send your submission to: Research Committee, HKCFP, Rm 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong.

DEADLINE OF SUBMISSION: 31 March, 2015

HKCFP Research Fellowship 2015

Introduction

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

Eligibility

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

Selection criteria

Applications will be judged on*:

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

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

How to apply

1. Application form, terms and conditions of the Fellowship can be downloaded from www.hkcfp.org.hk or obtained from the College Secretariat, HKCFP at Rm 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. Tel: 2528 6618 Fax: 2866 0616.
2. Applicants must submit:
 - The completed application form;
 - The signed terms and conditions of the HKCFP Research Fellowship;
 - Curriculum vitae from the principal investigator;
 - Curriculum vitae from the co-investigator(s) (no more than two pages) AND,
 - Curriculum vitae from the supervisor.
3. Applications close on: **March 31, 2015**. Late applications will not be accepted.
4. Applications can be either sent:
By post to Chairman, Research Committee, The Hong Kong College of Family Physicians, Rm 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong; Or,
by email to johnlee@hkcfp.org.hk

HKCFP Trainees Research Fund 2015 / HKCFP Research Seed Fund 2015

The Research Committee of HKCFP is proud to continue to offer the two research funds, The Trainees Research Fund and the Research Seed Fund.

The Trainees Research Fund will be opened to all registered HKCFP trainees and is made of four awards (each up to HK\$5,000). It is envisaged it will help trainees especially (but not limited to) those doing research projects as their exit examination. Those who have funding support elsewhere will not be considered.

The Research Seed Fund is open to all HKCFP members when a maximum of \$10,000 award will be made to the successful applicant to assist the conduction of a research project.

Winners of the award will receive 50% of the approved grant up front and the remainder 50% upon completion of the project.

Assessment Criteria for both funds:

1. Academic rigor of the paper (e.g. originality, methodology, organisation and presentation);
2. Relevance and impact to family medicine & primary care (e.g. importance of the topic and the impact of the findings on the practice or development of the discipline); and
3. Overall budget

Each Research project submitted will be assessed according to the above assessment criteria set by the selection panel. Please send your submission to:

Research Committee, HKCFP

803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong by post or by email: johnlee@hkcfp.org.hk

Please indicate the research funding title e.g. “HKCFP Trainees Research Fund 2015/ HKCFP Research Seed Fund 2015” on your research project upon submission.

Submission Deadline: 31st August 2015

Online Membership Directory – For Local Registered Doctors*

Dear Members,

The HKCFP promotes the role of the Family Physician in the community. We are providing a voluntary membership directory for the general public on our website to further achieve this aim. Thank you all who have given the consent to make the directory a success.

As members of the HKCFP, we wish to include you on this list, so as to allow the general public to find a Family Physician in their district or community.

The College will soon update the online membership directory. If you wish to update or add your practice information in the online membership directory, please kindly fill out the following details and return to the College secretariat

By post : The Hong Kong College of Family Physicians, Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen

By Email : membership@hkcfp.org.hk

By Fax : 2866 0616

The information listed below would not be published unless we have your clear instruction of consent. By doing so, you are voluntarily consenting to have this information available for the general public.

Dr. Mark Chan
Chairman, Web & Computer Committee

**All listed doctors must be registered with the Hong Kong Medical Council.*

Reply Slip

Please indicate your consent to list the following information online.

		Consent
1	Name : (English) _____ (Chinese) _____	Yes / No
2	Gender : M / F	Yes / No
3	Nature of Practice : Private / HA / DH / University / Others: _____	Yes / No
4	Practice Address : (English) _____ _____ _____ (Chinese) _____	Yes / No
5	Practice Phone no. : _____	Yes / No



Who is Happy? The Peacock and The Crow

A crow lived in the forest and was absolutely satisfied in life. But one day he saw a swan. “This swan is so white,” he thought, “and I am so black. This swan must be the happiest bird in the world.”

He expressed his thoughts to the swan. “Actually,” the swan replied, “I was feeling that I was the happiest bird around until I saw a parrot, which has two colors. I now think the parrot is the happiest bird in creation.” The crow then approached the parrot. The parrot explained, “I lived a very happy life until I saw a peacock. I have only two colors, but the peacock has multiple colors.”

The crow then visited a peacock in the zoo and saw that hundreds of people had gathered to see him. After the people had left, the crow approached the peacock. “Dear peacock,” the crow said, “you are so beautiful. Every day thousands of people come to see you. When people see me, they immediately shoo me away. I think you are the happiest bird on the planet.”

The peacock replied, “I always thought that I was the most beautiful and happy bird on the planet. But because of my beauty, I am entrapped in this zoo. I have examined the zoo very carefully, and I have realized that the crow is the only bird not kept in a cage. So for past few days I have been thinking that if I were a crow, I could happily roam everywhere.”

Who is happy?

<http://www.moralstories.org/happy-peacock-crow/>

(本欄資料由 心靈綠洲—個人成長及危機處理中心 提供，特此鳴謝。)

*「心靈綠洲—個人成長及危機處理中心」隸屬醫院管理局總部臨床心理服務，為醫院管理局員工提供心理支援，協助他們跨越生命的挑戰。

Family Medicine across Generations – Interview with Grandfather Foo and Dr. Kevin Foo

Dr. Judy Cheng & Dr. Fok Peter Anthony



(from left to right) Dr. Peter Fok, Dr. Stephen Foo, Mrs. Maria Foo, Dr. Kevin Foo and Dr. Judy Cheng

The FP links has been very happy to invite our esteemed and revered Grandfather Foo in our feature interview. Dr. Stephen Foo has been interviewed many times before but what makes this interview stand out is we will be chatting with Dr. Stephen Foo and his son Dr. Kevin Foo together. Many of us have known this pair of Family Physicians but it is not that often we hear them talking about each other and their relationship.

Out of our surprise and delight, we also had a very special guest attending our interview – the elegant and lovely Mrs. Maria Foo!

Dr. Stephen Foo, how did you encourage Kevin to follow your footsteps to become not only a doctor but also a family physician?

Dr. Stephen Foo: My wife and I never pushed our children in their academic studies. Myself, I was very busy with my clinic and work and used to get off work late every night at 9pm. Kevin was only in primary school then and he used to finish his homework on his own opposite me on my study table whilst I was preparing documents for the College.

I think it was a subconscious influence for him and he became interested in medicine after secondary school on his own accord. Family Medicine was also his own choice. Kevin was actually the Best Houseman of Year in Surgery and I was thinking maybe this kid wanted to be a surgeon. But it turned out his first and only choice was Family Medicine.

Kevin what were your inspirations to become a Family Physician?

Dr. Kevin Foo: During my internship, I also considered surgery and orthopedics as my profession but these specialties involve a very stressful lifestyle and do not encompass patient care holistically. As a



Dr. Stephen Foo and Dr. Kevin Foo

child, with my father's guests discussing family medicine around the dinner table, unconsciously I realized that family medicine involves more human interaction, a wider range of patients from pediatrics to elderly, is not organ specific but also involves psychological and emotional needs of the patient and is less motivated by money. During undergraduate training, I started to explore more deeply my knowledge on family medicine and the principles it stands for. I started to tag along my father's family medicine gatherings and committed myself to training in Family Medicine as my medical career. I have never experienced pressure from my father in my examinations or in the choice of my profession.

Dr. Stephen Foo: Kevin's personality is actually very well suited to work in Family Medicine. The way he handles problems and his ability to communicate with people makes him well suited to practice in Family Medicine. I am delighted that Kevin can practice what he has chosen and that he is happy with his work. I always emphasize to my trainees that you must always enjoy your work to be a good Family Physician. I never insist Kevin to choose Family Medicine. In my life, I have never been a person to have premeditative intentions and I have enjoyed life more by going with the flow. It is very important that Kevin should enjoy his work and life.

We actually had less communication when Kevin was a medical student and I didn't preach Family Medicine to him. We became much closer when Kevin started to practice Family Medicine and we shared difficulties during daily practice and consultations. Our common interest in Family Medicine has brought us closer as a father and son and helped taken our relationship to another level.

Dr. Stephen Foo, we know that one of your greatest challenges of your time was to establish the HKCFP and negotiate specialty recognition for family medicine. What do you perceive the greatest challenges for young and aspiring family doctors such as Kevin in the 21st century?

Dr. Stephen Foo: One of the greatest challenges is setting up one's own private clinic and maintaining one's autonomy as an independent doctor in current economic conditions. Rental in Hong Kong has been escalating fast and competition is progressively fierce. This makes it much harder to run one's own individual practice. One of the options is serving as a medical officer in public or a resident medical officer in private hospitals. To overcome these challenges, one rule of thumb is to adhere to the fundamental principles of family medicine which are never wrong irrespective of differences in geography or time – interpersonal contact, care, concern, empathy and rapport. Heedless of the challenges in the 21st century, young Family Physicians have to remember that our duties are to our patients and we should consider their problems from their stand points. Rather than comparing our income with surgeons who can perform many surgeries

making a fortune, our satisfaction should be in terms of patients' appreciation and respect. We should strive to gain one's own happiness through helping others. I have many patients from overseas who visited me for a chat, showing their appreciations while spending their vacation in HK during Chinese New Year. This is what makes my life meaningful and happy as a family physician. (仁心仁術) Benevolence applies so much more to Family Medicine than other branches of medicine. I always tell my trainees not to be disheartened by the relatively less income in our specialty. We are in a much better position to gain respect from our patients. The world is changing. Family Medicine is progressing fast. It is getting more universal and acceptable. In fact, as Director of the Diploma of Family Medicine for more than a decade, I have witnessed many other specialists apply for the diploma once they contemplate starting their own practice to learn communication and other GP skills.

How do you perceive these challenges Kevin?

Dr. Kevin Foo: I totally agree with my father. We can only overcome these challenges by protecting our core values. There are many external factors that are beyond our control and our practice should not be governed by monetary repayment alone. Public awareness and recognition of Family Medicine as a specialty by its own merits is a challenge. But I believe as long as we stand firm and fulfill our own roles, positive changes will gradually take place with the help of government's policy to promote Family Medicine, private hospitals to establish Family Medicine Centres and gradual public recognition. We have to place confidence in Family Medicine as it truly is a self-sustainable system and is beneficial to our healthcare system.

Another challenge is our current training system within the public setting where we cannot genuinely practice Family Medicine. My father has been a great trainer as a private Family Physician passing on his life experience to his mentees. The system now is teaching trainees how to dispense a case within 3-5 minutes and we can hardly treat our patients with care and concern. I found this type of training not challenging and monotonous for me. But I do know that many parties are working to improve this condition.

What suggestions do you have for the future of Family Medicine in Hong Kong?

Dr. Kevin Foo: I think more emphasis can be placed on training in the private sector where trainees can keep in contact with a mentor who is an experienced Family Physician. Family Medicine training in the private sector is more lively and appealing and trainees need to have a glimpse of other choices they have apart from working in the public sector. Undergraduate training is also an area which needs to be worked on. I think it has much improved already since when I was a medical student. I take medical students myself and they are introduced Family Medicine since Year 1 rather than just a rotation during Year 4. Undergraduate teaching has definitely placed more emphasis on Family Medicine. I think they can benefit more from more frequent visits to private GPs. Hence more trainers are required in the private sector.

Dr. Stephen Foo: It would actually be very desirable to incorporate a certain period of training in private for our trainees for example 3 months. But a lot of difficulties are anticipated, like limitation of resources. Trainers need to be paid to do the job well. Protected time has to be assigned to trainees apart from servicing. Kevin and I often discuss how primary public services such as GOPDs and the various differences amongst the public/ private sector can be improved. I think the frustrations our trainees have, they are not able to practice in the public settings what they have learnt in the training period.

Dr. Kevin Foo: A lot of cases dealt with in our conjoint examinations are not cases often seen in GOPD settings such as travel medicine, HIV post exposure prophylaxis, cases presenting with pyelonephritis, acute fracture cases requiring urgent X-rays which are not readily available in GOPDs. After discussing with my father, I recognize that these are very real cases which are often encountered in the private sector. I came to realize that I was not able to practice what I had learnt in the GOPD setting and that was why I decided to acquire further training in the private sector. I think the fact my father is an experienced private Family Physician has helped me make the decision to be trained in private as I was more informed about the private market.

Dr. Stephen Foo: I initially didn't know Kevin had decided to practice in the private sector. Now he is in the Hong Kong Sanatorium & Hospital Family Medicine Training Centre, I think he has more learning opportunities and better analytical training for his decision making.

Dr. Stephen Foo, you are socially very active, professionally you hold many posts, you also exercise regularly including playing badminton as many people know, yet you have a remarkably close relationship with your family and children. How do you balance your work and family?

Dr. Stephen Foo: I have been very fortunate and I owe a lot to my wife Maria who has been unconditionally supportive and tolerant to my work. My wife always says my real wife is the College. I used to finish clinic at 9 o'clock in the evening and continue to perform College duties after work. I remember in the non Computer Age when we didn't have emails and I would be busy faxing documents to the College secretaries at 2am for preparation of the upcoming meetings. My wife took up the main burden to care for the upbringing of our four children.

Now is the moment where we invite our special guest – Mrs. Maria Foo to talk. Maria, how did you find the energy in bringing up four children with Dr. Stephen Foo being so busy with his work?



Dr. Stephen Foo (middle) taking photo with his wife Mrs. Maria Foo and his son Dr. Kevin Foo.

Mrs. Maria Foo: I have been very fortunate too to have such lovely and intelligent children. I used to study in an American school and was more open to a self-motivated

education system. It was not our aim to train them up for great achievements. Moral principles (孝悌忠信) were the most important issue for us in our children's education. We respected their own decisions as long as they didn't fail their exams. Our children had a very happy childhood as they were not forced to spend their time in homework and I wasn't a "monster parent". I encouraged them to read more and think more often.

Kevin, how do you balance work, family and health?

Dr. Kevin Foo: One of the core values emphasized in Family Medicine is the unity of family members. Throughout my upbringing, family has always been very important to me. Geographically, I live close to my parents so this makes it easy to spend time with them. I spend quality time with my wife during weekends. Also I make it a habit to schedule my time for regular exercise – I think it is important to practice what we preach.

Dr. Stephen Foo: Sports has also been an important aspect in my life even since secondary school. I was a sports captain in Wah Yan College, representing the school in various interschool sport competitions. Sports and regular exercise provide a time for me to relax and recuperate. Many people complain they don't have time for exercise, but most of the time it is about self-discipline, time control and prioritization. I now have dancing classes three times a week with my wife. Kevin also learnt how to waltz with us sometimes.

Dr. Kevin Foo: I have been much influenced by my father's passion for sports. My wife and I are now learning tennis together. I think we can combine family time and sports together to become a "healthy family".

Dr. Stephen Foo, you have much experience having held many important posts in the medical field and in our College in the past 30 years. How do you share this plethora of experience with Kevin?

Dr. Stephen Foo: I share my experience with Kevin in a very literal sense – I used to take him to College events such as New Year gatherings and meet different people in the medical field. Through our discussions, he gradually began to realize what being a doctor meant and to ascertain the role of a Family Physician. Also I think Kevin has different perceptions that he has to experience through various levels of his professional career. For instance, his being a member of the organizing committee of the Hong Kong Primary Care Conference (HKPCC) is a very good experience for him.

Dr. Stephen Foo, you have trained up many Family Specialists in the past. How do you train Kevin?

Dr. Stephen Foo: To be honest, I never train him purposefully or systematically. The best training I offered him was to be a role model myself. I believe it is not a matter of showing Kevin how things should be done but to allow him chance and experience to explore by himself. We did not have any deliberate training sessions together but I would share my cases and experience with him

when the occasion raises. A lot also depended on Kevin's own observation and initiatives for self improvement. My wife and I did not believe our children would learn by reprimanding them. The best method to train children and indeed to train up a successful Family Physician is to motivate them. Throughout his training, my main emphasis to Kevin was to focus on patient satisfaction and not financial rewards. Kevin and I also have an evolving relationship as he matures professionally. Now we also learn from each other.

Kevin, what was the most memorable experience you have with your father in the medical field? Do you share cases with your father?

Dr. Kevin Foo: It's very true when my father mentioned our relationship is evolving. When I was a medical student, I didn't communicate as much with my father medically. After starting my training as a Family Physician, I found I had much more common ground with my father and shared the difficulties I encountered as a Family Physician. Being in the same specialty has definitely brought us closer together. We enjoy a lot of case sharing especially since I have become a Family Physician in the private sector as there are similarities in patients' disease patterns and expectations in management. Basically there is no generation gap between us and we both benefit from case discussions.

Dr. Stephen Foo, what life motto do you want to pass on to Kevin?

Dr. Stephen Foo: There is no distinct motto I need to pass on. Kevin needs to develop his own personal values through the virtue of his own wisdom as he matures. I only want to pass on the attitude I hold dear in my life and profession. To put it simply, I would be a very happy father seeing Kevin becoming a good family doctor. I believe by being a good role model is going to be the best influence on the next generation.

Kevin, what do you think is the greatest legacy from your father?

Dr. Kevin Foo: I think the most important thing I learnt from my father is his sincerity and passion in his work. His devotion and sensitivity to his patients is a constant reminder to me that our profession's top priority is patient care and satisfaction instead of a financial return. The medical profession nowadays is more profit driven with a neglect in family medicine principles. My father has enjoyed an immensely satisfactory relationship with his patients. I remember him receiving many Christmas cards and gifts from grateful patients. Another thing I learnt from my father is diligence and the continuous crave for learning. My father accumulates 100-200 CME points annually through multiple courses and lectures. We essentially have no generation gap as my father is at the top of the game with ceaseless medical updates. Apart from his own learning, he is also ceaselessly passing on his knowledge and experience to the next generation and training Family Physicians. This has also inspired me to take medical students and pass on my own knowledge.

Exercise, should we adjust our target for a fully sedentary patient?

The 19th edition of Standard Chartered Hong Kong Marathon held on 25th January 2015 attracted over 70 000 participants. In addition to the full marathon, a 10km run and a half marathon were also held. Marathon is definitely a good choice of exercise but requires certain degree of training and practice. Current guidelines suggested 150 minutes or more of moderate activity each week, but it is quite often that our patients find it difficult to engage in long exercise after busy work. If we reduce the target exercise time, is it still beneficial? On January 21, there are two articles published in the BMJ that discussed the above questions.

In the first article, Dr Barreto argued that, to reduce premature mortality, policies should focus on getting fully inactive people to do a little physical activity rather than striving for the entire population to meet current physical activity recommendations.

In the second article, Dr Sparling commented that older adults find it difficult to meet moderate and vigorous exercise targets. Given that a dose-response exists for physical activity and health benefits, a change in message to reduce sedentary time and increase light activities may prove to be more realistic and pave the way to more intensive exercise.

In seven large longitudinal, observational studies Dr Barreto examined, the researchers showed that the greatest differences in mortality risk were between the most sedentary and the slightly more active, "suggesting that people who are sedentary could have their risk of all cause mortality greatly reduced with relatively minor increments in physical activity." All but one of the seven studies showed that people judged "somewhat active" were at a lower mortality risk compared with inactive people, and the risk reductions for the "somewhat active" group ranging from 14% to 37% across the studies.

In a study conducted in Norway among 56,072 people, those who engaged in a single weekly exercise session had lower cardiovascular mortality than inactive people, leading to a relative risk in men of 0.71 (95% confidence interval, 0.59 - 0.86) compared with inactive men. In women, the single session dropped the relative risk even more dramatically, to 0.56 (95% confidence interval, 0.44 - 0.71).

"Small incremental increases in physical activity should be promoted in a slowly progressive manner to maximise health benefits and minimise potential adverse effects," Dr Barreto wrote.

Dr Sparling advised that exercise recommendations should focus on introducing light activity throughout the day, increasing light activities by 30 minutes daily, and reducing prolonged sitting by standing or strolling 1 or 2 minutes every hour. People could be advised to get up from their chair during commercials, pace during telephone conversations, and take 5-minute walks three times a day.

"We are not proposing that the 150 minute a week standard be abandoned. Rather, our purpose is to remind colleagues that a broad perspective to counselling is already embedded in the guidelines and that a whole day approach for older sedentary patients may help them move towards the recommended activity levels," Dr Sparling addressed.

References:

1. BMJ 2015;350:h23
2. BMJ 2015;350:h100

Compiled by Dr. Yip Chun Kong, Sam

Diploma in Family Medicine (HKCFP) First Announcement

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 July 2015.

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 clinical attachments. The whole course requires ONE year of part-time studies.

Details of the course are as follows:

1. Objectives:

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

2. *Syllabus:

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

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

Module I – Principles of Family Medicine (Distance Learning)

Aims:	1. Learn concepts of Family Medicine 2. Understand the role and scope of a Family Doctor
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. Gain knowledge in common and chronic diseases in Family Medicine
Contents:	Selected topics from Clinical Psychology, Diabetes Mellitus, Low Back Pain, COPD, Atopic Eczema, Elbow Mass, Facial Rashes, Health Psychology, Allergic Rhinitis, Urethritis, Urine Incontinence, etc.

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 Illnesses, Anticipatory Care, Clinical Audit & Quality Assurance, Introduction to Family Therapy, Research & Teaching in Family Medicine, Evidence Based Medicine and Critical Appraisal

Module IV - Clinical Updates (Updates and Clinical Attachment)

Aims:	Acquire in-depth knowledge and practical skills in selected specialized areas including Medicine, Surgery, Geriatrics, ENT, Orthopaedics & Traumatology, Accident & Emergency Medicine, and Infectious Diseases
Contents:	<u>THREE</u> Update seminars and <u>ONE</u> clinical attachment on selected specialties including Medicine, Surgery, Geriatrics, ENT, Orthopaedics & Traumatology, Accident & Emergency Medicine, and Infectious Diseases (subject to availability)

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:	<u>44 compulsory and 2 elective</u> Practical Workshops in selected areas including CPR, Consultation Skills, Counselling Skills, Women's Health, Orthopaedic Injection and Musculo-Skeletal Medicine

Module III & V will be scheduled in 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 application. 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 studies.

June to September 2015	Module I
November 2015 to January 2016	Module II
July 2015 to May 2016	Module III, IV & V
May 2016	Final Examination

5. Admission Requirement:

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 clinical attachments)

8. Course Fees:

Whole course:
HK\$30,000 for members of HKCFP
HK\$60,000 for non-members

(A discount of HK\$3,000 for early birds who apply on/before May 17, 2015)

Individual Module:	Members	Non-members
Module I (Distance Learning – Principles of Family Medicine)	\$4,000	\$8,000
Module II (Distance Learning – Common Problems in Family Medicine)	\$4,000	\$8,000
Module III (Structured Lectures & Seminars)	\$3,000	\$6,000
Module IV (Updates & Clinical Attachment)	\$3,200	\$6,400
Module V (Practical Workshops)	\$5,000	\$10,000
Examination	\$9,000	\$18,000
Administration Fee	\$4,000	\$8,000

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 assessment 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 at satisfactory completion of the Course by the QA & A Committee of HKCFP.

10. Application Procedure:

Application is 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 application fee of HK\$200 by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable;
- A Course Fee of HK\$30,000 (or HK\$60,000 if non-member) by crossed cheque payable to "HKCFP Holdings and Development Limited". This fee is non-refundable unless the application is unsuccessful.

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

Information and application forms are obtainable at the College or can be downloaded at the College website (<http://www.hkcfp.org.hk>). Members who were not admitted in the course in 2014 have to send in their application again if they want to study the course this year. Please contact the College secretariat, Mr. John Lee at 2528 6618 for any queries.

11. Application Deadline: June 21, 2015

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 improving my knowledge. Module I, II & III could improve my understanding of Family Medicine. Sessions in consultation are invaluable in improving my communication skills.

Dr. Au Chi Lap
Chairman
The Board of DFM

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

#Cantonese and English will be used as the language for teaching and examination.



CPR Training Workshop



Women's Health Workshop



Orthopaedic Injection Workshop



Musculoskeletal Workshop

TWENTY- NINTH CONJOINT HKCFP/RACGP FELLOWSHIP EXAMINATION SECOND Announcement

The Board of Conjoint Examination is pleased to announce the following information on the Twenty-ninth Conjoint Fellowship Examination with the Royal Australian College of General Practitioners to be held in 2015.

(1) REQUIREMENTS AND ELIGIBILITY

All candidates **MUST** be at the time of application for the Examination and at the time of the Conjoint Examination:

1. FULL OR ASSOCIATE members of BOTH HKCFP AND RACGP*

2. FULLY REGISTERED with the Hong Kong Medical Council*

(*Documentary evidence is required with the application - including a valid RACGP number.)

(Note : All candidates are required to renew their RACGP membership for the year 2015/2016 before 31 July 2015. Failure to comply with the rule may result in denial of admission to the Exam.)

In addition, they must be EITHER CATEGORY I OR CATEGORY II CANDIDATES: -

(a) **CATEGORY I CANDIDATES** are graduate doctors who are undergoing or have completed a fully approved vocational training programme as outlined in the College's Handbook for Vocational Training in Family Medicine.

After satisfactory completion of two years of approved training, Category I candidates or trainees may apply to sit the Written Examination, both the two segments of which must be taken at the same attempt. After satisfactory completion of four years of supervised training, Category I candidates may apply to sit the Clinical Examination.

(Note : All Category I candidates who are current vocational trainees and apply to sit the Written Examination **MUST** submit evidence of completion of at least 15 months of approved training by 31 March 2015, together with the application. Those current vocational trainees who apply for the Clinical Examination **MUST** submit evidence of completion of at least 39 months of approved training by 31 March 2015, together with the application. Candidates who have already completed vocational training **MUST** submit evidence of completion of vocational training, together with the application.

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

(b) **CATEGORY II CANDIDATES** are doctors who have been predominantly in general practice for not less than five years by 30 June 2015.

Category II candidates may opt to only sit for the Written Examination at the first and subsequent application.

Enquiries about eligibility to sit the examination should be directed to the Chairman of the Board of Conjoint Examination.

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

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

(2) FORMAT AND CONTENTS

A. Written Examination

Key Feature Problems (KFP), and,
Applied Knowledge Multiple Choice Questions (MCQ)

B. Clinical Examination

Objective Structured Clinical Examination (OSCE)

(3) PRE-REQUISITE FOR CLINICAL SEGMENTS

All candidates applying to sit for the Clinical Examination of the Conjoint Fellowship Examination **MUST** possess a CPR (Competence in Cardiopulmonary Resuscitation) certificate issued by the HKCFP*. This validity of this certificate must span the time at which the application for the Examination is made **AND** the time of the Clinical Examination.

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

***Note:** In regarding the CPR certificate as issued by the HKCFP, the CPR workshops & examinations for 2015 will be held on 28 February - 1 March 2015 and 21 – 22 March 2015 respectively. Details regarding the workshop / examination can be referred to the News of Board of Education (on pg. 24). Please register with our

College secretariat at 2528 6618 IMMEDIATELY if you do not hold a valid CPR certificate issued by HKCFP and intend to sit for the Conjoint Examination 2015.

(4) CRITERIA FOR A PASS IN THE EXAMINATION

A candidate will be required to pass the entire Written Examination in one sitting. That is, if one fails the Written Examination, both the KFP and MCQ segments have to be re-taken. Successful Written Examination result can be retained for three years (until the Clinical Examination of 2018).

The Clinical Examination can only be taken after successful attempt of the Written Examination. If one fails the Clinical Examination, all the OSCE stations have to be re-taken.

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

(5) APPLICATION AND EXAMINATION FEES

Application forms are available from the College Secretariat at Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. You may also download the application forms from our College website, www.hkcfp.org.hk Please note that the deadline for application is **15 April 2015**.

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

- Full Examination (Written + Clinical)	\$28,000
- Written Examination	\$8,080 plus Administrative Fee \$9,040
- First attempt on Clinical Examination	\$10,880
- Subsequent attempt on Clinical Examination	\$10,880 plus Administrative Fee \$9,040

Please make the cheque payable to **"HKCFP Education Limited"**. If a candidate applies for the Full Examination and **fails the Written Examination, the fee (\$10,880) paid for the Clinical Examination will be refunded.**

(6) REFUND POLICY

If a candidate wishes to withdraw from the examination, and written notification of withdrawal is received by the College 60 days or more prior to the date of the examination, he will receive a refund of \$18,960 (for the whole examination), \$8,080 (for the written examination) or \$10,880 (for the clinical examination). The administration fee of \$9,040 will not be refunded.

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

All fees paid are not transferable to subsequent examinations.

(7) IMPORTANT DATES

• 15 April 2015 (Wednesday)	Closing Date for Applications
• 30 August 2015 (Sunday)	Conjoint Examination – Written Examination (MCQ)
• 6 September 2015 (Sunday)	Conjoint Examination – Written Examination (KFP)
• 25 October 2015 (Sunday) (tentative)	Conjoint Examination - OSCE

(8) ELECTION TO FELLOWSHIP

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

Entry forms for Fellowship, Membership and Associateship of the Hong Kong College of Family Physicians and the Royal Australian College of General Practitioners are available from both College website (www.hkcfp.org.hk / www.racgp.org.au). You may also contact the HKCFP Secretariat, Room 803-4, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong. Tel: 2528 6618, Fax: 2866 0616.



Dr. Chan Hung Chiu
Chairman
Board of Conjoint Examination

Interest Group in Dermatology - The 45th Meeting on 3 January 2015

Dr. Tse Kwok Lam - College Member

- Theme** : Clinical Approach to Alopecia
- Speaker** : Dr. Lee Tze Yuen
Specialist in Dermatology and Venereology
- Moderator** : Dr. Lam Wing Wo
Edmund, Coordinator, Board of Education

Learning points

On 3 Jan 2015 Dr Lee Tze Yuen discussed the topic **Clinical approach to alopecia**.

Life cycle of hairs consists of 3 phases: Anagen phase, Catagen phase and Telogen phase. Anagen phase is the growing phase. It usually lasts for 3 years and includes 85% of all hairs. Catagen phase phase is the involution phase which lasts for only 3 weeks (only 1% of hairs). Afterwards hairs go into the telogen phase which is the resting stage. Hairs are shed after 3 months. Normal anagen to telogen ratio is around 6:1 (85%:14%).

Important questions in approaching alopecia:

1. Generalized or localized type of alopecia?
2. Scarring or non-scarring type of alopecia?
3. Other abnormal signs e.g. erythema, lichenification, scaling...

The first case was a middle-aged man with scalp pruritus and gradual onset of a patch of alopecia. He was worried about alopecia areata (AA). Physical examination showed localized and non-scarring lesion with erythema, lichenification and ill-defined margin. The diagnosis was chronic dermatitis rather than alopecia areata since AA are non-inflamed, non-scaly with well-defined borders. Exclamation mark hairs are hairs which looked like exclamation marks. They are indicative of active hair loss in AA.

The second case was a child with a patch of localized and non-scarring alopecia. The lesion was well-defined with erythema, white scales and broken hairs at centre. The diagnosis was tinea capitis which could be confirmed by Wood's light, direct microscopy and fungal culture. Topical antifungal (azole group) could be used for mild cases.

The third case was localized non-scarring alopecia again but the lesion was non-inflamed with irregular border and broken hairs among longer normal ones---typical of trichotillomania which is a form of alopecia caused by intentional or unintentional pulling of hairs. In children it is often a temporary habit tic. Counselling is the most important aspect of management.

Localized scarring types of alopecia are less common than the non-scarring types. Morphea and discoid lupus erythematosus were discussed.

Generalized alopecia can also be divided into non-scarring and scarring types. Common causes of non-scarring types: telogen effluvium, androgenetic alopecia (AGA), alopecia

totalis, systemic diseases. Scarring type can be due to burn or trauma.

Causes of telogen effluvium: childbirth, febrile illness/ major operation, starvation diet, metabolic (hypothyroidism, iron deficiency), emotional stress, drugs, chronic systemic diseases. Telogen effluvium usually occurs 3-4 months after the triggering event because the event causes sudden conversion of large amount of hairs from anagen to telogen phase. These telogen hairs remain on scalp for 3 months and then they drop off all together. Spontaneous recovery happens in most cases so counselling can settle patients' anxiety.

Androgenetic alopecia (AGA) shows typical signs: anterior hair-line recession, thinning of hairs at vertex, normal hair density at sides and back, normal looking scalp and hairs.

Management of AGA:

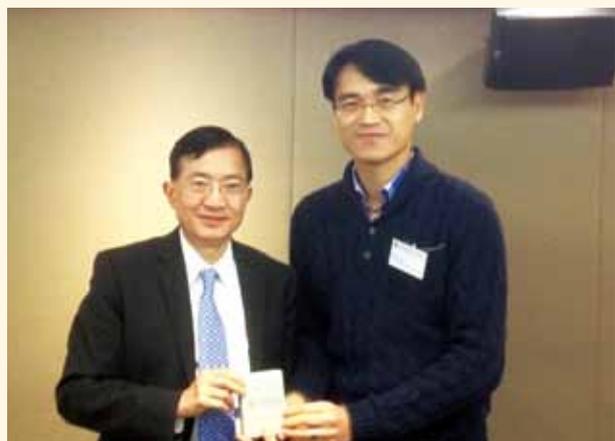
1. Counselling
2. Finasteride (Propecia)
3. 5% minoxidil: 25% successful only but no major side effects
4. Surgical treatment:
 - a) Hair transplant
 - b) Scalp reduction
 - c) Synthetic fibre implants

To summarize, alopecia can usually be diagnosed by looking for these features: generalized or localized, scarring or non-scarring and other abnormal signs.

We appreciated Dr. Lee for sharing his experience.

Next meeting

The next meeting will be on 7 March 2015 (Saturday). The guest speaker is Dr. Yeung Chi Keung, Specialist in Dermatology. He will speak to us on "Clinical Approach to Eczema Management". All members are welcome and encouraged to present their cases and problems for discussions or role play. Please send your cases to our secretariat (johnlee@hkcfp.org.hk) 2 weeks before the date of presentation.



Dr. Lee Tze Yuen (left) and Dr. Lam Wing Wo (right)

- Please wear a surgical mask if you have respiratory tract infection and confirm that you are afebrile before coming to the meeting.
- Please wear an appropriate dress code to the Hotel for the Scientific Meeting.
- Private Video Recording is not allowed. Members, who wish to review the lecture, please contact our secretariat.

CPR Training and Examination Workshop 2015

Only 2 CPR Training and Examination Workshops will be held in 2015 (28 February, 1 March and 21, 22 March).

As no one is guaranteed to pass in the first attempt, members who plan to sit for the 2015 Conjoint Examination and do not possess a valid HKCFP CPR Certificate are strongly advised to register for our CPR session. Members are reminded that a valid HKCFP CPR Certificate is a pre-requisite for enrolment of the Conjoint Examination. Members who plan to sit for the 2015 Conjoint Examination are also reminded to check the validity of their HKCFP CPR Certificate to make sure that it is valid at the time of application and also at the time Clinical Examination. HKCFP CPR certificates are valid for 2 years.

1st Announcement: January College News

28 February – 1 March 2015 Saturday and Sunday

CPR Training and Examination Workshop

Time	2:00 p.m. - 6:00 p.m.
Venue	8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong
Talks	1. CPR Basic Life Support-Principles and Techniques 2. Pitfalls in CPR and Demonstration on Automated Defibrillator 3. Medico-legal Aspect of CPR 4. Updates in Guidelines
Training	Hands-on training, supervised by HKCFP CPR Instructors
Accreditation	3 CME points HKCFP (Cat. 4.4) 3 CPD points HKCFP (Cat. 3.11) for passing CPR Examination
Co-organizer	The Hong Kong College of Cardiology
Capacity	50 doctors

Admission Fee:

Members (Attend Training and Examination Workshop)	HK\$600.00
Non-members (Attend Training and Examination Workshop)	HK\$1,200.00
Members with expired CPR certificate (HKCFP) (Attend Training and Examination Workshop)	HK\$200.00
Members with valid AHA Certificates (Require to sit for Examination Only)	HK\$200.00
Non-members with expired CPR certificate (HKCFP) (Attend Training Workshop and Examination)	HK\$400.00

All cheques payable to "HKCFP Education Ltd".

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

Each successful candidate will be awarded a CPR Certificate valid for 2 years, also accredited by RCHK. Please contact Ms. Windy Lau at 2528 6618 for registration on/ before **20 February 2015**.

LATE APPLICATIONS WILL NOT BE ENTERTAINED.

Conjoint examination application deadline: 15 April 2015

* **REMARKS:** you are not suggested to take the CPR training workshop and examination during your pregnancy.

7 March 2015 Saturday

Board of Education Interest Group in Dermatology

Aim	To form a regular platform for interactive sharing and discussion of interesting dermatological cases commonly seen in our daily practice	
Theme	Clinical Approach to Eczema Management	
Speaker	Dr. Yeung Chi Keung Specialist in Dermatology and Venereology	
Co-ordinator & Chairman	Dr. Lam Wing Wo The Hong Kong College of Family Physicians	
Time	1:00 p.m. – 2:00 p.m.	Lunch
	2:00 p.m. – 4:00 p.m.	Theme Presentation & Discussion
Venue	5/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong	
Admission	Members	Free
Fee	Non – members	HK\$ 300.00
	HKAM Registrants	HK\$ 150.00
	All fees received are non-refundable and non-transferable.	
Accreditation	2 CME points HKCFP (Cat. 4.3) 2 CPD points HKCFP (Cat. 3.15) 2 CME points MCHK	
Language	Lecture will be conducted in English and Cantonese.	
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.	
Note	Participants are encouraged to present own cases for discussion. Please forward your cases to the Co-ordinator via the College secretariat 2 weeks prior to meeting.	

HKCFP would like to thank HKMA for supporting this educational activity.

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10 March 2015 Monday

Gender specific issues in the management of osteoporosis

Dr. David L. Kendler, MD

Associate Professor of Endocrinology, Faculty of Medicine, University of British Columbia, Canada

Chairman	Dr. Au Yeung Shiu Hing The Hong Kong College of Family Physicians	
Time	1:00 p.m. – 2:00 p.m.	Registration and Lunch
	2:00 p.m. – 3:30 p.m.	Lecture and Discussion
Venue	Jade Ballroom, 2/F, Eaton Hotel, 380 Nathan Road, Kowloon	
Admission	College Fellow, Full or Associate	Free
Fee	Members	
	Other Categories of Members	HK\$ 350.00
	Non-Members	HK\$ 450.00
	All fees received are non-refundable and non-transferable.	
Accreditation	2 CME points HKCFP (Cat. 4.3) 2 CME points MCHK Up to 2 CPD points (Subject to submission of satisfactory report of Professional Development Log)	
Language	Lecture will be conducted in English.	
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.	

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28 March 2015 Saturday

Board of Education Interest Group in Counseling

Aim	(1) To form a regular platform for interactive sharing and discussion of various counseling cases commonly seen in our daily practice; (2) To booster the competencies in counseling of family practitioners through case discussion and practising self awareness	
Theme	Talking to Teenagers with Suspected Substance Abuse	
Speaker	Miss Leung Yuk Kuen Social Worker	
Co-ordinator & Chairman	Dr. Lau Wai Yee, Aster The Hong Kong College of Family Physicians	
Time	2:30 p.m. – 4:00 p.m.	Theme Presentation
	4:00 p.m. - 4:30 p.m.	Discussion

Venue	8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong	
Admission Fee	Members Non – members HKAM Registrants	Free HK\$ 300.00 HK\$ 150.00
Accreditation	2 CME points HKCFP (Cat. 4.3) 2 CPD points HKCFP (Cat. 3.15) 2 CME points MCHK	
Language	Lecture will be conducted in English and Cantonese.	
Registration	Registration will be first come first served. Please reserve your seat as soon as possible.	
Note	Participants are encouraged to present own cases for discussion. Please forward your cases to the Co-ordinator via the College secretariat 2 weeks prior to meeting.	

Monthly Video Viewing Session

Monthly video viewing sessions will be scheduled on the last Friday of each month at 2:30 – 3:30 p.m. at 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong.

February's session:

Date	27 February 2015 (Friday)	
Time	2:30 p.m. - 3:30 p.m.	
Topic	1. Glycemic Index - Non-alcoholic Fatty Liver Disease 2. Understanding Fats: Good VS Bad	
Admission	Free for Members	
Accreditation	1 CME point HKCFP (Cat. 4.2) 1 CME point MCHK Up to 2 CPD points (Subject to submission of satisfactory report of Professional Development Log)	
Language	Lecture will be conducted in English.	

March's session:

Date	27 March 2015 (Friday)	
Time	2:30 p.m. - 3:30 p.m.	
Topic	Management of Insomnia & the use of Hypnotics – Dr. Chiu Siu Ning	
Admission	Free for Members	
Accreditation	1 CME point HKCFP (Cat. 4.2) 1 CME point MCHK Up to 2 CPD points (Subject to submission of satisfactory report of Professional Development Log)	
Language	Lecture will be conducted in English.	

Community Education Programme

Open and free to all members
HKCFP CME points accreditation (Cat 5.2)

Date/Time/CME	Venue	Topic/Speaker/Co-organizer	Registration
11 March 2015 2:15 – 4:15p.m.	Training Room II, 1/F, OPD Block, Our Lady of Maryknoll Hospital, 118 Shatin Pass Road, Wong Tai Sin, Kowloon	Musculoskeletal Assessments and Rehabilitation Ms. Jane MAN, Occupational Therapist(OMLH)	Ms. Clara Tsang Tel: 2327 6852

Structured Education Programmes

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

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
4 March 15 (Wed)			
2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	Clinical Approach to Erectile Dysfunction & Presentation of Male Genital Malignancies in GOP Dr. Wan Ka Yan	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Learning Disorder Dr. Steve Yeung & Dr. Lee Sum	Ms. Crystal Law Tel: 2632 3480
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Family Life Cycle and Patient's Illness Behaviour Dr. Ying Gard Ching Derek & Dr. Lau Ka Man	Ms. Cordy Wong Tel: 3949 3087
5:15 – 7:15 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Nurse Led Clinics Review: Nursing Intervention for Female patients on Continence Care & Complicated Wounds Sharing Dr. Stephen Chou	Ms. Elaine Cheung Tel: 2589 2337
5 March 15 (Thur)			
2:15 – 5:15 p.m.	Auditorium, G/F, Tseung Kwan O Hospital	Family life cycle and Patient's illness behaviour Dr. Chow Pui Yin Melody & Dr. Chung Sze Ting	Ms. Cordy Wong Tel: 3949 3087
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Clinical Approach to Infertility (Male & Female) Dr. Wong Chun Fai & Dr. Ho Chung Yu	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Sharing on experience of the International Diabetes Federation meeting Dr. Michelle Lo	Ms. Kwong Tel: 2595 6941
11 March 15 (Wed)			
2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	Community Resources on Patient Empowerment for Chronic Diseases in NTW Dr. Lui Lok Kwan & Dr. Lam Siu Ping	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Paediatric Emergency in General Practice Dr. Lee Edna Tin Wai & Dr. Lee Shek Hang Henry	Ms. Cordy Wong Tel: 3949 3087
5:15 – 7:15 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	Management of Common Cardiac Diseases in Primary Care Dr. Carmen Chan	Ms. Elaine Cheung Tel: 2589 2337
12 March 15 (Thur)			
2:15 – 5:15 p.m.	Auditorium, G/F, Tseung Kwan O Hospital	Paediatric Emergency in General Practice Dr. Wong Sze Kei & Dr. Hou Jing	Ms. Cordy Wong Tel: 3949 3087
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Community Resources for Palliative Care and Bereavement Support in NTWC Dr. Tang Kin Sze & Dr. HsuKwok Fai	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Common Skin Problems in FM Dr. Ivan Choi	Ms. Kwong Tel: 2595 6941
18 March 15 (Wed)			
2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	Common Sport Injuries Dr. Lui Wai Cheung & Dr. Tsui Felix	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Evidence Base Approach in Back Pain Dr. Shirley Choi	Ms. Crystal Law Tel: 2632 3480
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	"Video Viewing: An Update on Common Hair, Nail and Sweat Gland Conditions" Dr. David LUK Chi Kong	Ms. Cordy Wong Tel: 3949 3087
5:15 – 7:15 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital, 30 Hospital Road, Hong Kong	Tutor/tutee Meeting All	Ms. Elaine Cheung Tel: 2589 2337
19 March 15 (Thur)			
2:15 – 5:15 p.m.	Auditorium, G/F, Tseung Kwan O Hospital	Volunteer Doctor (e.g. MSF) Dr. Mok Ka Yee & Dr. Cheuk Hiu Ying Angie	Ms. Cordy Wong Tel: 3949 3087
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Abnormal Lab Result - When to Refer AED? Dr. Tang Kin Sze & Dr. HsuKwok Fai	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	LAP video review Dr. Leung Ka Fai	Ms. Kwong Tel: 2595 6941
25 March 15 (Wed)			
2:15 – 4:45 p.m.	AB1034, 1/F, Main Block, Tuen Mun Hospital	How to Conduct a Good Presentation Dr. Pang Kit Hing & Dr. Tong Ka Hung	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Adolescent Sexuality Dr. Lee Wing Mei Dickinson & Dr. Wong Koon Yin Yvonne	Ms. Cordy Wong Tel: 3949 3087
5:15 – 7:15 p.m.	Lecture Theatre, 5/F, Tsan Yuk Hospital	Management of Common Eye Diseases in OPD Setting Dr. Ian Wong	Ms. Elaine Cheung Tel: 2589 2337
26 March 15 (Thur)			
2:15 – 5:15 p.m.	Auditorium, G/F, Tseung Kwan O Hospital	Adolescent Sexuality Dr. Yuen Ming Wai & Dr. Chan Kam Sum	Ms. Cordy Wong Tel: 3949 3087
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Postgraduate Training for Common Mental Health Problems Seen in Primary Care Setting Dr. Sze Siu Lam & Dr. Kwok Vincci	Ms. Eliza Chan Tel: 2468 6813
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Journal Club Dr. Ivan Choi	Ms. Kwong Tel: 2595 6941

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香港家庭醫學學院

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COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 Feb	23	24	25	26	27 2:30 – 3:30 p.m. Video Session	28 2:00 – 6:00 p.m. CPR Training Workshop
1 Mar 2:00 – 6:00 p.m. CPR Examination	2	3	4 2:15 – 7:15 p.m. Structured Education Programme	5 1:00 – 3:30 p.m. PCO Workshop 1 2:15 – 7:00 p.m. Structured Education Programme	6	7 1:00 – 4:00 p.m. Interest Group in Dermatology 2:30 – 5:00 p.m. DFM Research & Teaching in Family Medicine
8	9	10 1:00 – 3:30 p.m. CME Lecture	11 2:15 – 7:15 p.m. Structured Education Programme	12 2:15 – 7:15 p.m. Structured Education Programme	13	14 2:30 – 5:00 p.m. DFM Anticipatory Care
15	16	17	18 2:15 – 7:15 p.m. Structured Education Programme	19 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. HKCFP Council Meeting	20	21 2:00 – 6:00 p.m. CPR Training Workshop
22 2:00 – 6:00 p.m. CPR Examination	23	24	25 2:15 – 7:15 p.m. Structured Education Programme	26 1:00 – 3:30 p.m. PCO Workshop 2 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	27 2:30 – 3:30 p.m. Video Session	28 2:30 – 4:30 p.m. Interest Group in Counseling
29	30	31	1 Apr 8:00 p.m. 57th Specialty Board Meeting	2	3	4

FP LINKS EDITORIAL BOARD 2014

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Front row (left to right): Dr. Law Tung Chi, Dr. Natalie Siu, Dr. Maria Leung, Dr. Catherine Ng, Dr. Wendy Tsui, Miss Carmen Cheng and Dr. Alfred Kwong

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

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