



# THE HONG KONG COLLEGE OF FAMILY PHYSICIANS

## Family Physicians Links

### Message from the President

Issue 89  
July 2011

#### Congratulations to Dr. Donald Li



Dr. Donald Li, speaking at elderly care function on 16 June 2011.

Dr. Donald Li, our Censor and Past President, was awarded the Silver Bauhinia Star on July 1, 2011 for his distinguished public service, particularly his outstanding contribution to the medical profession and to the development of community-based care in Hong Kong. Our College is also deeply grateful for Dr. Li's dedication and brilliant leadership over the past years, which have substantially advanced the discipline of Family Medicine.

#### Collaboration with other Specialties in RTHK Programme

Mr. Simon Siu 邵國華 of RTHK has invited Dr. Gene Tsoi to lead a series of five one-hour programmes every Tuesday in 精靈一點 from June 14, 2011 to July 12, 2011. A family physician from our College co-hosted with Mr. Siu and

invited a guest from other specialties to illustrate some principles of Family Medicine and our role as coordinator of patient healthcare. The five specialists invited are Dr. Peter Teo (Oncology) on June 14, Dr. Bernard Kong (Geriatrics) on June 21, Dr. CK Yeung (Surgery) on June 28, Dr. Tsui Kwok Leung (Accident and Emergency) on July 2 and Prof. Mak Ki Yan (Psychiatry) on July 9.

On June 21 Tuesday afternoon, I invited Dr. Bernard Kong, President of Hong Kong Geriatrics Society as a guest speaker of the programme. Family Medicine is a specialty discipline of medicine whilst it differs from other specialties in many ways, geriatrics in particular does share some common concepts with us.

Instead of the "one patient, one disease" model, we see multiple causes for a single presenting symptom or a single cause leading to multiple symptoms e.g. depression leading to multiple somatic complaints. Our treatment not only targets disease cure, but also aims improve the quality of life in patients with chronic and incurable diseases.

The long term and continuous relationship of family physicians with their patients enhances their knowledge of their patients and their families, thereby

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## Hong Kong Primary Care Conference 2011

By Dr. Cheung Man Kuen  
Chairlady, HKPCC 2011 Organizing Committee



The first Hong Kong Primary Care Conference was successfully held on 28-29 May, 2011. We are pleased to report that our inaugural conference attracted more than 300 attendees, both local and overseas. I am certain many of you who were there still have fond memories of both the event, for this was indeed a most memorable milestone in our College's history.

By organizing the Hong Kong Primary Care Conference, we hope to provide a platform for the primary care community to share the latest scientific updates, current development and future trends, and for members of the primary care team to network and learn from one another, and with the active support of our attendees we are glad that this aim has been successfully achieved.

Our Opening Ceremony was honoured by such dignitaries including (in alphabetical order) Prof. Sophia Chan, Prof. Claire Jackson, Prof. Cindy Lam, Dr. Lee Fook Kay, Aaron, Dr. the Hon. Joseph Lee, Dr. the Hon. Leung Ka Lau, Prof. Gabriel M. Leung and Dr. Li Kwok Tung, Donald. Our two-day programme covered wide-ranging topics including policy development, service implementation, clinical vignettes, practical skills learning, education, research workshops, and to personal reflection. We were most honoured to have our distinguished plenary speakers, including Prof. Gabriel Leung, Prof. Cindy Lam, Prof. Sophia Chan and Prof. Claire Jackson, to share with us their vision and reflection on primary care. We had two useful workshops and five informative seminars. There were two free paper presentation sessions for our colleagues to present their works and research. Our Dinner Symposium, co-organized with the Primary Care Office of the Department of Health, featured such top speakers as Prof. Sian Griffiths, Prof. Cindy Lam and Prof. Doris Young. We received a most enthusiastic response and many favourable comments. This is good evidence that our healthcare community is eager to learn more about management of common diseases in primary care settings, and I hope there will be more future collaborations. We were also honoured to have Prof. Tse Hung Fat to speak at our Lunch Symposium I heartily congratulate Dr. Tam Ka Wae, Tammy, on winning the 'Best Research Paper' with her study titled "Seven Year Experience of Retinal Photography for Chinese Elderly Diabetics - What Lessons Have We Learnt?" I would also like to thank Ms. Zeemink Cheng, for contributing the design of our Conference Logo.

My heartfelt appreciation goes to those people who have made this conference possible. Our sincere gratitude to our conference co-organizer, the Nursing School of the University of Hong Kong for the unfailing support; the Primary Care Office for co-organizing our Dinner Symposium; all the session chairs and speakers for your participation and contribution; all the sponsors for your generous sponsorships; all members of the organizing committee for your hard work and all our delegates for your presence, participation and passion.

While we reflect on how far we have come, let's not forget there is still a long way for us to go, and with your on going support I am sure the success of HKPCC can be repeated for many years to come.



Best Research Paper Award



Winner of Logo Competition - Ms. Zeemink Cheng



Participants from ShunTak, China



Free Paper Presentation

# Message from the President

allowing more accurate assessment of conditions, like dementia with no concrete characteristic clinical or psychometric findings. The diagnosis rests on a history of cognitive impairment over months or years, and the progressive nature of deficit from both the patient and their caregiver. Age associated changes in higher mental functions can occur in normal elderly for instance a loss of urgency, rigidity in decision making and reduced ability to adapt quickly. These often lead to family disharmony, anxiety and unhappiness. Family physicians have a role to explain both pathological changes and normal ageing, exclude reversible causes such as hypothyroidism, side effects from medications, and depression, and make initial assessment with brief validated tests such as the Chinese version of Mini-Mental State Examination (CMMSE). Besides, we support not only our patients but also their families and care givers.

Prevention is another important role performed by family physicians. Iatrogenic diseases are the most preventable causes of adverse outcomes in the care of older persons. Polypharmacy due to multiple specialty follow up and doctor shopping can be reduced by better coordinated care by family physicians.

I hope these programmes will help promote the concept of family doctor and enhance the well-being of our community. The link to the programs is: <http://programme.rthk.hk/channel/radio/programme.php?name=radio1/adwiser&p=1147>

## HKCFP Best Research Award 2010 and HKCFP Research Fellowship 2011

The Research Committee is delighted to announce that the study on "Usefulness in using portable overnight pulse oximeter for screening obstructive sleep apnea in adult patients in primary health care setting" has been awarded the HKCFP Best Research Award 2010. The Committee would like to congratulate the researcher Dr. Chiang Lap Kin for his work.



Recipient of the HKCFP Best Research Award 2010 – Dr. Chiang Lap Kin

It is also our pleasure to announce that the winner of the HKCFP Research Fellowship 2011 is Dr. Chen Xiao Rui, Catherine.

Dr. Catherine Chen received her medical education in China and passed the Licentiate Exam of the Medical Council of Hong Kong in 2002 after which

she got her Ph.D. in Medicine from the University of Hong Kong in the same year. She joined the Hong Kong College of Family Physicians (HKCFP) in 2004 and became a fellow of HKCFP and Royal Australian College of General Practitioners (FRACGP) in 2008. Dr. Chen has been granted the Young Investigation Grants Award by the IX International Society of Peritoneal Dialysis Congress during her Ph.D. study in 2001 and the HKCFP Research Fellowship Award in 2011. Dr. Chen is now a resident working in the Department of Family Medicine at Queen Elizabeth Hospital and her research interests include chronic disease management in the primary care, delivery of mental health in the primary care and disease prevention and screening.



Recipient of the HKCFP Research Fellowship Award 2011 – Dr. Chen Xiao Rui, Catherine

## "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.

For this month, from 15<sup>th</sup> July 2011 to 14<sup>th</sup> August 2011, Dr. Law Tung Chi and Dr. Linda Hui will be the Council Members on duty. Please feel free to make use of this channel to voice your doubts, concerns, queries, and comments about anything relating 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](mailto:hkcfp@hkcfp.org.hk). Once we receive your call or message, we will get in touch with you as soon as we can.

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



Dr. Law Tung Chi



Dr. Linda Hui

## Membership Committee News

The Council approved, on recommendation of the Membership Committee Chairlady, the following applications for membership in **June 2011** Council Meeting:

### Associate Membership (New Application)

Dr. WONG Chung Yan Patrick	黃頌仁
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### Transfer from Associate Membership to Fellowship

Dr. PANG Kwok Ching	彭國程
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### Reinstatement of Associate Membership

Dr. CHEUNG Yu Fung	張宇峰
Dr. LAU Wing See	劉穎思

### Resignation from Associate Membership

Dr. LIEM Man Shing	林萬盛
Dr. YAU Ching Tsz	丘瀨慈
Dr. YUEN Chung Cheong	源鎮昌

## Board of Vocational Training and Standards News

### Reminder: Submission of Training Logbook for Certification of Completion of Basic Training

To all Basic Trainees,

For those who have completed four-year basic vocational training, it is to remind that you are advised to apply for Certificate of Completion of Basic Training within 3 months of completion of training. Otherwise, you are required to pay for annual training fee.

Should you have any enquires, please contact our College Executive, Ms. Carmen Cheng at 2528 6618.

Basic Training Subcommittee

BVTS

### Reminder: Application for Recommendation for Exit Examination

To all Higher Trainees,

For those who prepare to sit for exit examination in **2012**, please submit the application letters and the checklists for recommendation for exit examination before **30 September 2011**.

**Late applications will not be entertained.**

Should you have any enquires, please contact our College Executive, Ms. Carmen Cheng at 2528 6618.

Higher Training Subcommittee

BVTS

# ENTER THE FP LINKS LOGO DESIGN COMPETITION

for a chance to have

**YOUR WORK AS THE SYMBOL OF FP LINKS and  
WIN \$2,000 of VOUCHERS!**

Your challenge is to design a logo that represents FP links, the College newsletter of the Hong Kong College of Family Physicians.

FP links has the following missions:

- To disseminate the College News to College members;
- To report news of various College Boards and Committees;
- To provide a channel for dissemination of information or articles related to Family Medicine, either clinical or non-clinical;
- To act as a bridge for communication between members and the College.

**The inaugural edition of FP links was published in March 2004**

## WE NEED A NEW LOOK!

Your logo should meet the following criteria:

- Embody the characteristics and identity of our College newsletter;
- Be clear and appropriate for a medical newsletter;
- Be your own original piece of work;
- Be flexible enough to work across a range of material, including online and print;
- Submitted in jpg format (size preferably <5MB).

Submit your logo **by 30 September 2011 to [carmen@hkcfp.org.hk](mailto:carmen@hkcfp.org.hk)**, and remember to include:

- An explanation of what your logo represents;
- Your title, name, email address, mailing address, and daytime phone number.

All entries will be acknowledged and once received, will become the property of FP Links. They will be judged by the FP Links Editorial Board and the competition winner will be announced via FP Links and the College website. The winner will also be contacted individually by our staff.

**If you have any queries about the logo design competition,  
please contact Ms. Carmen Cheng at 2528 6618.**

# NOW GO AND GET DESIGNING!



**Professor Barbara Starfield  
1932 - 2011**

The Hong Kong College of Family Physicians mourns the passing of Professor Barbara Starfield, in our mind, the greatest advocate, icon and leader of Family Medicine. It is indeed a great loss and we are all saddened by the news.

Barbara was the most respected teacher of Family Medicine and is well known in the region. She has relentlessly offered assistance to many developing regions as well as encouraged the advancement of Family Medicine in developed regions. The Primary Care Assessment Tool which is now being adapted to many different languages and interpretation in Asia Pacific is just one of the many initiatives of this monumental leader. She was a genuine, kind individual with all the characteristics of a caring and loving family doctor. She will always remain in our hearts. The best way to honor her is to carry on the advocacy of continuing to promote Family Medicine and to practice as a good family doctor.

Our thoughts and prayers are with Barbara's family and we send our heartfelt condolences.

Dr. Donald Li  
Censor  
HKCFP

## Classified Advertisements

### Positions Vacant

**Full-time GP/ Locum/ Specialists wanted 九龍商場**  
 舖, Welcome Joint Investment. Transparent & generous  
 Bonus + Excellent Prospect. Dr. Kam 3165 1460  
[profgp2004@yahoo.com.hk](mailto:profgp2004@yahoo.com.hk)

FT/PT/Locum **Family Physician** (min. 3 years' experience)  
 for practices of United Christian Nethersole CHS in NTW /  
 NTE / Kowloon. Please e-mail resume with expected salary  
 - **Ms. Law : [hr@ucn.org.hk](mailto:hr@ucn.org.hk)**

Haven of Hope Christian Service invites applications for  
 Full-time/Part-time Family Physician. Basic salary plus  
 variable pay.

Interested parties please send e-mail to [se@hohcs.org.hk](mailto:se@hohcs.org.hk)  
 or contact Ms. Liu by phone at 2703 3230.

**Accredited Private FM Centre invites energetic  
 Doctors** to join for expanding services. Basic / higher FM  
 Trainee, A&E Officers, specialists welcomed. Attractive  
 Salary + Bonus. Send CV [enquiry@adecmed.com](mailto:enquiry@adecmed.com)  
 (Attention: Amy CHAN)

Full time doctor wanted. 6 days per week. Work in Kowloon  
 West. Interested please call Dr. MAK 9727 9674.

**Accredited Private FM Centre invites Specialists**  
 for sessional consultations, 1-2/wk Cardiologists, ENT,  
 Psychiatrists, Ophthalmologists and Gynecologists  
 most welcomed. Profit sharing + Bonus. Send CV  
[enquiry@adecmed.com](mailto:enquiry@adecmed.com) (Attention: Amy CHAN)

Full-time, half-day & locum doctors wanted in GP.  
 Attractive remuneration and flexible hours. Interested,  
 please contact Dr. LI at 9662 3540 or email to  
[pg\\_recruit@yahoo.com](mailto:pg_recruit@yahoo.com)

### Clinic Available

**24HRS G/F Clinic near North Point MTR Station,**  
**spacious, modern furnished** with computerization  
 for rental/take-over, walk-in-and-practice for ambitious  
 doctors. Available Immediately. GOOD BARGAIN PRICE.  
 Contact Ms. Amy Chan 9212-6654.



## 香港中文大學 THE CHINESE UNIVERSITY OF HONG KONG

Applications are invited for:-

### Centre of Research and Promotion of Women's Health, School of Public Health and Primary Care

#### (1) Clinical Officer (Full-time / Part-time)

(Ref. 1011/053(357)/1) (Closing date: August 15, 2011)

Applicants should (i) have a medical qualification (approved for registration with The Medical Council of Hong Kong); (ii) share the Centre's vision of "improving women's health through research, education and services"; and (iii) be able to work within a team context. The appointee will provide clinical service, particularly health assessment for women. Appointment will initially be made on contract basis for one year commencing as soon as possible, renewable subject to mutual agreement.

#### Salary and Fringe Benefits

Salary will be highly competitive, commensurate with qualifications and experience. The University offers a comprehensive fringe benefit package for **full-time appointments**, including medical care; plus a monthly fixed-sum cash allowance and a housing subsidy for eligible appointees. Further information about the University and the general terms of service for appointments is available at <http://www.cuhk.edu.hk/personnel>. The terms mentioned herein are for reference only and are subject to revision by the University.

#### Application Procedure

Application forms are obtainable (a) at <http://www.cuhk.edu.hk/personnel>, or (b) in person/by mail with a stamped, self-addressed envelope from the Personnel Office, The Chinese University of Hong Kong, Shatin, Hong Kong, or (c) by fax polling at (852) 2696 1461.

Completed forms, together with copies of qualification documents, should reach the Personnel Office by the closing date. Alternatively, applicants may fax to (852) 2696 1463 their full resume, with names, addresses and fax numbers/e-mail addresses of three referees to whom the applicants' consent has been given for their providing references (unless otherwise specified). The Personal Information Collection Statement will be provided upon request. Please quote the reference number and mark 'Application - Confidential' on cover.

Enhancing the practice of primary care physicians as our goal to serve  
the medical profession and the Society



THE UNIVERSITY OF HONG KONG  
LI KA SHING FACULTY OF MEDICINE

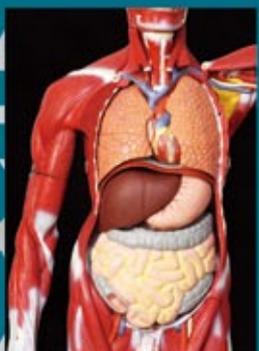
香港大學李嘉誠醫學院

# Postgraduate Diploma in Diagnosis and Therapeutics in Internal Medicine

(PDipIntMed&Therapeutics)

醫學內科診斷及治療深造文憑

**Approved by  
Medical Council as quotable  
qualification**



#### PROGRAM FEES

Composition fee for the 2 year program  
is HK\$23,000 (subject to approval)

#### ADMISSION REQUIREMENTS

Holder of a primary medical degree  
with post registration experience of  
not less than 12 months

#### DEADLINE OF APPLICATION

31 August 2011

*Call for Application  
for Admission  
in September 2011*

#### VENUE

William MW Mong Block  
Faculty of Medicine Building  
21 Sassoon Road  
Pok Fu Lam, Hong Kong

#### ORGANIZER

Department of Medicine  
The University of Hong Kong  
Queen Mary Hospital, Hong Kong

#### To submit an application:

On-line :  
<http://www.hku.hk/medicine/postdip.htm>

Diagnosis Therapeutics  
Internal Medicine

## Reference Frameworks for Diabetes Care and Hypertension Care for Adults in Primary Care Settings

Two locally developed reference frameworks for the care of patients with chronic diseases, one on diabetes and the other on hypertension, are available to healthcare professionals practising in primary care settings in Hong Kong.

### Reference Frameworks Development

The two reference frameworks, titled the “Hong Kong Reference Framework for Diabetes Care for Adults in Primary Care Settings” and “Hong Kong Reference Framework for Hypertension Care for Adults in Primary Care Settings”, were developed by the Task Force on Conceptual Model and Preventive Protocols of the Working Group on Primary Care and the Food and Health Bureau. This Task Force, under the leadership of the convenor, Professor Sian GRIFFITHS, adopts a population approach in the prevention and control of diabetes and hypertension across the life course in the development of the reference frameworks. Recommendations in the reference frameworks are evidence-based and appropriate to local primary care settings. In order to ensure the latest available evidence is included in the reference frameworks, two Clinical Advisory Groups under the Task Force and comprising members from academia, professional organisations and stakeholders have also been established to review and update the reference frameworks on a regular basis.

### Support from Professional Organisations and Stakeholders

Apart from the Department of Health and the Hospital Authority, other major stakeholders including the Universities, the Hong Kong Academy of Medicine and the relevant Colleges, and a number of professional organisations have shown their full support regarding the development and promulgation of the reference frameworks.

### Content of the Reference Frameworks

The reference frameworks consist of a Core Document and a series of Modules. They cover useful information on primary prevention, early identification of diseases, treatment and care, management of complications, as well as patient education and empowerment.

### Benefits of Adoption

The reference frameworks provide common reference for healthcare professionals in Hong Kong in providing continuing, comprehensive, and evidence-based primary care services to the patients. Through the rigorous development process and regular updating mechanisms, they ensure the recommended treatment and care are based on the best available scientific evidence. In addition, patients and carers could be empowered with appropriate knowledge and skills in the management of these chronic diseases.

### Using the Reference Frameworks to Support Decision Making

The reference frameworks are constructed from global evidence of best practice. As with all guidance they aim to support decision making, recognising that all patients are unique and have their own needs. The frameworks provide support for decision making and as such are not mandatory. They should not be construed as within any legal framework, rather as guidance for professional practice. The responsible primary care practitioners should only arrive at a particular treatment procedure or care plan following discussion with the patient on the diagnostic and treatment choices available.

### Web-based Version Available at Food and Health Bureau and Primary Care Office Websites

The reference frameworks and their corresponding abridged versions for patients are now available at the websites of the Food and Health Bureau and the Primary Care Office of the Department of Health at:

[http://www.pco.gov.hk/english/resource/professionals\\_diabetes\\_pdf.html](http://www.pco.gov.hk/english/resource/professionals_diabetes_pdf.html)

[http://www.pco.gov.hk/english/resource/professionals\\_hypertension\\_pdf.html](http://www.pco.gov.hk/english/resource/professionals_hypertension_pdf.html)

[http://www.fhb.gov.hk/en/press\\_and\\_publications/otherinfo/101231\\_reference\\_framework/diabetes\\_care.html](http://www.fhb.gov.hk/en/press_and_publications/otherinfo/101231_reference_framework/diabetes_care.html)

[http://www.fhb.gov.hk/en/press\\_and\\_publications/otherinfo/101231\\_reference\\_framework/hypertension\\_care.html](http://www.fhb.gov.hk/en/press_and_publications/otherinfo/101231_reference_framework/hypertension_care.html)

### Health Educational Materials

The Primary Care Office of the Department of Health has also produced various health educational materials to support patient management and empowerment. Doctors and dentists who have enrolled in the Primary Care Directory (Directory) are welcome to apply for receiving these materials for distribution to their clients. Please visit the Primary Care Office website [www.pco.gov.hk](http://www.pco.gov.hk) for details. For those doctors and dentists who have not yet joined the Directory, you are invited to enrol on-line at [www.pcdirectory.gov.hk](http://www.pcdirectory.gov.hk).

Primary Care Office  
Department of Health



# NAHC Fall Prevention Clinic in Primary Care Settings - Part 1

Edwina K. N. See (Physiotherapist I), Thomas H. Cheung (Occupational Therapist I)  
 Hong Kong East Cluster, Hospital Authority

## Introduction

Falls are common events in the lives of older people, and these can result in unfavourable outcomes such as minor bruises, fractures, disability, dependence or even death. The long-term consequences and the costs of fall-related injuries has become a burden to the elderly and their families.

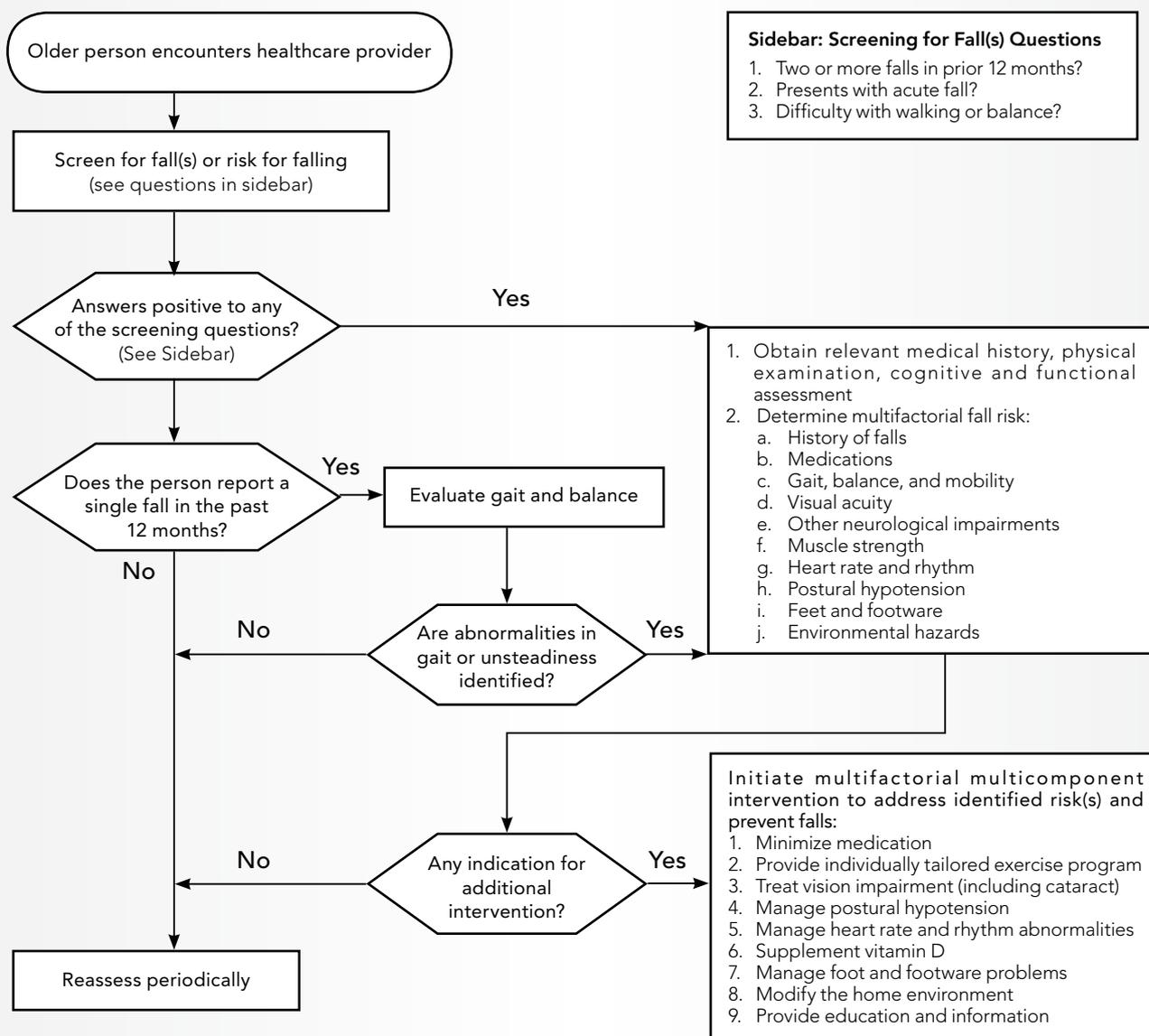
A local prospective cohort study showed the incidence and prevalence of falls in the community

dwelling elderly was 270 per 1000 persons per year and 19.3% respectively.<sup>1</sup>

Fall prevention interventions have already been proven to be effective in reducing the rate of falls 20-45%.<sup>2,3</sup>

From the various clinical practice guidelines on community fall prevention available worldwide, we adopted the latest AGS/BGS guideline 2011 for use in our clinic.

## Prevention of Falls in Older Persons Living in the Community



Adopted from AGS/BGS Clinical Practice Guideline 2010

### Aims of Fall Prevention in Community

1. Early detection of the elderly at risk for falls in the community and provision of intervention if appropriate.
2. Triage of the at-risk elderly for suitable intervention programmes in the community. The high risk cases to be referred to Geriatric Day Hospital, OPD PT and OT.
3. Provision of health education and empowerment to the elderly with low to moderate risk of fall.

4. To collaborate with NGOs to keep the elderly at risk for falls in the community.

#### Intake Criteria

- Age  $\geq$  60 years, living in the community, ambulating with or without walking aids.
- History of fall in last 1 year (acute or recurrent fall) OR potential fallers.

#### Venue

Anne Black GOPC, Sai Wan Ho GOPC and Violet Peel GOPC.

Common PT and OT outcomes	Baseline	At 6 mths	No. of subjects	p-value
No. of fall in past 6 months	1.49	0.26	65 (fallers)	0.000
No. of AED admission in past 6 months	0.37	0.03	65 (fallers)	0.000
Fall Efficacy Scale	76.86	89.56	124	0.000
Knowledge, Attitude and practice	8.95	10.92	103	0.000
Timed up and go test (sec)	16.58	14.86	137	0.001

Physiotherapy Outcomes	Baseline	At 6 mths	No. of subjects	p-value
Berg Balance Scale	48.04	51.46	138	0.000
30s chair stand test	8.12	9.54	115	0.000
Back pain (VAS)	5.83	2.90	40	0.000
Knee pain (VAS)	5.86	2.41	64	0.000
Activities-based Confidence Scale (ABC)	1054.54	1242.84	92	0.000

Occupational Therapy Outcomes	Baseline	At 6 mths	No. of subjects	p-value
Fall Behavioural scale	84.24	98.77	82	0.000
Lawton IADL	11.52	12.01	133	0.000
Modified Barthel Index	94.40	97.31	135	0.000

### Outcomes Review

From September 2009 to January 2011, 892 elderly were assessed in the fall clinic while 90% cases were referred from GOPC/FMSC. There were 258 low risk (29%), 505 medium risk (57%) and 129 high risk (14%) cases. 46 cases (5%) were referred to GDH.

As at January 2011, 142 elderly finished 6 months follow-up. 98% elderly were satisfied or very satisfied with this programme. Upon 6-months follow-up, the fall rate and fall-related AED admission of fallers (n=65) in the past six months were significantly reduced from 1.49 to 0.26 and 0.37 to 0.03 respectively when comparing with the intake figure (p=0.000). Other outcomes including physical, functional and behavioural performance and confidence levels also demonstrated significant improvement (p=0.000).

The favourable outcomes of this Allied Health Fall Prevention Programme are comparable to the previous studies worldwide. The details of this programme, which aim at achieving the above outcomes, will be further elaborated upon in the coming publication.

#### References:

1. Chu LW, et al. Falls and fall-related injuries in community-dwelling elderly persons in Hong Kong: a study on risk factors, functional decline and health services utilization after falls. *Hong Kong Med J* 2007; 13: S8-12.
2. AGS/BGS Clinical Practical Guideline 2011: Prevention of Falls in Older Persons.
3. Gillespie LD, et al. Interventions for preventing falls in older people living in the community. Cochrane Bone, Joint and Muscle Trauma Group Cochrane Database of Systematic Reviews. 10, 2010.

## Latest on Smartphones

Dr. Chan Wing Tat, Aylwin  
SMO of Violet Peel GOPC HKEC

Have you ever wondered why people are busily scribbling on their phones with fingers every day on the MTR, and in buses and shopping arcades? I don't pretend to be a geek but I might be one of the few among you who happens to upgrade my mobile gadget more often, say, around 3 times a year! Before you plunge into your decision to buy one of those sleek-looking smartphones or tablets from the local retailer, you may as well take a look of what's up in the development of those gadgets. Here is the latest news on a few of top-notch high-end smartphones if you fancy getting one.

### What's hot now?



The iPhone 4 is everywhere nowadays and is arguably THE most popular smartphone in Hong Kong. But if you happen to have a white iPhone 4, you will surely turn some heads. The price tag hasn't changed though.



The rumoured iPhone 5 remains elusive and it looks as if Apple is going to market a 4S version by upgrading the camera to 8M pixels instead. And it is not coming out until 4Q 2011 or next year.

On the other side of the fence are the androids (forget about Windows Phone 7, I think they're lame). There we have a number of interesting choices from the major players such as Sony Ericsson, Samsung, Motorola and HTC.

### Sony Xperia Arc and Xperia Play



For the gamers, you might be interested in this PSP-look-alike (though you can't play the usual PSP discs on it). The Sony Ericsson Xperia PLAY is the first PlayStation Certified device and the first specialized Android gaming phone to hit the market. It features a slide-out gamepad, 4" LCD screen and a second generation 1GHz Snapdragon chipset. At present there is only a sparse selection of games titles and they're not cheap. It costs around \$4,700.

If you like curves (I mean for phones), Sony Ericsson Xperia Arc is a bizarre-looking handset with a curved form (hence the Arc name) and sleek body only 8.7 mm thick. It sports a 4.2-inch screen with a resolution of 480x854 and an 8-megapixel camera. Under the hood, the phone has a 1GHz Qualcomm processor and runs Gingerbread.



The HTC Incredible S - If you don't mind the relative archaic processor, the HTC Incredible S could be worth a look given its budget value at HK\$4,300. It has a 4-inch WVGA Super LCD screen, and a single-core 1GHz processor, along with 768MB of RAM ("meh"). What makes it stand out is the fact that the labels of its capacitive buttons are not printed giving the impression of a buttonless device. The buttons also rotate with the screen adding to the overall Android experience. On the rear there is an 8-megapixel camera equipped with dual LED flash and capable of 720p HD video, while the front holds a 1.3-megapixel camera.

### The dual-core Androids

For the power users and for those who don't want to be tied down by the rigid IOS of Apple, the speedy dual core smartphones featuring the sleek Gingerbread Android OS are around the corners. Here are a few that are, or will be available in Hong Kong.

### The Early Birds - LG Optimus 2x and Motorola Atrix



The LG Optimus 2X is the first smartphone to run on a dual-core 1GHz NVIDIA Tegra 2 processor. It has a well-sized display measuring 4 inches, large enough for you to watch the videos you made in HD 1080p. A 1500mAh battery powers the model which will include a microSD slot to expand storage capacity. The device runs Android 2.2 with an upgrade to Android 2.3 expected eventually. It is already on sale in the local retail shops at around HK\$4,800. Fast it is, but I think it is facing stiff competition soon from Samsung and HTC.

Motorola ATRIX 4G is yet another Tegra 2-powered dual-core Android beast which landed in the consumer market earlier. It was once dubbed by Moto as "the world's most powerful smartphone". It has a giant 4" qHD screen (at 540 x 960 pixels), as well as the 1GB of RAM and a monstrous 1930mAh battery to keep the whole thing alive. It has the unique ability to dock to a desktop monitor, keyboard and mouse, or a shell that turns it into a full-size laptop. Media features include DLNA, HDMI TV-out, 5-megapixel camera, HD video capture, and front-facing camera for video chats.



At present it is only available as "water goods" in Hong Kong. So beware of warranty and maintenance issues if you fancy buying one.



Samsung Galaxy S II is the sequel to the critically-acclaimed Samsung Galaxy S Android smartphone. It comes with the newer Android 2.3 Gingerbread OS and an even larger screen at 4.3 inches of Super AMOLED Plus goodness. The Galaxy S II upgrades the camera to 8MP and adds an LED flash to it, together with 1080p video recording. A 1.2GHz dual-core chipset is running the show so as to deliver a fine performance without any hint of lag.

Initial impressions worldwide have been overwhelmingly positive, and demand has greatly outstripped supply with unbelievable waiting times. Most are amazed by the blazing speed, fabulous display and sleekness - at 8.49 mm, currently the thinnest amongst smartphones.

If you can't wait, you can get an imported one at around HK\$7,000.

The HTC Sensation is HTC's attempt to compete with Samsung and Motorola the high-end Android phone market, and it does pack with major improvements over current models such as HTC Incredible S. The HTC Sensation comes with Android 2.3 Gingerbread, Sense UI version 3.0. You can choose between a number of lock screen options such as weather updates, quick access to apps and a handful of clock widgets. A 1.2GHz Qualcomm dual-core chipset supports the nice 3D-like transitions in the menu. The phone features a 4.3-inch Super LCD display with a qHD resolution (540x960) and an aspect ratio of 16:9. On the back you have an 8MP camera with dual-LED flash with "instant capture," (little to no lag between pictures). The camera is also capable of recording video at 30fps in full HD (1080p) resolution.



There is no news as to when it will be available locally, nor is the price known.

**The Future LOOKS Good – 3D, phone tablets, Windows 7 phone?**



Here we have to dream, since we don't know whether and when these beasts would ever arrive in Hong Kong (how much they'd cost). LG HTC and Sharp are teasing us with 3D-smartphones that DO NOT require special glasses, and they can take 3D pictures!

LG Optimus 3D, is the first 3D capable phone just started on sale overseas. It has a 4.3" LCD capacitive touchscreen with 480x800 pixels of resolution, with a glasses-free 3D parallax barrier screen

technology. The two 5MP cameras on the back of the phone record stereoscopic 3D video at HD resolution, which will probably need some getting used to if you are hoping to get the most out of it. The chipset that makes the stereoscopic imaging possible is the dual-core 1GHz OMAP4 from Texas Instruments.

This is the GSM version of HTC EVO 3D. North America was taken by storm when HTC announced this as a sequel of its CDMA predecessor, the EVO 1st generation in USA. Then HTC France issued a news release a few months stirring the rest of the tech world by announcing that the GSM version would indeed come. The device features a qHD 3D capable display and should have some potent bullets-namely a 1.2GHz Snapdragon MSM8660 dual-core processor, Android 2.3 under the hood and 5MP dual-lens camera for 3D video capture.

Out of nowhere, Sharp announced in May that it was introducing the AQUOS PHONE THE HYBRID 007SH, a flip phone running on Android 2.3, confined to the domestic Japan consumer market (how cruel!). If you want to trick your friends believing that you cannot afford a conventional smartphone, here is it. It is a flip phone running on Android 2.3, the first of its kind, but that's not all the device has to offer. Sharp manages to squeeze lots of features into it, including qHD screen resolution (though only 3.4 inch screen), an OLED sub-display, 16MP CCD camera with 1,280x720 HD video recording support, waterproof body, digital TV tuner (only in Japan, of course), Blu-ray recorder connectivity, W-CDMA, GSM (so world-wide connectivity). And you can flip back the keyboard section to use it like a usual smartphone format.



Ever fancy having a full-fledged PC in your pocket which doubles up as a phone? You now have an answer from Japan, again. This month Fujitsu is launching a Symbian/Windows 7 dual-boot cell phone which will be marketed DOMESTICALLY, via Docomo, this summer. The LOOX F-07C comes with a slide-out QWERTY keyboard, a 4-inch LCD screen, a 5MP CMOS camera, and is powered by a 1.2GHz Intel Atom CPU that's under-locked to 600Mhz. It takes 3 seconds to switch from computer to phone mode after pushing a button.

This beast has on board Windows 7 Home Premium and Symbian double OS, as well as Microsoft Office Personal 2010. It features a 1.2GHz Intel Atom CPU, 4-inch LCD with 1,024x600 resolution, 1GB memory, 32GB eMMC, a (dismal) 2-hour battery life in Windows 7 mode but reasonable talk time. Asking price is US\$865.

**Hybrid tablet-phone**

Here I'm not talking about the popular Samsung 7-inch Galaxy tablet. Both HTC and Samsung have announced that they will release their own dual-core 4-5 inch Gingerbread smartphones later this year. This is my personal favourite because first, I have big hands, and second, I am a current owner of a 5-inch Dell Streak. But they seem to be more remote than all of the above as specifications, availability and prices remain very sketchy. What sets them apart is that the HTC Holiday has qHD resolution and possibly 3D camera function, and the Samsung seems to be an upgraded version of the upcoming SG II with the similarly brilliant Super AMOLED Plus display.

Hope this has whetted the appetite of all you tech nerds/junkies like me.

## M Protein Gene (*emm* Type) of Group A Beta-Hemolytic Streptococci

### Streptococcal Scarlet Fever

A 7-year-old girl who died from scarlet fever on May 29 in Queen Mary Hospital was the first patient in Hong Kong to die of this disease in the past 10 years. Typing of the organism *Streptococcus pyogenes* isolated from this patient revealed it to be *emm* 12 type. A 5-year-old boy who passed away on June 21 in Princess Margaret Hospital, however, was found to be *emm* 1.<sup>1</sup>

Scarlet fever is an erythrogenic exotoxin-mediated disease caused by group A beta-hemolytic streptococcal infection (GAS). It presents as an erythematous sandpaper-like rash with fever, and is associated most often with pharyngeal infection. However, it may be associated with a streptococcal infection at other sites, such as wounds, burns, the uterus (that is, puerperal scarlet fever), or even the skin lesions of chicken pox. With scarlet fever, the rash usually appears at the same time as the fever. It is characterized by a punctate erythema that generalizes over 3–4 days and is followed by truncal and acral desquamation after 7–10 days.

These infections range from localized skin disorders (e.g. pyoderma and bullous impetigo) to the systemic rash of scarlet fever to the uncommon but highly lethal streptococcal toxic shock syndrome. Tissue invasiveness of GAS has been attributed to factors of different virulence, especially the cell wall M protein, encoded by the *emm* gene. Serotypes M1 and M3, in particular, have been associated with invasive infection.

### M Protein Gene (*emm* Type)

The genetic diversity of GAS can be studied by using *emm* gene sequence analysis. Accurate identification and typing of GAS is an essential part of epidemiological and pathogenetic studies of streptococcal diseases. The serotyping system is based on antigenic variation of a surface exposed M protein. The *emm* typing system which is based on sequence analysis of PCR products of the N-terminal hypervariable region of the M protein gene, concurs with M serotyping almost perfectly. Adequate knowledge of the dynamics of *emm* types in a region may shed light on the pathogenesis of GAS infections and is crucial for selecting appropriate vaccine candidates.

Nevertheless, the existence of a large number of *emm* types causes an obstacle in developing effective vaccines. To date, the number has now reached more than 225 distinct *emm* types.<sup>2</sup>

### Clinical Management

The diagnosis of scarlet fever is made clinically, and GAS can be cultured from the pharynx. Patients with suspected scarlet fever should be started on penicillin or erythromycin. In Hong Kong, more than 60% of GAS have been reported to be resistant to the antibiotics erythromycin and clindamycin, but they have all been susceptible to penicillin. Hence, both erythromycin, clindamycin and related antibiotics should not be chosen for empiric therapy in the current Hong Kong outbreak, before results of antibiotic susceptibility tests are known.

### Prevention

There are no vaccines available against scarlet fever. The public is advised to reduce their chance of getting infection by adopting the following measures:

- Maintain good personal and environmental hygiene
  - o Always keep hands clean and wash with liquid soap when they are contaminated by mouth and nasal fluids
  - o Cover your nose and mouth while sneezing or coughing and dispose of nasal and discharge from the oral cavity properly
  - o Avoid sharing personal items e.g. eating utensils and towels
  - o Keep good ventilation
- Patients who are suffering from scarlet fever should not go to schools or child care centres until they are fully recovered.<sup>1</sup>

### References:

1. <http://www.chp.gov.hk>
2. M Protein Gene (*emm* Type) Analysis of Group A Beta-Hemolytic Streptococci from Ethiopia Reveals Unique Patterns; Wezenet Tewodros and Göran Kronvall; JCM.43.9.4369-4376.2005

Compiled by Dr. SZE Hon Ho, Jacky



## Interest Group in Mental Health & Psychiatry in Primary Care The 27<sup>th</sup> Meeting on 11<sup>th</sup> June 2011

Dr. Mark S. H. Chan (Co-ordinator), Board of Education

The 27<sup>th</sup> Interest Group in Mental Health & Psychiatry in Primary Care Meeting was held on 11<sup>th</sup> June 2011. Dr. Mak Dun Ping Arthur, was the guest speaker.

**Theme** : New Treatment Options for Depression in Primary Care

**Speaker** : Dr. Mak Dun Ping Arthur, Specialist in Psychiatry

**Moderator** : Dr. Mark S. H. Chan

Depression and Anxiety are the main mood problems seen in general practice setting. Dr. Arthur Mak Dun Ping is the speaker for the timely revision on this common topic. Dr. Mak is Associate Consultant, Consultation-Liaison Psychiatry Unit of Prince of Wales and Shatin Hospital. He also serves the Editorial Board, East Asian Archives of Psychiatry. Academically, Dr. Mak was 2006 Research Fellow of Fogarty International Mental Health Program at Harvard Medical School and won the 2000 Hong Kong Medical Association Original Research Prize.

### Learning points:

Dr. Mak started with the revision of basic neurotransmitter and mood symptoms.

### What is new?

1. Pure SSRIs
2. Dopaminergic
3. Noradrenergic
4. Melatonergic
5. Atypical and Mood stabilizers

### Individual SSRI tips e.g. Escitalopram

1. R enantiomer vs S enantiomer
2. Milder antihistamine action from mild inhibition of CYP2D6 system
3. As escitalopram has S enantiomer with pure SERT inhibition, it leads to better tolerability and a more predictable response even with 5 mg dose

### Tips on using SSRIs

1. Always forewarn side effects - nausea, vomiting, diarrhea, and irritability
2. Slower titration for GADs, panic disorder, depression with marked agitation, female, old and young
3. Warn of sexual dysfunction in males

### SNRIs- Dual Action Serotonin Norepineprine Reuptake Inhibitors

It boosts dopamine release at prefrontal cortex, enhances attention and motivation

#### - Venlafaxine XR

1. Faster onset and less nausea
2. Warn for increase blood pressure and headache

#### - Duloxetine

1. Approved for major depression, GAD and pain syndrome
2. Less headache and blood pressure increase than Venlafaxine

#### - Desvenlafaxine

It is not a CYP2D6 substrate, thus longer acting.

### NDRI- Norepineprine and dopamine reuptake inhibitors e.g. Bupropion

1. Weak dopamine and norepineprine action
2. Works on reduced positive effect e.g. motivation and energy
3. Good to combine with SSRI
4. Less sexual dysfunction
5. But causes insomnia, agitation, nausea, constipation, tremor, tachycardia, hypertension

### Mixed actions e.g. Mirtazapine

1. Alpha 2 antagonist enhances both 5HT and NE releases, anti-depressant effects
2. Block release of NE and Dopamine from Serotonin receptors 5HT2A and 5HT2c, help anxiety
3. Anti histamine actions — thus relieves insomnia
4. But causes weight gain

### New Melatonergic e.g. Agomelatine

1. As 5HT2C antagonist and selective melatonin  $\alpha_{1,2}$  receptors agonist
2. Thus — sleep enhancement

3. Better circadian rhythm of temperature and heart rate and melatonin rhythms
4. No REB sleep suppression; Promotes slow wave sleep

### Caveats

1. Less sexual dysfunction
2. Less GI side effects
3. High hepatic metabolism and liver enzyme elevation, thus needs LFT monitoring

### What if SSRI don't work? Options are

1. Same or different class
2. Same class switch or different class switch
3. Review
4. Patient profile
5. Drug profile
6. Diagnosis
7. Comorbidity

### Augmentation with Atypical antipsychotic

E.g. Olanzapine, Aripiprazole, Risperidone. Consider referral for specialist care

### Combination

- Add on another antidepressant to existing one which produces partial responses
- Select agents with a different neurochemical pathway
- Bupropion + SSRI
- Mirtazapine + SSRI
- Mirtazapine + SNRI

### Comorbidity

- Depression and anxiety overlap in 60% of cases
- 50-65% of patients with panic disorders have depression
- 49% of patients with social anxiety disorder have panic disorder

### Tips

1. Choose agents with demonstrated efficacy for both. E.g. Paroxetine, escitalopram, venlafaxine
2. Slower titration esp. with panic disorder

The session ended with a reminder on hypomania and **risk of Steven Johnson Syndrome** in drug related side effects.

The meeting was attended by more than 60 members and concluded with interesting practical discussion on the drug therapy of depression in family practice.

### Next meeting

The next meeting will be held on Saturday 6<sup>th</sup> August 2011. The guest speaker will be Dr. John So, Specialist in Psychiatry in Private Practice. The Theme will be "Mental Health Issues in Women".

All members of the College are welcome and encouraged to present their cases and problems for discussion. Please contact our secretary at 2861 0220 two weeks beforehand for speaker to review the information.



From left to right: Ms. Annie Tse, Dr. Mary Kwong, Dr. Arthur Mak and Dr. Mark Chan

## Workshops in Flu and Pneumococcal Vaccination

Sponsored by  
**sanofi-aventis Hong Kong Limited**

- Dates** : 7 July 2011 (Thursday) and 1 August 2011 (Monday)
- Time** : 1:00 – 2:00 p.m. Registration  
2:00 – 3:30 p.m. Lecture and Discussion
- Venue** : The Jade Ballroom, 2/F, Eaton Hotel, 380 Nathan Road, Jordan, Kowloon
- Enrolment Deposit** : Members HK\$ 50.00 for each workshop
- Registration Fee** : Members Free  
Non – members HK\$ 300.00 for each workshop  
HKAM Registrants HK\$ 150.00 for each workshop  
All fees received are non-refundable and non-transferable.
- Accreditation** : 2 CME Points HKCFP (Cat. 4.3) for each workshop  
2 CME Points MCHK for each workshop  
Up to 2 CPD Points will also be awarded for each workshop (Subject to submission of satisfactory report of Professional Development Log)
- Award** : Those who have attended both workshops will be awarded a “Certificate of Attendance”.
- Capacity** : 100 doctors

### Programme Schedule

Dates	Topics & Contents	Speakers	Moderators
7 July (Thurs)	Preventing Influenza Infection: How Would You Advise Your Patients? - Benefits of Vaccination and Potential Risk - Rationale of Whole Family Vaccination - Updated CHP Scientific Recommendation - No Universal Flu Vaccine Available – Children, Adult and Elderly Need a Specific Dosage	Professor Nelson Lee	Dr. Au-Yeung Shiu Hing
1 August (Mon)	Update on Dual Influenza and Pneumococcal Vaccination - High Risk Group - Local Data Sharing - The Benefits of Dual Vaccination for Flu Pneumococcal Vaccination - Unveiling the Misunderstandings on Flu Vaccine	Dr. Ivan Hung	Dr. Yeung To Ling, Solomon

\*\*\* Registration will be first come first served. For any enquiry, please call the College secretariat, Ms. Dickie Lam at 2861 0220. \*\*\*

### REPLY SLIP

To: HKCFP, Room 802, 8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, H.K.

I am a \*Member / Non-member of The Hong Kong College of Family Physicians.

I would like to attend \*one / two “Workshops in Flu and Pneumococcal Vaccination”.

(\*Please delete as appropriate)

Enclosed please find the cheque (made payable to **HKCFP Education Limited**) being payment as Enrolment Deposit or Registration Fee.

Date & Time	Topics	Please sign if you wish to attend		Enrolment Deposit
		Lunch & Lecture	Lecture Only	
7 July 2011 (Thurs) 1:00 p.m. – 3:30 p.m.	Preventing Influenza Infection: How Would You Advise Your Patients?	<input type="checkbox"/>	<input type="checkbox"/>	Required
1 Aug 2011 (Mon) 1:00 p.m. – 3:30 p.m.	Update on Dual Influenza and Pneumococcal Vaccination	<input type="checkbox"/>	<input type="checkbox"/>	Required

Name: \_\_\_\_\_ Tel: \_\_\_\_\_ Date: \_\_\_\_\_

Email: \_\_\_\_\_ Cheque No. : \_\_\_\_\_

Date : (1 August)

- 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.

**6 August 2011 Saturday**

**Board of Education Interest Group in Mental Health**

Aim	To form a regular platform for sharing and developing knowledge and skill in the management of mental health	
Theme	<b>Women Health</b>	
Speaker	<b>Dr. John So</b> Specialist in Psychiatry	
Co-ordinator & Chairman	<b>Dr. Chan Suen Ho, Mark</b> The Hong Kong College of Family Physicians	
Time	1:00 p.m. – 2:15 p.m.	Lunch
	2:15 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 Fee	Members	Free
	Non – members	HK\$ 300.00
	HKAM Registrants	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	<b>Registration will be first come first served. Please reserve your seat as soon as possible.</b>
Note	<b>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.</b>

Sponsored by

**GlaxoSmithKline Limited**

**On-Going Events organized by Board of Education**

Please be reminded that there will be one lecture organized by The Board of Education on 17 July 2011. Kindly refer to FP Links June Issue (page 22) for details.

**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.

**July's session:**

Date	29 July, 2011 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	<b>1. A Tour on Current Glaucoma: Diagnosis &amp; Management – Dr. Jean Paul Yih</b> <b>2. Common Diseases in Ophthalmology: Cataract – Dr. Charmaine Hon</b>
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	Lectures will be conducted in English.

**August's session:**

Date	26 August, 2011 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	<b>Sports Medicine, Sports Science: Current Practice – Dr. Eric Chien</b>
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.

**Structured Education Programmes**

Free to members  
HKCFP CME points accreditation (Cat 4.3)

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
<b>20 Jul 11 (Wed)</b>			
2:15 – 4:45 p.m. 3 CME points	AB1038, 1/F, Main Block, Tuen Mun Hospital	<b>Clinic Visit: Staff Clinic/ ACC/ POH</b> Dr. Sze Siu Lam	Ms. Chan Tel: 2468 6813
2:15 – 5:15 p.m. 3 CME points	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	<b>Critical Appraisal</b> Dr. Leung Cheuk Wing and Dr. Yuen Ching Yi	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:00 p.m. 2 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	<b>Gynae Topic – Handling Infectious Diseases in Pregnant Women</b> Dr. Amelia Pui Wah, Hui	Ms. Man Chan Tel: 2589 2337
<b>21 Jul 11 (Thur)</b>			
2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	<b>Critical Appraisal</b> Dr. Leung Cheuk Wing and Dr. Kwan Sze Sing	Ms. Cordy Wong Tel: 3513 3087

4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	<b>X-ray Interpretation</b> Dr. Wong Chun Fai	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 41, 2/F, Pamela Youde Nethersole Eastern Hospital	<b>Urinary Tract Infection &amp; Renal Calculi</b> Dr. Fu Kam Fung, Kenneth	Ms. Kwong Tel: 2595 6941

**27 Jul 11 (Wed)**

2:15 – 4:45 p.m. 3 CME points	AB1028, 1/F, Main Block, Tuen Mun Hospital	<b>CBD (Case Base Discussion)</b> Dr. Chan Yin Hang and Dr. Ho Tsz Bun	Ms. Chan Tel: 2468 6813
2:15 – 5:15 p.m. 3 CME points	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	<b>Common Symptoms in O&amp;G</b> Dr. Wan Pui Chu and Dr. Yiu Kwan	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:00 p.m. 2 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	<b>Mental Illness and the Law</b> Dr. Leon Ngai	Ms. Man Chan Tel: 2589 2337
5:00 – 7:30 p.m. 3 CME points	Li Ka Shing Specialist Clinic, 3/F, Seminar Room, Prince of Wales Hospital	<b>Podiatric Management of Diabetic Foot Problems and Ingrowing Toenail</b> Dr. Cheung Yuen Kui	Ms. Susanna Tong Tel: 2632 3480

**28 Jul 11 (Thur)**

2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	<b>Common Symptoms in O&amp;G</b> Dr. Kwong Sheung Li and Dr. Yeung Sze Wai	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	<b>Hot Issues in Medical Ethics</b> Dr. Li Shui Hoi	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 41, 2/F, Pamela Youde Nethersole Eastern Hospital	<b>Urinary Frequency and Pain</b> Dr. Chui Ka Lun	Ms. Kwong Tel: 2595 6941

**3 Aug 11 (Wed)**

2:15 – 4:45 p.m. 3 CME points	AB1028, 1/F, Main Block, Tuen Mun Hospital	<b>Consultation Models</b> Dr. Cheuk Tat Sang	Ms. Chan Tel: 2468 6813
2:15 – 5:15 p.m. 3 CME points	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	<b>Living Will, Advanced Directive &amp; Guardia</b> Dr. Tsui Wing Hang and Dr. Cheng Ying Wai	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:00 p.m. 3 CME points	Li Ka Shing Specialist Clinic, 3/F, Seminar Room, Prince of Wales Hospital	<b>Radiation Exposure</b> Dr. Ho Wing Man	Ms. Susanna Tong Tel: 2632 3480
5:00 – 7:30 p.m. 3 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	<b>Sleeping Problems in Primary Care</b> Dr. Natalie Yuen	Ms. Man Chan Tel: 2589 2337

**4 Aug 11 (Thur)**

2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	<b>Living Will, Advanced Directive &amp; Guardia</b> Dr. Hung Wai Shan and Dr. Man Fung Yi	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	<b>Bipolar Disorder</b> Dr. Chu Tsun Kit	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 41, 2/F, Pamela Youde Nethersole Eastern Hospital	<b>Effective Delivery of Better Wound Care</b> Dr. Lai Suk Yi	Ms. Kwong Tel: 2595 6941

**10 Aug 11 (Wed)**

2:15 – 4:45 p.m. 3 CME points	AB1038, 1/F, Main Block, Tuen Mun Hospital	<b>Confidentiality</b> Dr. Ho Tsz Bun	Ms. Chan Tel: 2468 6813
2:15 – 5:15 p.m. 3 CME points	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	<b>Adult Emergency in General Practice</b> Dr. Lee Hung Fai and Dr. Cheung Yan Kit	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:00 p.m. 2 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	<b>Eye Emergency</b> Dr. Ian Wong	Ms. Man Chan Tel: 2589 2337

**11 Aug 11 (Thur)**

2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	<b>Adult Emergency in General Practice</b> Dr. Chan Hau Ting and Dr. Li Ming Yin	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	<b>Exercise Prescription</b> Dr. Leung Hoi Lik	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 41, 2/F, Pamela Youde Nethersole Eastern Hospital	<b>Family Medicine in Hong Kong</b> Dr. Chu Wai Sing, Daniel	Ms. Kwong Tel: 2595 6941

**17 Aug 11 (Wed)**

2:15 – 4:45 p.m. 3 CME points	AB1028, 1/F, Main Block, Tuen Mun Hospital	<b>FM Curriculum and Training</b> Dr. Wong Chun Fai and Dr. Cheng Chui Ching	Ms. Chan Tel: 2468 6813
2:15 – 5:15 p.m. 3 CME points	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	<b>Men's Health &amp; Erectile Dysfunction</b> Dr. Zhu Guixia and Dr. Ho Pui Gi	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:00 p.m. 2 CME points	Lecture Theatre, 6/F, Tsan Yuk Hospital	<b>Community Nursing Service</b> Ms. Ng Wing Chun	Ms. Man Chan Tel: 2589 2337
5:00 – 7:30 p.m. 3 CME points	Li Ka Shing Specialist Clinic, 3/F, Seminar Room, Prince of Wales Hospital	<b>Application of Ethics in Daily Practice</b> Dr. Yau Chi Fai	Ms. Susanna Tong Tel: 2632 3480

**18 Aug 11 (Thur)**

2:15 – 5:15 p.m. 3 CME points	Auditorium, G/F, Tseung Kwan O Hospital	<b>Men's Health &amp; Erectile Dysfunction</b> Dr. Yeung Sze Wai and Dr. Fu Siu Saap, Michelle	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m. 2 CME points	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	<b>Management of BPH and Erectile Dysfunction</b> Dr. Sze Siu Lam	Ms. Chan Tel: 2468 6813
5:00 – 7:00 p.m. 2 CME points	Room 41, 2/F, Pamela Youde Nethersole Eastern Hospital	<b>Counselling Techniques for Family Physicians</b> Dr. Chu Wai Sing, Daniel	Ms. Kwong Tel: 2595 6941

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 <b>Jul</b> 1:00 – 4:30 p.m. Cardiovascular Disease	18	19	20 2:15 – 7:00 p.m. Structured Education Programme	21 2:15 – 7:00 p.m. Structured Education Programme	22	23 2:00 – 5:00 p.m. AEC Course
24	25	26	27 2:15 – 7:30 p.m. Structured Education Programme	28 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	29 2:30 - 3:30 p.m. Board of Education - Video Session	30 2:00 – 5:00 p.m. Training Course of Research & Biostatistics for Medical Professionals
31	1 <b>Aug</b> 1:00 – 3:30 p.m. 2 <sup>nd</sup> Workshop in Flu and Pneumococcal Vaccination	2	3 2:15 – 7:30 p.m. Structured Education Programme 6:45 – 8:30 p.m. Specialty Board Research Segment Subcommittee Meeting	4 2:15 – 7:00 p.m. Structured Education Programme	5	6 1:00 – 4:00 p.m. Interest Group in Mental Health
7 3:00 - 7:00 p.m. Structured CME Course by Chinese Medical Association of Macau	8	9	10 2:15 – 7:00 p.m. Structured Education Programme	11 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. Board of Education Meeting	12	13 2:00 – 5:00 p.m. Training Course of Research & Biostatistics for Medical Professionals
14 3:00 - 6:00 p.m. 2 <sup>nd</sup> Examiners' Training Workshop for OSCE 2011	15	16	17 2:15 – 7:30 p.m. Structured Education Programme	18 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. Council Meeting	19	20 2:30 – 5:00 p.m. Specialty Board Pre- Exit Exam Workshop (PA and CA) 2:00 – 5:00 p.m. AEC Course
21	22	23	24	25 9:00 p.m. Board of Conjoint Examination Meeting	26 2:30 - 3:30 p.m. Board of Education - Video Session	27 2:30 - 4:30 p.m. Specialty Board Pre- Exit Exam Workshop (New CSA)

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

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