

Message from the President

The 27th Conjoint Fellowship Conferment Ceremony with Royal Australian College of General Practitioners (RACGP) and the 25th Dr. Sun Yat Sen Oration



Platform Party

The 27th Conjoint Fellowship Conferment Ceremony with Royal Australian College of General Practitioners (RACGP) and the 25th Dr. Sun Yat Sen Oration were held on 8th June 2014, Sunday afternoon.

In the 27th Fellowship conferment ceremony of the HKCFP & RACGP, 21 Certificates of completion of the Exit Examination and our Diploma of Family Medicine were awarded.

The Award of the Dr. Peter C. Y. LEE Best Candidate in Fellowship Examination 2013 went to Dr. Ho Shu Wan, HKCFP Best Research 2013 to Dr. Chin Weng Yee and the HKCFP Research Fellowship 2014 to Dr. Sit Wing Shan.

The 25th Dr. Sun Yat Sen Oration of the HKCFP "Delivering Medical Care - Attempt to Think Out of the Box" was delivered by Prof. John C. Y. LEONG



Prof. John C. Y. Leong receiving the Dr. Sun Yat Sen Gold Medallion

(Continued on page 2)

THE HONG KONG
COLLEGE OF
FAMILY PHYSICIANS



Family Physicians Links

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Message from the President

On behalf of the Hong Kong College of Family Physicians, I would like to express my warmest welcome to the new fellows and diplomates of Family Medicine of our College.

I would like to congratulate our new fellows and diplomates as you are now equipped with more advanced knowledge and skills to serve your patients and the community, and I know you will exercise these with the highest standard of ethics. Primary care has been recognized to be the most cost-effective in terms of health economy. The high comorbidities and low prevalence of individual diseases in one's daily practice may make clinical guidelines difficult to apply - and the outcome of your work difficult to measure. Continuous participation in CME and CPD activities not only facilitates our continuous improvement but also provides opportunities to meet old and new friends to share our experience, joy and frustration. Performing clinical audits allow us to share experience in quality assurance. Research, regardless of its scale, can answer many questions unique to us. I therefore encourage all of you to participate actively in these activities. The College is your home for professional growth, and we, as brothers and sisters are here to share and support.

With an aging population and increasing multimorbidity, family physicians have an important role in holistic care. Many of our sister Colleges, including the Royal Australian College of General Practitioners and Royal College of General Practitioners, have successfully reviewed their curriculum recently. We have also set up a working group to review our curriculum this year to best suit our community development and care delivery.

I would like to take this opportunity to thank the Royal Australian College of General Practitioners, for the long-term support in our vocational training and examination; our Government for the support and development in Primary Care; WONCA and colleagues from China, Macau & Taiwan for the friendship and promotion of Family Medicine; the Universities for a greater emphasis on Family Medicine education and research; the Hospital Authority and sister specialties for their support in our vocational training. Last but not least, our families for the unfailing support. I hope we can all work together for the better health of our world.

"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 July 2014 to 14th August 2014, Dr. Alvin Chan and Dr. Billy Chiu 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. Alvin Chan



Dr. Billy Chiu

Membership Committee News

The Membership Committee approved, on recommendation of the Chairman of the Membership Committee, the following applications for membership in **May - June 2014** :

Associate Membership

Dr Kam Ka Lok
Dr Kwong Yim Kam
Dr Mung Shun Yee Agnes
Dr Ng Wai Lan
Dr Sharma Geeta
Dr Wong Pik Wa Carrie
Dr Wong Wai Pang

甘家樂
鄺豔琴
蒙順儀
吳慧蘭
黃碧華
黃偉鵬

Affiliate Membership

Mr Cheung Hang

張恒

Non-HKSAR Membership

Dr. Li Mujun

李慕軍

Reinstatement of Associate Membership

Dr Schrader Hans Franciscus Jozef

Board of Vocational Training and Standards News

Reminder: Application for Recommendation for Exit Examination

To all Higher Trainees,

For those who prepare to sit for Exit Examination in 2015, please submit the application letter and the checklist for recommendation for Exit Examination before 30th September 2014.

Late applications will not be entertained.

Should you have any enquires, please contact our College Secretaries at 2528 6618.

Higher Training Subcommittee
Board of Vocational Training and Standards

Hong Kong Primary Care Conference 2014 and 4 – Party General Practice / Family Medicine Conference 2014 - “With the Patients, For the Patients - Achieving Health Equity in Primary Care” Message from Co-Chairpersons

Dr. Lorna NG and Dr. William WONG,
Co-Chairpersons of HKPCC 2014 Organizing Committee

This year’s Hong Kong Primary Care Conference was indeed special as it was also held together with the bi-annual 4-Party Conference on June 6-9, 2014. This memorable event had almost 700 registrants including doctors, nurses and allied health professionals, with about a quarter of them from overseas.

The theme of the conference, “With the Patients, For the Patients- Achieving Health Equity in Primary Care” highlighted the importance in aspiring to achieve health equity in primary healthcare delivery. The four plenary speakers have provided us a vivid description of how different regions had addressed this issue very close to our heart. We agreed that family doctors and healthcare professionals had a significant role to advocate for our patients in addressing the issues contributing to health disparities and this conference brought together the policymakers, clinicians and frontline professionals to discuss the current and future challenges in achieving this goal.

On behalf of the Organizing Committee we would like to take this opportunity to express our sincere appreciation to the officiating guests, speakers, international and local advisors for their guidance, and moderators for their valuable support as well as the sponsors for their generosity, all members of the conference Organizing Committee and Secretariat and the HKAM Conference Event Organizing team for their hard work, last but not the least, all the delegates for the participation which have made the conference a big success. We are looking forward to seeing you all again next year.



Co-chairpersons of HKPCC Organizing Committee, Dr. William Wong and Dr. Lorna Ng

Classified Advertisements

Positions Vacant

Partner wanted in exclusive central practice- mainly English speaking medical group. Consists of psychologists and physiotherapists, with an established clientele of many years. Email CV with telephone number for further communication to doctorinhk@gmail.com

Clinic for Rent, no basic
Fully furnished clinic in Sham Shui Po for rent, no basic requirement, only 25% of income. Interest please call Ms. Lee 2739 9557

Accredited Private FM Clinic invites full time / part time Doctors for expanding services (Tuen Mun / Kwai Fong). FM Trainee, specialists welcomed. Basic + Profit Sharing ± Partnership. Send CV enquiry@adecmed.com (Amy CHAN) 9212 6654

Hong Kong Primary Care Conference & 4-Party General Practice / Family Medicine Conference 2014

Opening Ceremony



Group photo



Ribbon cutting

MPS Medicolegal Seminar



Prof. Samuel Wong (left) presenting the souvenir to Dr. David Kan (right)



Prof. Samuel Wong (left) presenting the souvenir to Dr. Ming Keng Teoh (right)



Prof. Samuel Wong (left) presenting the souvenir to Mr. Woody Chang (right)

Plenary Session I

Dr. Peter CY Lee Lecture

Plenary Session II

Plenary Session III

Plenary Session IV



Dr. Stephen Foo (left) presenting the souvenir to Dr. York Chow (right)



Dr. Chang Huan-Cheng (left) presenting the souvenir to Prof. Lu Zuxun (right)



Prof. Guo Aimin (left) and Dr. Ruby Lee (right) presenting the souvenir to Prof. Chiu Tai-Yuan (middle)



Prof. Guo Aimin (left) and Dr. Ruby Lee (right) presenting the souvenir to Dr. Kwok Chau Sha (middle)

Seminar A



Dr. Lorna Ng (left) presenting the souvenir to Dr. U Siu On (right)

Seminar B



Dr. William Wong (left) presenting the souvenir to Dr. Francois Fong (right)

Seminar C



Prof. Ip Wan Yim (left) presenting the souvenir to Prof. Timothy Kwok (right)

Satellite Seminar I



Ms. Margaret Lam (left) presenting the souvenir to Dr. Angela Ng (right)

Seminar D



Speaker Dr. Gene Tsoi (left) with chairpersons Dr. Angus Chan (middle) and Dr. Catherine Chen (right)

Satellite Seminar II



Dr. Judy Cheng (left) presenting the souvenir to Dr. Yeung Chi Kin (right)

Workshop 1



Dr. Mary Kwong (right) presenting the souvenir to Dr. Anthony Tong (left)

Workshop 2



Dr. William Wong (left) presenting the souvenir to Prof. Doris Young (right)

Workshop 3



Dr. Vienna Leung (left) presenting the souvenir to Dr. David Luk (right)

Discussion Forum



Prof. Zhu Shanzhu (left) presenting the souvenirs to Prof. Du Xueping (right)



Prof. Cindy Lam (left) presenting the souvenir to Dr. William Wong (right)



Prof. Zhu Shanzhu (left) presenting the souvenir to Dr. Hsu Chao-Yu (right)

Free Paper Presentation

(Oral)



Free paper presenter – Dr. Joyce Tang



Free paper presenter – Dr. Esther Yu

(Poster)



Free Paper Presentation (Poster)



PHOTO GALLERY

Lunch Symposium on 7 June



Chairperson –
Ms. Samantha Chong



Speakers – Dr. Johnny Chan (left) and Dr. Peter Tong (right)

Lunch Symposium on 8 June



Chairperson – Dr. Daniel Chu



Speakers – Dr. Tsang Man Wo (left) and Dr. Chan Wing Bun (right)

Dinner Symposium



Dr. Lau Ho Lim (left)
presenting the souvenir to
Dr. Ivan Hung (right)



Dr. Lau Ho Lim (left)
presenting the souvenir to
Prof. Albert Lee (right)

Clinical Case Presentation



(From left to right)
Dr. U Siu On,
Dr. Chau Chi Hong,
Dr. Andrew Ip and
Dr. Kwan Yu



Dr. Kwan Yu (left) and Dr. U Siu On (left) presenting the souvenir to clinical case presenters Dr. Chiang Lap Kin (2nd from left) and Dr. Yan Kin Chung (2nd from right)

Site Visit

Community Health Centre (CHC) model
at Tsan Yuk Hospital, Department
of Family Medicine and Primary
Healthcare, Hong Kong West Cluster

Family Medicine and Primary Care Centre in
Hong Kong Sanatorium & Hospital



Ms. Samantha Chong (right)
presenting the souvenir to Dr. Wendy
Tsui (left) during the site visit



Ms. Margaret Lam (3rd from right) presenting the souvenir
to Dr. Joseph Chan (3rd from left) during the site visit

Closing Ceremony



Group photo in the Closing Ceremony

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

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ADMISSION REQUIREMENTS

Holder of a primary medical degree
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DEADLINE OF APPLICATION

31 August 2014

To submit an application:

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

VENUE

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ORGANIZER

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



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THE UNIVERSITY OF HONG KONG

香港大學李嘉誠醫學院

Research Committee News

HKCFP Best Research Award 2013 and HKCFP Research Fellowship 2014

HKCFP Best Research Award 2013

The Research Committee is delighted to announce that the study on “The Epidemiology and Natural History of Depressive Disorder in Primary Care” has been awarded the HKCFP Best Research Award 2013. The Committee would like to congratulate the principal researcher Dr. Chin Weng Yee for her work.

Dr. Chin Weng Yee is a graduate of the University of Western Australia and a Fellow of the Royal Australian College of General Practitioners. She initially joined the Li Ka Shing Faculty of Medicine at the University of Hong Kong as an honorary Family Medicine teacher in 2006, and now holds joint appointments with the Department of Family Medicine and Primary Care and the Institute of Medical and Health Sciences Education of HKU where she is primarily involved in undergraduate Family Medicine teaching, curriculum development and quality assurance of the undergraduate medical curriculum.

Her main research focus has been on mental health and medical education. She is particularly interested in identifying ways for doctors to better address patients with common psychological problems, and in examining ways to enhance doctors’ and students’ attitudes towards providing mental health care.

In the last three years, Weng has been keen to help build the research capacity of family doctors in Hong Kong. She established a territory-wide mental health practice-based research network, currently involving 60 family doctors, and has been delivering primary care research skills workshops and mentoring young family physicians to conduct research in primary care.

She is also currently involved in evaluating the quality of care of multi-disciplinary primary care clinic, focusing on delivery of care by nurses and allied healthcare workers.

In 2013, she was awarded the HKU Faculty of Medicine’s Faculty Teaching Medal, the Faculty’s highest award for teaching.

HKCFP Research Fellowship 2014

It is also our pleasure to announce Dr. Sit Wing Shan as the awardee of the HKCFP Research Fellowship 2014.

Dr. Sit Wing Shan, Regina is a Clinical Assistant Professor at the Jockey Club School of Public Health and Primary Care, the Chinese University of Hong Kong. She graduated from the Faculty of Medicine, the University of Hong Kong in 2003. She received her Family Medicine training in Hong Kong and obtained her fellowships of the Royal Australian College of General Practitioners (RACGP), the Hong Kong College of Family Physicians (HKCFP) and the Hong Kong Academy of Medicine (HKAM). She also holds four diplomas in the fields of Pediatrics Medicine, Practical Dermatology, Community Geriatrics Medicine and Internal Medicine. Dr Sit’s research interest is in the field of musculoskeletal pain in primary care. She is also the physician in charge of the Institute of Integrated Medicine, the Chinese University of Hong Kong.

Her project awarded the Research Fellowship is entitled “Efficacy of Patella Mobilization Therapy in Knee Osteoarthritis: A Randomized Controlled Clinical Trial”. Knee osteoarthritis (OA) is the most common form of chronic arthritis worldwide and the major cause of pain and disability. The etiology of knee OA is not entirely clear. Accumulating evidence suggested that the progression is often driven by biomechanical forces. Therefore, trying to slow down the disease using pharmacological treatment without addressing underlying biomechanical problems has been disappointing. Altering the mechanical misalignment in knee OA is a successful treatment to reduce symptoms and delay the need for total joint replacement in some patients.

Recently, there has been interest in research of the clinical efficacy of manual therapy in treating different kinds of musculoskeletal problems. The purpose of this study is to evaluate the efficacy of patella mobilization, one of the manual therapy to knee OA. Since the patella is usually pulled laterally in knee OA due to weak vastus medialis relative to the vastus lateralis as well as the tight iliotibial band, the project hypothesized that by mobilizing and keeping the patella medially, one can restore the misalignment and correct the deranged biomachanism in knee OA, with subsequent improvement in pain and function.



Recipient of the HKCFP Best Research Award 2013 – Dr. Chin Weng Yee



Recipient of the HKCFP Research Fellowship Award 2014 – Dr. Sit Wing Shan

WONCA Asia Pacific Regional Conference 2014 in Kuching, Malaysia

Dr. Julie Chen, Department of Family Medicine and Primary Care, HKU

Though this meeting was billed as a WONCA Asia Pacific Regional Conference, it was striking in the diversity of representation, with delegates from all continents of the globe, save Antarctica. There were over 1,000 registrants of whom 25 were Hong Kong delegates, which was a pleasant surprise. On the scientific front, Hong Kong was well represented in which 4 out of the 27 free paper oral presentations and 11 out of the 185 posters presentations were from Hong Kong.

In this report, I will briefly discuss the value of one of the plenary sessions, the free paper presentations, and the networking opportunities conferred by this conference and make some suggestions based on my observations which may be helpful when hosting future conferences, or when sending delegations abroad.

Wes Fab Oration

Professor Michael Kidd, President of WONCA, was honoured with the privilege of delivering the Wes Fab Oration entitled 'Are our universities nurturing the future family doctors?' in which he noted the diversity in this conference and the value diversity brings to our discipline. Drawing on specific interactions he had with specific Malaysian family doctors in their practices he spoke of the dedication and professionalism each brought to patient care and the excitement each possessed to continue to explore and bring best practices to their patients. He also looked back at his own personal development as a doctor and considered the various influences which shaped his career path including undergraduate medical education. This turned out to be significant because it provided early opportunities to be inspired by role models, and instilled the desire to continue lifelong learning and to share in a community which continually challenges and supports one another. Though there may be differences in culture and language in the practice of family medicine around the world, the principles of family medicine discussed and experienced in the university years are common and serve as a foundation for inspiring future family doctors. This was a strong validation of the importance of ongoing development and strengthening of Family Medicine education throughout the undergraduate years.

Free Paper Research Presentations

There were 4 sessions of oral presentations which were spread out over the duration of the conference, and grouped loosely by theme. This session in which I presented provided a useful glimpse into family medicine education research which was being undertaken around the world and the variety of methodologies being used. In my session, most papers were focused on medical education while other topics included chronic disease or epidemiology of depression. A judge was charged with asking the presenters questions, with questions from the audience permitted only if time allowed. This unfortunately gave the sense of just presenting to the judge rather than the audience as a whole but it was still a good opportunity for all participants to learn from the feedback given by a senior academic.

The research posters were on continuous exhibition without a designated session for the authors to be present to discuss their work. There was a huge variety of work on display with topics ranging from barriers in ophthalmologic screening in diabetic patients to ICPC coding practices to family doctor job satisfaction which again reinforced the diversity of the research undertaken in family medicine.

Networking with colleagues

Between sessions it was difficult to interact with new colleagues beyond cursory social small talk as the time was fairly tight, but I found that the conference dinner turned out to be the event in which some of the most fascinating and useful interactions took place. In addition to several colleagues from Hong Kong, my table included Professor Kassai from Fukushima, Japan (who had previously visited Hong Kong as an invited speaker) and also a New Zealand family physician who was acquainted with Professor Bruce Arroll, a previous HKCFP visiting professor. Professor Kassai shared that he kept a blog following the tragedy in Fukushima which I think would be a powerful doctors' narrative for use in medical education to help students appreciate the humanity of family doctor and the social responsibility shouldered by our profession.

Suggestions for consideration:

1. It was unfortunate that there was no designated forum for all those in the Hong Kong contingent to specifically convene and bond them together as a group. Of the 25 HK delegates, I met 2 coincidentally and did not have the opportunity to meet the others. Working with the organizing body to facilitate a gathering of delegates from the same city, even for a coffee break or photo, would instill a sense of camaraderie and enable delegates to meet those from their own city who may have similar interests and perhaps lead to future contact and collaboration upon the return home.
2. It would be helpful to the presenters to have the judging criteria published so that presenters could tailor their presentation accordingly. Audience members should be allowed to ask questions, in addition to the judges, to encourage interactivity.
3. Those who submit posters should be given an opportunity to orally present their work. There was a huge room full of posters which covered a diverse and interesting range of research which demonstrated a great deal of effort and which worth showcasing. In other conferences this has been effectively addressed by having posters arranged in themed groups and inviting authors to make short (3-5 min) presentations of their work to their group and other interested participants. Each session could be run under the guidance of a facilitator as a scheduled research presentation session.
4. Other than the social and cultural opportunities provided by the conference dinner, it is also a most effective setting for networking. The environment is less frantic and there is a built-in small group with which to interact over an extended period of time. This is an unexpectedly valuable part of the conference which should not be overlooked.

All in all, participation in the WONCA Asia Pacific Regional Conference in Kuching was an extremely valuable opportunity to learn about the work of family doctors in the region and the research being pursued. It was also a very positive experience to interact with colleagues from around the globe to share experience and to learn a bit about the culture of the host city. I would like to sincerely thank the College for providing the sponsorship to attend this conference which has contributed significantly to my personal and professional growth.



Conference dinner – (from left to right)
Back row: Dr. Hiroshi Takayanagi, Professor Michael Kidd, Professor Doris Young, Professor Ryuki Kassai, Professor Masako Ii, Dr. Julie Chen
Front Row: Dr. Chin Weng Yee, Dr. Esther Yu



HK colleagues –
(from left to right) Dr. Chiang Lap Kin, Dr. Julie Chen, Dr. Esther Yu, Dr. Brigitte Schlaikier, Dr. Chin Weng Yee, Dr. Caroline Wardman, Dr. Alfred Kwong



Attending plenary session –
Professor Doris Young, Dr. Esther Yu, Dr. Julie Chen, Dr. Chin Weng Yee



Kuching – cat city
The site of this year's WONCA Asia Pacific Regional Conference was Kuching, also known as "Cat City"

What is Nurse & Allied Health Clinic (C&W)?

Ms. Yeung Wai Yee, APN i/c of NAHC (C&W District), FM&PHC, QMH, HA



Visit by HKCFP delegates on 9th June 2014

Nurse & Allied Health Clinic (NAHC-C&W) is located in Tsan Yuk Hospital and launched on 19 Jul 2013. It is run by the Department of Family Medicine and Primary Healthcare under the Hong Kong West Cluster of Hospital Authority. With the adoption of Community Health Centre (CHC) concept in reference to the Primary Care Development stated in Hong Kong Strategy Document 2010, NAHC is established to provide comprehensive and cost-effective care bridging the services gaps existed either in the public or private primary health care sectors. It serves as a platform to support health promotion activities, strengthen clinical services through enhancing allied health and multi-disciplinary teams' co-ordination and collaboration with different primary healthcare providers, social care and the community. Further, strengthening the efficient use of resources in terms of physical space/ facilities or equipment is one of the major principles in developing NAHC.

The Key features and functions of NAHC are as follows:

- Disease prevention and health promotion
- Support for self-health awareness (Patient Empowerment, Activity-based Community Support)
- Enhance allied health and multi-disciplinary services in community and primary care setting
- Training and Research Platform

As mentioned, NAHC has close collaboration with multi-disciplinary healthcare team which includes Clinical Psychologist, Dietitian, FM physician, Specialty Nurses such as Wound Nurse and Continence Care Nurse, Occupational Therapist, Optometrist, Physiotherapist, Podiatrist, Prosthetics & Orthotic Therapist, Pharmacist, Primary Care Liaison Officer and Smoking Cessation Counselor. The scopes of Nurse and Allied Health Services are wide-range and tailor-made. The services can be categorized as Allied Health Services, Nursing Services and Patient Resources Corner.



Visit by Prof. Doris Young in 2013
Front row (from left to right): Dr. Wendy Tsui, Prof. Doris Young, Ms. Yeung Wai Yee
Back row (from left to right): Dr. Welchie Ko, Dr. Yvonne Lo

The NAHC programme are shown in the following table

Allied Health Services		Nursing Services	Patient Resource Corner
<ul style="list-style-type: none"> ✓ Cognitive Care Programme ✓ Clinical Psychology Services ✓ Dietetic Advice <ul style="list-style-type: none"> • Dietetic Educational Talks • Cooking Class Demonstration ✓ Fall Prevention Programme ✓ Integrated Mental Health Programme ✓ Medication Management and Compliance Counseling 	<ul style="list-style-type: none"> ✓ Optometry Assessment <ul style="list-style-type: none"> • Retinal Photography ✓ Physiotherapy <ul style="list-style-type: none"> • Musculoskeletal Programme • Osteoporosis Programme • Respiratory Care Programme ✓ Podiatry Assessment and Consultation ✓ Prosthetics & Orthotic Consultation 	<ul style="list-style-type: none"> ✓ Continence Care Programme ✓ Nursing Assessment <ul style="list-style-type: none"> • Home Blood Pressure Instruction • Blood Glucose Monitoring • Body Mass Index Instruction ✓ Smoking Cessation and Counseling Centre ✓ Wound Care Clinic 	<ul style="list-style-type: none"> ✓ Patient Empowerment Programme ✓ Drug Kiosk ✓ E-health Information ✓ Patient Co-op Shop ✓ Self-help Monitoring

NAHC offers comprehensive one-stop primary healthcare services in promoting residents living in the vicinity to practice health habits and lead a healthy lifestyle by systematic provision of health advice. A free membership system is designed. The standardized

membership form captures basic information to facilitate patient membership registration, risk identification and nursing interventions provision, for instance assigning nursing care plan and follow up, enlisting to NAHC activities and services if deemed necessary.



NAHC accommodates a relaxing and home-like setting so our patients feel comfortable and leisure. The environment is also infused with energetic and positive factors to reduce pressure and anxiety when patients attend the clinic. In order to enhance patients autonomy on regulation of their own health through attainment of knowledge and skills on self-management of chronic diseases, Patient Resource

Corner could provide a series of updated health information such as self-help BP measurement, BMI monitoring, drug kiosk for drug enquiry, e-health information to achieve self-awareness for health and wellness. The mission and vision in Nurse & Allied Health Clinic is to keep patients "Healthy in the Community".



Patient Co-op Shop / Display Corner



Physical Training Room



Interview Room 4 (Provision of Podiatry Services/ Wound Care Clinic/ P&O Services)



Eye Examination Room



Multi-purpose Activity Room



Patient Resource Corner

Research Committee

Dr William C. W. WONG, Chairman, Research Committee, Hong Kong College of Family Physicians

The Research Committee is committed to promote, facilitate, build capacity in and coordinate research in family medicine and primary care. Every year, the Committee organizes two research awards, the HKCFP Best Research Award and HKCFP Research Fellowship, granting successful applicants funds up to HK\$100,000. Since 2013, the "Trainee Research Fund" and "Research Seed Fund" have been introduced to provide small research funding and support to further encourage more practitioners especially those with in training or in private practice to take part in research.

The committee views research as an important and essential part within the professional discipline, and there are many exciting development on research in the recent years such as the introduction of research as part of the HKAM Fellowship Examination and the expansion of family medicine faculties in both universities in Hong Kong. At the same time its development is not without threats e.g. primary care research in Hong Kong is still at its infancy and the relatively small critical mass - from research users to research leaders (figure 1) are still very small compared to the other disciplines or by international standard. In reality, the lack of protected time, funding and support could deter many talented researchers from venturing into this area.



Figure 1 Adapted from 'Glasziou's triangle'

The committee strongly believes that better understanding and application of updated clinical findings can enhance quality of care, and we are dedicated to further provide any necessary support to improve research of the healthcare system and ultimately benefit the whole community. We therefore welcome any new ideas and discussion to achieve this common goal. Please do not hesitate to contact Dr William Wong, Chair of the Research Committee at wongwcw@hku.hk.

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* Ahren B. Dipeptidyl Peptidase-4 Inhibitors.
Clinical data and clinical implications.
Diabetes Care 2007 Jun; 30(6): 1344-1350

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Updates on Herpes Zoster Vaccine

Introduction

Herpes zoster can occur at any age, but the incidence increases with age, at the same time the severity of herpes zoster generally increases with age and can cause devastating post herpetic neuralgia (PHN). Herpes zoster vaccine provides a means of prevention in patients with prior chickenpox infection.

Current available Zoster vaccine

This vaccine is a live attenuated vaccine based on the Oka/Merck strain developed through serial passages in tissue culture. The vaccine contains the same components as the varicella vaccine but with an approximately 14-fold or higher concentration of the virus. Zoster vaccine should be administered as a single 0.65mL dose subcutaneously in the deltoid region of the upper arm.

Efficacy

In a clinical trial involving more than 38,000 adults aged 60 years older, the vaccine reduced the overall incidence of shingles by 51% and the incidence of PHN by 67%. The efficacy of the vaccine in preventing shingles was higher in the younger age group (60-69 years; vaccine efficacy was 64%) than in the older age group (older than 70 years; vaccine efficacy was 38%). Studies are ongoing to assess the duration of protection from one dose of zoster vaccine and the need, if any, for booster doses. There are no comprehensive data on the effectiveness of zoster vaccine in treating shingles once it occurs, and the vaccine is not licensed for this indication.

Contraindications

1. Prior recipient of varicella vaccine
2. History of anaphylactic/anaphylactoid reaction to gelatin, neomycin, or any other vaccine component
3. History of immunosuppression or immunodeficiency
4. Individuals who have active acute severe illness
5. Pregnancy or possible pregnancy

Precautions

The vaccine contains a live attenuated varicella-zoster virus, and is only recommended for use in immune-competent people. Deferral should be considered in acute illness (for example, in the presence of fever) or in patients with active untreated tuberculosis. Pregnancy should also be avoided for 3 months following vaccination.

Adverse reactions

The most frequent adverse reactions were headache and injection-site reactions. Very rarely, a chickenpox-like illness was reported in fewer than one in 10,000 people.

Recommendations of use of zoster vaccines in different countries

Advisory committee on Immunization Practices (ACIP) from Centers for Disease Control and Prevention (CDC), USA: ACIP recommends routine vaccination of all persons aged >60 years with 1 dose of zoster vaccine. Persons who report a previous episode of zoster and persons with chronic medical conditions (e.g., chronic renal failure, diabetes mellitus, rheumatoid arthritis, and chronic pulmonary disease) can be vaccinated unless those conditions are contraindications or precautions.

USA: Food and Drug administration (FDA):

In 2011, FDA expanded the age indication for zoster vaccine to include adults 50 through 59 years old for preventing herpes zoster. This decision was based on a large study showing that the vaccine reduced the risk of herpes zoster by approximately 70 percent.

Canada: National Advisory Committee on Immunization (NACI):

Zoster vaccine is recommended for the prevention of herpes zoster and its complications in persons aged 60 years or older without contraindications.

UK: Immunisation against infectious disease (AKA the Green Book):

The aim of the national shingles immunisation programme is to lower the incidence and severity of shingles in older people. It is recommended to be routinely offered to people aged 70 years but it can be given to individuals up until the eightieth birthday.

Australia: National Centre for Immunisation (NCIRS):

The vaccine is registered for use in people aged >50 years as a single dose. The zoster vaccine has been recommended for use in adults aged 60–79 years in the National Immunisation Programme but a government decision is pending.

Reference:

1. US CDC: Prevention of Herpes Zoster - Recommendations of the Advisory Committee on Immunization Practices (ACIP)
2. US CDC: <http://www.cdc.gov/vaccines/vpd-vac/shingles/hcp-vaccination.htm>
3. US FDA: Product approval information on zoster vaccine: <http://www.fda.gov/BiologicsBloodVaccines/Vaccines/ApprovedProducts/ucm136941.htm#>
4. Canada: An Advisory Committee Statement (ACS) National Advisory Committee on Immunization (NACI) statement on the recommended use of herpes zoster VACCINE <http://www.phac-aspc.gc.ca/publicat/ccdr-rmtc/10pdf/36-acs-1.pdf>
5. UK: Green Book Chapter 28a v0_1 https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/233012/Green_Book_Chapter_28a_v2.pdf
6. Australia: Zoster vaccine for Australian adults, NCIRS Fact sheet: November 2009 <http://www.ncirs.edu.au/immunisation/fact-sheets/herpes-zoster-vaccine-fact-sheet.pdf>

Complied by Dr. Christina Cheuk

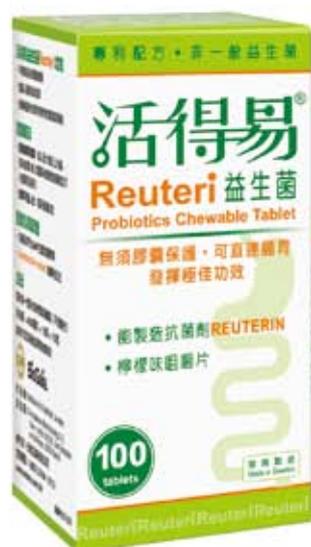
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- Reduces antibiotic associated side effects
- Relieves infantile colic and wind problem



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Certificate Course on "Know Pain Campaign"

Sponsored by Pfizer Corporation Hong Kong Limited

Dates	: 3, 10, 17 August and 7 September 2014 (Sundays)
Time	: 1:00pm - 2:00 pm Lunch 2:00pm - 4:00 pm Lecture & Discussion
Venue	: 5/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, H.K.
Target group	: Primary care professionals who are interested in Total Pain Management
Course Fee*	: HKCFP Members – HK\$120 for whole course Non-HKCFP Members – HK\$240 for whole course (All cheques please made payable to "HKCFP Education Ltd" . All fees received are non-refundable and non-transferable.) *Course fee will be refunded to those who have attended 100% of all 4 lectures.
Accreditation	: HKCFP: 2 CME points for each session (Cat 4.3) MCHK: 2 CME points for each session
Award	: Those who have attended 75% or more of all the sessions will be awarded a "Certificate of Attendance".
Capacity	: 70 doctors

Programme Schedule

Dates	Topics	Speakers
3 Aug 2014 (Sun)	Module 1 Chronic Joint Pain Lecture 1 – Overview of Chronic Joint Pain Lecture 2 – Case studies on joint replacement and pain management	Dr. YUEN Wai Hong <i>Orthopaedics & Traumatology</i> Dr. HO Chin Hung <i>Orthopaedics & Traumatology</i>
10 Aug 2014 (Sun)	Module 2 Acute pain Lecture 3 – Overview of Acute Pain with management of Shoulder Pain & Cycling Injury Lecture 4 – General Sport Injuries and pain management Lecture 5 – Manipulative Physiotherapy	Dr. LAU Yip Kwong <i>Orthopaedics & Traumatology</i> Dr. MAK Kan Hing <i>Orthopaedics & Traumatology</i> Mr. LIU San Ho <i>Physiotherapy</i>
17 Aug 2014 (Sun)	Module 3 Low Back Pain Lecture 6 – Etiology of Low Back Pain Lecture 7 – Case study and management	Dr. LAU Yan Kit <i>Orthopaedics & Traumatology</i> Dr. SUN Lun Kit <i>Orthopaedics & Traumatology</i>
7 Sep 2014 (Sun)	Module 4 Neuropathic Pain Lecture 8 – Overview of Neuropathic Pain Lecture 9 – Assessment tools and guidelines recommendation	Dr. YUEN Mang Ho <i>Neurology</i> Dr. LEUNG Kar Ming <i>Neurosurgery</i>

*** Registration will be first come first served. For any enquiry, please call the College secretariat, Ms. Rosina Chan at 2528 6618. ***

REPLY SLIP

To: HKCFP, Room 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong

I am a ***Member / Non-member** of The Hong Kong College of family Physicians. **(*Please delete as appropriate)**

I would like to attend **"Certificate Course on 'Know Pain Campaign'"** and enclosed please find the appropriate course fee payment.

Name: _____ Tel: _____ Date: _____

Email: _____

- 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 hospital for the clinical attachment.
- Private Video Recording is not allowed. Members, who wish to review the lecture, please contact our secretariat.

1 August 2014 Friday

Management of Travelers' Diarrhoea

Dr. Wong Chun Kwan, Bonnie

*Infectious Disease Specialist, Department Infection Control Coordinator,
Department of Medicine and Therapeutics, Prince of Wales Hospital*

Chairman	Dr. Siu Che Hung, Paul 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 Fee	College Fellow, Full or Associate Members	Free
	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.	

Sponsored by
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(a Johnson & Johnson company)

2 August 2014 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	Clinical Pharmacology in Mental Health	
Speaker	Dr. Chan Suen Ho, Mark Specialist in Family Medicine	
Co-ordinator & Chairman	Dr. Chan Suen Ho, Mark The Hong Kong College of Family Physicians	
Time	2:30 p.m. – 4:00 p.m.	Lecture
	4:00 p.m.	Q&A
Venue	8/F, Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong	
Admission Fee	College Fellow, Full or Associate Members	Free
	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 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.

July's session:

Date	25 July 2014 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	1. Glycemic Index – Non Alcoholic Fatty Liver Disease – Dr. Leong In Son 2. Understand fats: Good VS Bad – Sylvia S. W. Lam
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.

August's session:

Date	29 August 2014 (Friday)
Time	2:30 p.m. - 3:30 p.m.
Topic	Latest Update of the Management of Chronic Pain – Dr. Martin Johnson
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
23 August 2014 14:15 - 15:45	Lecture Theatre, G/F, Block P, United Christian Hospital, 130 Hip Wo Street, Kwun Tong, Kowloon	Update on Gynaecological Oncology Dr. Edith CHENG Oi Ling (AC, O&G, UCH)	Ms. Irene Got Tel: 2527 8285
30 August 2014 1) 14:00 – 14:40 2) 14:55 – 15:35	Block M, Lecture Theatre, Queen Elizabeth Hospital, 30 Gascoigne Road, Kowloon, Hong Kong	1. Osteoarthritis of Knee – an Update Dr. YUEN Wai Hong Consultant (O&T), QEH	Ms. Noel Au-yeung Tel: 2958 8608 Fax: 2958 8614
		2. Low Back Pain – an Update Dr. HO Chin Hung Associate Consultant (O&T), QEH	

Structured Education Programmes

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

Date/Time/CME	Venue	Topic/Speaker(s)	Registration
6 August 14 (Wed)			
2:15 – 4:45 p.m.	E1034AB, 1/F, Main Block, Tuen Mun Hospital	Principle of Screening Dr. Lui Wai Cheung & Dr. Lui Lok Kwan	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Health Care Delivery System in HK Dr. Chan Kam Sum & Dr. Yeung Ka Yu Doogie	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Resuscitation Update Dr. Ng Wai Tong Amy	Ms. Crystal Law Tel: 2632 3480
5:15 – 7:15 p.m.	Lecture Hall, 5/F, 30 Hospital Road, Tsan Yuk Hospital	Video Review : Consultation Skills @ LAP Dr. Ko Wai Kit	Ms. Elaine Cheung Tel: 2589 2479
7 August 14 (Thur)			
2:15 – 5:15 p.m.	Auditorium, G/F, Tseung Kwan O Hospital	Overview on Fall Assessment and Prevention & Introduction of Allied Health Fall Prevention clinic Dr. Leung Cheuk Wing & Mr. Martin Chan	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Update for Colorectal Cancer Screening Dr. Lee Hoi Ying & Dr. Chan Ching	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Management of patients with dementia Dr Ricky Wong	Ms. Kwong Tel: 2595 6941
13 August 14 (Wed)			
2:15 – 4:45 p.m.	E1034AB, 1/F, Main Block, Tuen Mun Hospital	Update on Diabetes Care in Primary Care Dr. Lam Siu Ping & Dr. Chan Ham	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Update of Management of Hyperlipidaemia & IHD Dr. Wong Sze Kei & Dr. Lo Alvina	Ms. Cordy Wong Tel: 3513 3087
5:15 – 7:15 p.m.	Lecture Hall, 5/F, 30 Hospital Road, Tsan Yuk Hospital	Common Gynaecological Malignancies: Management and Early Detection Dr. Ngu Siew Fei	Ms. Elaine Cheung Tel: 2589 2479
14 August 14 (Thur)			
2:15 – 5:15 p.m.	Auditorium, G/F, Tseung Kwan O Hospital	Update of Management of Hyperlipidaemia & IHD Dr. Chan So Wai Sara & Dr. Chan Wing Chi Annie	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Management of Patient with OSA Dr. Lee Kar Fai & Dr. Hong Sze Nga	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Medication error and its management Dr. Fung Ka Hang Timothy	Ms. Kwong Tel: 2595 6941
20 August 14 (Wed)			
2:15 – 4:45 p.m.	E1034AB, 1/F, Main Block, Tuen Mun Hospital	Sexual Transmitted Disease (Female) Dr. So Mei Kuen & Dr. Lam Yip Cheung	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	Overview on Fall Assessment and Prevention & Introduction of Allied Health Fall Prevention clinic Dr. Leung Cheuk Wing & Ms. Yvonne Law	Ms. Cordy Wong Tel: 3513 3087
5:15 – 7:15 p.m.	Multi-function Room, NAHC clinic, G/F, Tsan Yuk Hospital	Common Orthopaedic Anomalies in the Paediatric Population Dr. TBC	Ms. Elaine Cheung Tel: 2589 2479
21 August 14 (Thur)			
2:15 – 5:15 p.m.	Auditorium, G/F, Tseung Kwan O Hospital	Health Care Delivery System in HK Dr. Chung Sze Ting & Dr. Lee Shek Hang Henry	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Men's Health: BPH & PSA Monitor Dr. Lee Sik Kwan & Dr. Li Shun Hoi	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Hypertension Management and Novel Treatment Modalities Dr. Tsui Kin Lam	Ms. Kwong Tel: 2595 6941
27 August 14 (Wed)			
2:15 – 4:45 p.m.	E1034AB, 1/F, Main Block, Tuen Mun Hospital	Chronic Disease Support Group in Hong Kong Dr. Lui Wai Cheung & Dr. Tsui Sau In	Ms. Eliza Chan Tel: 2468 6813
2:15 – 5:15 p.m.	Multi-media Conference Room, 2/F, Block S, United Christian Hospital	How to Set Up Your Own Medical Practice Dr. Dr. Lam Wing Sze & Dr. Cheuk Hiu Ying	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:30 p.m.	Seminar Room, 3/F, Li Ka Shing Specialist Clinic, Prince of Wales Hospital	Red Book Dr. Lam Wing Yi Yvonne	Ms. Crystal Law Tel: 2632 3480
5:15 – 7:15 p.m.	Lecture Hall, 5/F, 30 Hospital Road, Tsan Yuk Hospital	Journal Club (Recent family medicine- practice-related journals review) Dr. Cheung Chi Hong David	Ms. Elaine Cheung Tel: 2589 2479
31 July 14 (Thur)			
2:15 – 5:15 p.m.	Auditorium, G/F, Tseung Kwan O Hospital	How to Set Up Your Own Medical Practice Dr. Yuen Ming Wai & Dr. Chow Pui Yin Melody	Ms. Cordy Wong Tel: 3513 3087
4:00 – 6:00 p.m.	Room 614, Ambulatory Care Centre, Tuen Mun Hospital	Introduction of the Community Care Fund Dr. Wong Man Kin & Dr. So Chi Kin	Ms. Cordy Wong Tel: 3513 3087
5:00 – 7:00 p.m.	Room 041, 2/F, Pamela Youde Nethersole Eastern Hospital	Our Emergency-trolley in GOPC and its application Dr Ricky Wong	Ms. Kwong Tel: 2595 6941

The only pregabalin marketed for Neuropathic pain (NeP) in Hong Kong[#].

Lyrica: Leading in Evidence and Experience

4

Approved indications³

- Neuropathic Pain • Fibromyalgia
- Generalized Anxiety Disorder
- Epilepsy

10

Treatment Guidelines

- Lyrica is recommended as 1st line / Level A treatment in major local and international guidelines, e.g. EFNS, AAN, IASP⁴⁻¹³

132

Countries Approved Worldwide¹⁴

more than
180

Completed clinical trials^{15*}

nearly
66K

Patients

- Enrolled in pregabalin related clinical trials^{16*}

Lyrica: Production in Sustainable Facility

Pfizer offers Manufacturing Excellence
Its Freiburg Germany Plant

2011 Facility of the Year Winner

by the International Society of
Pharmaceutical Engineering (ISPE)[†]



Ref. 1. Dworkin RH, et al. Pregabalin for the treatment of postherpetic neuralgia: A randomized, placebo-controlled trial. NEUROLOGY 2003;60:1274-1283. 2. Puschner B, et al. PAIN 2005;15:254-263. 3. Lyrica (Pregabalin) Prescribing Information. Pfizer Corporation Hong Kong Limited. version May 2013. 4. Dworkin RH, et al. The efficacy and safety of pregabalin in the treatment of neuropathic pain. Report of the American Academy of Neurology, the American Association of Neurological Nurses, and the American Academy of Physical Medicine and Rehabilitation. Neurology 2011; 76: 1726-35. 5. International Association for the Study of Pain. International management of neuropathic pain. Pain Clinical Updates 2010; 16: 5. O'Connor A, Deserker H. Treatment of neuropathic pain: an overview of recent guidelines. Am J Med 2009; 122:522-532. 7. National Institute for Health and Clinical Excellence. Neuropathic pain. Postherpetic neuralgia. Management of neuropathic pain in adults in non-specialist settings. March 2010. 8. Ouseley PM et al. Practice parameter: treatment of postherpetic neuralgia: an evidence-based report of the Quality Standards Subcommittee of the American Academy of Neurology. Neurology 2004; 63: 950-65. 9. ICHD-3 Classification of Headache Disorders. International Classification of Headache Disorders (ICHD-3). Assessment and management of chronic pain. ICHD-3 Classification of Headache Disorders (ICHD-3). 2006. 10. Moola LE, et al. Pharmacological management of chronic neuropathic pain - consensus statement and guidelines from the Canadian Pain Society. Pain Res Manag 2007; 12: 21-31. 11. Sandrow B et al. Guidelines for the pharmacological treatment of anxiety disorders, obsessive-compulsive disorder and posttraumatic stress disorder in primary care. International Journal of Psychiatry in Clinical Practice 2012; 16: 77-84. 12. AAN guideline on pharmacological treatment of neuropathic pain. Can J Neurol 2006; 13: 1153-66. 13. IASP 2010. Guidelines for the Pharmacological Treatment of Peripheral Neuropathic Pain. Expert Panel Recommendations for the Middle East Region. The Journal of International Medical Research. 38 (2) 101-123. 14. Lyrica worldwide registration status. Pfizer Corporation. Accessed on 18 Jun 2014. 15. Pregabalin completed clinical trials. <http://clinicaltrials.gov>. Accessed on 18 Jun 2014. 16. 2011 Facility of the Year Award Winner for Sustainability. Pfizer Manufacturing Deutschland GmbH. DfPE. 77. 196. 889. Same Date 2nd Quarter MAI 2014.

LYRICA ABBREVIATED PACKAGE INSERT. 1. TRADE NAME: LYRICA. 2. PRESENTATION: Each Lyrica hard capsule contains 25mg, 50 mg, 75 mg, 100mg, 150 mg, 200mg or 300 mg of pregabalin. (not all strengths may be marketed). 3. INDICATIONS: Treatment of neuropathic and central neuropathic pain in adults. Adjunctive therapy in adults with partial seizure (epilepsy) with or without secondary generalization. Treatment of Generalized Anxiety Disorder (GAD) in adults. Management of fibromyalgia. 4. DOSAGE: 150 to 600 mg/day to be taken in two or three divided doses with or without food. For neuropathic pain, start at 150 mg/day, increase to 300 mg/day after 3 to 7 days, if needed. Then to a maximum of 600 mg/day after an additional 7 day interval. For epilepsy, start with 150 mg/day, increase to 300 mg/day after 1 week if needed. Then to a maximum of 600 mg/day after an additional week. For fibromyalgia, recommended dose is 300 to 450 mg/day. Start about twice at 75 mg BID (150mg/day) and may be increased to 1200 mg (600 mg/day) within one week based on efficacy and tolerability. Patients who do not experience sufficient benefit with 300 mg/day may be further increased to 450 mg (900 mg/day). Dosing should be adjusted based on renal function. Efficacy may increase with increasing doses. Concomitant use of pregabalin should be done gradually over a minimum of 1 week independent of indication. 5. CONTRAINDICATIONS: Hypersensitivity to the pregabalin or to any of the excipients. 6. WARNINGS & PRECAUTIONS: Avoid in patients with galactose intolerance, the Lapp lactase deficiency or glucose-galactose malabsorption. Adjust hypotensive medications if weight gain occurs in diabetic patients. Use with caution in patients with severe cognitive heart failure. Withdrawal symptoms may occur after discontinuation of short term and long term treatment. May cause dizziness and somnolence, which could increase the occurrence of alcoholism injury (AI) in the elderly population and influence the ability to drive or use machinery. The incidence of adverse events especially somnolence may be increased in the treatment of central neuropathic pain due to spinal cord injury which may be attributed to the additive effect from concomitant medication for the condition. 7. INTERACTIONS: Cyclosporin, rifampin, lamivudine, other CNS depressant medications and medications that have the potential to produce coagulation such as spinal anaesthetics. 8. PREGNANCY AND LACTATION: Should not be used during pregnancy unless in the opinion of the physician, the potential benefit outweighs the potential risk. Effective contraception must be used in women of child bearing potential. Breast-feeding is not recommended. 9. SIDE EFFECTS: Common: somnolence, appetite increased, euphoric mood, constipation, libido decreased, instability, ataxia, disturbance in attention, coordination abnormal, memory impairment, tremor, dysphasia, paraesthesia, weight changed, dizziness, vertigo, dry mouth, coordination, weakness, fatigue, muscle dysfunction, fatigue, confusion peripheral, feeling drunk, incoherence, gait abnormal, weight increased, disorientation, incoherence, balance disorder, ataxic, instability, lethargy, sedation, disturbance, feeling abnormal.

Reference: ISPE (May 2013); Date of preparation: May 2014. Issuance number: LYR1405

COLLEGE CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 Jul	14	15	16 2:15 – 7:15 p.m. Structured Education Programme	17 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. HKCFP Council Meeting	18	19 2:30 – 4:30 p.m. Interest Group in Counseling
20	21	22	23 2:15 – 7:15 p.m. Structured Education Programme	24 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. Board of Conjoint Examination Meeting	25 2:30 – 3:30 p.m. Board of Education – Video Session	26 2:30 – 5:30 p.m. AEC 2014
27	28	29 1:00 – 3:30 p.m. CME Lecture	30 2:15 – 7:15 p.m. Structured Education Programme	31 2:15 – 7:00 p.m. Structured Education Programme	1 Aug 1:00 – 3:30 p.m. CME Lecture	2 2:00 – 4:00 p.m. Interest Group in Mental Health
3 1:00 – 4:00 p.m. Certificate Course on "Know Pain Campaign" 3:00 – 6:00 p.m. Conjoint 2014 Second Examiners' Training Workshop	4	5	6 2:15 – 7:15 p.m. Structured Education Programme	7 2:15 – 7:00 p.m. Structured Education Programme	8	9 2:00 – 5:00 p.m. Biostatistics Certificate Course
10 1:00 – 4:00 p.m. Certificate Course on "Know Pain Campaign"	11	12	13 2:15 – 7:15 p.m. Structured Education Programme	14 2:15 – 7:00 p.m. Structured Education Programme	15	16 2:00 – 5:00 p.m. Biostatistics Certificate Course 2:30 – 6:00 p.m. Pre-Exit Exam Workshop
17 1:00 – 4:00 p.m. Certificate Course on "Know Pain Campaign"	18	19	20 2:15 – 7:15 p.m. Structured Education Programme	21 2:15 – 7:00 p.m. Structured Education Programme 9:00 p.m. HKCFP Council Meeting	22 7:00 – 9:30 p.m. Pre-Exit Exam Workshop - Video Session	23 2:30 – 5:30 p.m. AEC 2014
24 9:30 a.m. – 12:30 p.m. Conjoint Written Examination 2014 – KFP Segment	25	26	27 2:15 – 7:15 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. Biostatistics Certificate Course
31 9:30 a.m. – 1:00 p.m. Conjoint Written Examination 2014 – MCQ Segment 2:00 p.m. Conjoint Exam 2014 – MCQ Standard Setting Meeting	1 Sep	2	3	4	5	6

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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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