



**Hong Kong
Primary Care
Conference**
The Hong Kong College
of Family Physicians

HONG KONG PRIMARY CARE CONFERENCE 2025

Family Doctor in Partnership:

Synergizing Primary Care Outcomes

**11 – 13 July 2025
(Friday - Sunday)**



(Supported by HKCFP Foundation Fund)



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Chairlady's Message

I am thrilled and excited to announce our annual hallmark Hong Kong Primary Care Conference to be held from 11th to 13th July 2025 at the Hong Kong Academy of Medicine Jockey Club Building, Aberdeen, Hong Kong.

"Family Doctor in Partnership: Synergizing Primary Care Outcomes" is the theme for the coming 2025 conference. This theme builds on the great stride forward in primary healthcare development with the recent establishment of the Primary Healthcare Commission in July 2024, emphasizing the government's strong commitment to revamp the healthcare system towards a prevention-focused, community-based system and devoting more resources to promote primary healthcare. Local and international studies have shown that healthcare systems with strong primary healthcare teams led by Family Doctors have proven to be more cost effective and sustainable. In November 2023, our Government launched the Chronic Disease Co-Care Pilot Scheme (CDCC Pilot Scheme) with the view to establishing a family doctor regime and positioning District Health Centers (DHCs) as a hub in fostering an expansion of the healthcare network at the community level. Thus, it is indeed a great opportunity for Family Doctors to work closely in partnership with stakeholders of different sectors in embarking on this momentous journey towards synergizing primary care outcomes in Hong Kong.

Our conference promises an exceptional blend of learning and networking opportunities with its diverse and interesting plenary sessions, seminars, symposiums, discussion forums and workshops.

Join us, save the date and kindly submit abstracts for the Full Research Paper, Free Paper and Clinical Case Competitions which are now open for submission.

I look forward to welcoming you all again!

Sincerely yours,



Dr. Lorna Ng
Chairlady, Organizing Committee
Hong Kong Primary Care Conference 2025

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Organizing Committee

Chairlady:

Dr. Lorna V. NG

Advisors:

Dr. David V.K. CHAO

Dr. LAU Ho Lim

Prof. Samuel Y.S. WONG

Scientific Subcommittee:

Dr. CHIANG Lap Kin (Coordinator)

Dr. Eric K.P. LEE (Coordinator)

Dr. Linda CHAN

Dr. Cheryl Y.C. CHAN

Dr. Cecilia S.M. CHEUNG

Dr. Dereck M.H. WONG

Nurse Planners:

Ms. Kathy Y.H. CHEUNG

Dr. Margaret C.H. LAM

Dr. Cecilia T.Y. SIT

Ms. Tammy T.Y. SO

Allied Health Planners:

Mr. CHENG Wai Chung

Ms. Brigitte K.Y. FUNG

Dental Planner:

Dr. Yolanda Y.H. LAW

Clinical Case Presentation Competition:

Dr. YAU Lai Mo (Coordinator)

Dr. Kathy K.L. TSIM

Publication Subcommittee:

Dr. Judy G.Y. CHENG (Coordinator)

Dr. Kathy K.L. TSIM

Dr. Aldo C.L. WONG

Business Management Subcommittee:

Dr. HO Shu Wan (Coordinator)

Dr. Cheryl Y.C. CHAN

Dr. Cecilia S.M. CHEUNG

Dr. Aldo C.L. WONG

Dr. YAU Lai Mo

Venue:

Dr. Catherine P.K. SZE (Coordinator)

Information Technology:

Dr. Matthew M.H. LUK (Advisor)



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Conference Information

- Date** : 11 – 13 July 2025 (Friday – Sunday)
- Venue** : Hong Kong Academy of Medicine Jockey Club Building,
99 Wong Chuk Hang Road, Aberdeen, Hong Kong
- Official Language** : English
- Academic Accreditation** : Applications are in progress and details will be announced later.
- Organizer** : The Hong Kong College of Family Physicians
- Conference Secretariat** : **Scientific**
Ms. Carol F.K. PANG
- Advertisement & Exhibition**
Ms. Teresa D.F. LIU and Ms. Carol F.K. PANG
- Registration**
Ms. Ally L.Y. CHAN and Ms. Nana H.T. CHOY
- Publication**
Ms. Nana H.T. CHOY
- QA Accreditation**
Mr. John M.C. MA
- General**
Ms. Erica M. SO and Ms. Carol F.K. PANG
- Contact Details** : Tel. No. : (852) 2871 8899
Fax No. : (852) 2866 0616
Email : hkpcc@hkcfp.org.hk
- Supported by** : HKCFP Foundation Fund



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Scientific Programme at-a-glance

More
conference
details:



Date Time	11 July 2025 (Friday) Pre-conference				
19:00 - 19:30					
19:30 - 20:30	Sponsored online seminar 1 [GSK] What Can We Do for Benign Prostatic Hyperplasia as a Primary Care Physician? <i>Dr. Julius H.F. WONG</i>	Sponsored online seminar 2 [Eli Lilly] New Horizons in Obesity Care – The Role of GIP/GLP-1 Receptor Agonist in Weight Management <i>Dr. Ivan M.H. WONG</i>	Sponsored online seminar 3 [Novartis] Navigating the Continuum from Hypertension to Heart Failure: From Data to Clinical Practice <i>Dr. CHAN Lip Kiong</i>	Workshop 1 Basic Dermatological Surgery Skills Including Skin Biopsy <i>Dr. CHENG Hok Fai</i>	Workshop 2 Empowering Wellness for Healthcare Providers and Patients: A Taste of Mindfulness and Self-Compassion <i>Ms. Amanda K.M. CHEAH & Dr. Eric K.P. LEE</i>
20:30 - 21:00					

Time	Date	12 July 2025 (Saturday) Day 1				
13:45 - 14:30		Registration and Welcome Drinks				
14:30 - 15:00		Opening Ceremony				
15:00 - 15:40		Plenary I Progress and New Developments on DHC <i>Dr. PANG Fei Chau</i>				
15:45 - 16:25		Plenary II Leading with Science: Family Doctors Driving Innovation and Collaboration in Primary Care <i>Prof. Andrew FARMER</i>				
16:25 - 16:55		Coffee Break & Poster Presentation (Part 1)				
16:55 - 18:10		Discussion Forum 1 Primary Palliative Care <i>Dr. Karin Estepa-GARCIA, Dr. Ednin HAMZAH & Dr. YIU Yuk Kwan</i>	Discussion Forum 2 Community Pharmacy <i>Mr. CHENG Wai Chung, Mr. Philip K.L. CHIU, Dr. FAN Ning & Mr. Robin K.L. LI</i>	Discussion Forum 3 Preventive Strategies for Elderly People and Healthy Ageing <i>Prof. Angela Y.M. LEUNG, Mr. Schwinger C.K. WONG & Prof. Doris S.F. YU</i>	Workshop 3 Use of Mediation to Resolve Medical Dispute <i>Dr. James S.P. CHIU, Prof. Albert LEE & Dr. TONG Kar Wai</i>	Workshop 4 East Meets West: Application of Acupuncture in Pain Management <i>Dr. Brian C.Y. CHENG & Ms. Judy W.C. PUN</i>
18:10 - 18:25		Seminar A Updates on Management of Menopausal Symptoms <i>Prof. Raymond H.W. LI</i>	Seminar B Common Scenarios in Chronic Hepatitis <i>Dr. Axel S.J. HSU</i>	Seminar C Unveiling the Health Risks of E-Cigarettes <i>Prof. William H.C. LI</i>		
18:25 - 18:55						
19:00 - 20:30		Sponsored Dinner Symposium				
		[AstraZeneca] Unravelling Strategies in CKM Management – Improving Patient Outcomes <i>Prof. Alice P.S. KONG</i>				
		[Boehringer Ingelheim] Could You Spot This? Identifying and Intervening in Cardio-Renal Risks in T2D Patients that Change Outcomes <i>Dr. Peter C.Y. TONG</i>				
		Early Identification and Innovative Treatment Strategies for COPD Patients <i>Prof. Herbert W.C. KWOK</i>				

Time	Date	13 July 2025 (Sunday) Day 2			
08:30 - 09:00		Registration			
09:00 - 10:15		Discussion Forum 4 How Do We Teach GenZ Medical Students? – Local and International Advances in Medical Education <i>Prof. Julie Y. CHEN, Prof. Victor K. NG & Prof. Carmen WONG</i>	Seminar D Sports Medicine: From Screening to Treatment <i>Dr. Bryan S.F. LAU & Mr. Alex K.M. NG</i>	Clinical Case Presentation Competition & Awards Presentation of Outstanding Poster Presentation Award	Free Paper - Oral Presentation (Part 1)
10:15 - 10:45		Sponsored Coffee Break Symposium [Gilead] Breaking Barriers: Expanding HIV Testing to Primary Care Settings <i>Dr. Heather K.W. TO</i>			
		& Poster Presentation (Part 2)			
10:45 - 11:30		Discussion Forum 5 Outlook of Primary Healthcare Development in Hong Kong <i>Dr. PANG Fei Chau, Dr. CHEUNG Wai Lun & Dr. Christina K.C. MAW</i>	Seminar E Common Dental Emergencies in Medical Office <i>Dr. HO Fu Tak & Dr. Gary C.H. SO</i>	Seminar F Continuous Glucose Monitoring - Read and Work Easy! <i>Ms. Maisy P.H. MOK & Dr. Enoch WU</i>	Free Paper - Oral Presentation (Part 2)
11:30 - 11:45				Full Research Paper Awards Presentation*	
11:50 - 12:30		Plenary III Family Doctors as Gatekeepers: Optimising Outcomes for Older Adults in Primary Care <i>Prof. Samuel Y.S. WONG</i>			
12:30 - 13:10		Plenary IV Demonstrating Cross-society Impacts in Viral Hepatitis Elimination: Roles of Family Medicine & Primary Care <i>Prof. William C.W. WONG</i>			
13:15 - 14:45		Sponsored Lunch Symposium [AstraZeneca] Navigating the Complexities of Asthma Diagnosis: Spotlight on Cough Variant Asthma (CVA) with a Brief Overview of COPD <i>Dr. Angus H.Y. LO</i> [Abbott] Diabetes Management			

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

Disclaimer

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



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Plenary II

Leading with Science: Family Doctors Driving Innovation and Collaboration in Primary Care



Professor Andrew FARMER

DM FRCGP

*Professor of General Practice, University of Oxford, Oxford, United Kingdom
Lead, NIHR Biomedical Research Centre: Digital Health: Hospital to Home*

Professor Andrew Farmer is a clinician and researcher specialising in primary care and digital health. He is a Professor of General Practice based in the Department of Primary Care Health Sciences at the University of Oxford and leads the National Institute for Health Research (NIHR) Oxford Biomedical Research Centre (BRC) Digital Health theme.

His research focuses on improving care for people with diabetes and multiple long-term conditions (MLTC). His work includes evaluating remote monitoring, self-management support (such as SMS interventions), and using routine health data to identify previously unrecognized conditions. He also co-leads studies applying machine learning to predict social care needs for people with MLTC.

He has contributed to NICE Clinical Guidelines for diabetes care and was until recently, Director of the NIHR Health Technology Assessment programme—the largest patient-focused research funding programme in the UK. He continues to support national and international initiatives integrating clinical trials into routine practice and advancing the use of real-world data in healthcare.

Primary health care (PHC) is the foundation of equitable and effective healthcare systems worldwide, yet it faces increasing pressures from rising levels of long-term health conditions, evolving models of service delivery, and the rapid pace of digital transformation. Family doctors—anchored in science, collaboration, and evidence-based practice—are uniquely positioned to contribute to the next phase of health and care innovation.

This presentation will explore the ways that care can be transformed through primary care leadership and community engagement, identifying the health and care needs of the population, and innovating to address those needs in everyday practice. It will highlight the critical need to respond to the growing burden of multiple long-term conditions, tackle health inequalities, and apply digital tools including AI, remote monitoring, and predictive analytics. However, implementing new technologies can only deliver benefit when they are embedded in resilient and responsive healthcare systems. Identification of health and care needs, along with innovation for patients and the community, must be integrated with policy. At the same time, efforts should focus on strengthening the primary care workforce.

Family doctors play a central role in translating research into real-world impact. Policymakers, digital health innovators, and local communities all play a part in creating person- and community-centred, digitally enabled models of care that improve access, quality, and sustainability. Ensuring that primary care evolves requires embedding continuous learning, real-world data, and evidence-based adaptation. There is a need not only to respond to today's challenges but also to anticipate and shape the future of healthcare.



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Plenary III

Family Doctors as Gatekeepers: Optimising Outcomes for Older Adults in Primary Care



Professor Samuel Y.S. WONG

LMCHK, MD (U. of Toronto), MD (CUHK), MPH (Johns Hopkins), CCFP, FRACGP, FHKCCM, FFPHM, FCFP, FHKAM (Community Medicine), FHKAM (Family Medicine)

Director, JC School of Public Health and Primary Care

Associate Dean (Education), Faculty of Medicine, The Chinese University of Hong Kong

Professor Samuel WONG is a clinician with training in both Family Medicine and Public Health. He is the Director of the JC School of Public Health and Primary Care and the Associate Dean (Education) of the Faculty of Medicine. He is also the Founding Director of the Thomas Jing Centre for Mindfulness Research and Training.

Professor WONG's research interests include evaluating primary care services and developing primary care service models for people with multimorbidity, evaluating and developing mindfulness-based and mental health interventions in primary care. He has served the Hong Kong SAR Government in various capacities, including as a member of the Steering Committee of the Primary Care Development and other advisory councils and committees related to health and environmental hygiene.

As global populations age, the significance of primary care in fostering healthy aging is increasingly recognized. This plenary session will delve into the collaborative efforts between family doctors and community organizations to improve health outcomes and enhance the quality of life for older adults. By leveraging evidence-based practices and emerging trends, the discussion will underscore the necessity of integrated, person-centered care models that cater to the diverse needs of older individuals.



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Sunday, 13 July 2025 · 12:30 – 13:10

Plenary IV

Demonstrating Cross-society Impacts in Viral Hepatitis Elimination: Roles of Family Medicine & Primary Care



Professor William C.W. WONG

MB ChB (Edin), MD (Edin), MPH (CUHK), FRCGP (UK), FRACGP (Aus), MFTM RCPS (Glasg)

*Danny DB Ho Professor in Family Medicine,
Clinical Professor & Chairperson, Department of Family Medicine & Primary Care,
Clinical School of Medicine, LKS Faculty of Medicine, The University of Hong Kong
Specialist in Family Medicine*

Prof William Wong is a Family Medicine Specialist as well as an educator, administrator and untiring advocate in Family Medicine and Primary Care. A firm believer in multidisciplinary approach, the primary focus of his clinical and academic career is addressing the social dimension of health and ensuring equitable access to high-quality health services, with an emphasis on infectious diseases, sexual health and health promotion. He was instrumental to the establishment of WONCA (World Family Doctors' Association) Health Equity Special Interest Group. He advised WHO West Pacific Office on sexual health issues, contributed to as a member of WHO Strategic and Technical Advisory Committee on HIV, viral hepatitis and sexually transmitted infections (2021-24) and a number of international guidelines.

WHO has set a 2030 target to eliminate viral hepatitis as a public health threat. There are currently 296 million individuals infected with HBV which are major causes of cirrhosis, liver cancer and liver-related deaths. To reduce liver-related mortality by 65%, WHO has set the benchmark for HBV of achieving diagnostic coverage of 90% and treatment coverage of 80%.

Global diagnostic and treatment rates for HBV are only 10%/ 5% while that of Hong Kong and Mainland China are 27%/ 22% and 19%/11%, respectively. Universal screening is one of the approach to increase diagnostic coverage and early initiation of universal HBV screening that could potentially save 3.46 million lives. Increasing diagnostic uptake in large populations will foreseeably create an enormous clinical burden in specialist healthcare provisions. Naturally, there is a paradigm shift to a "shared care" approach in managing viral hepatitis, involving both the specialist and the primary care physician.

Our team evaluated the application of crowdsourcing, i.e. the involvement of the non-professional online community in creating innovative solutions, in encouraging hepatitis testing have facilitated opportunities of community outreach. With our collaboration with the Hong Kong Liver Foundation, a leading NGO in promoting liver health, our team organised a social media campaign during World Hepatitis Day and a mobile van to digitally disseminate hepatitis awareness. Our cross-society impact will be an important first step, a foundation for us to further engage the local and global community, in our strive to rid the world from the harms of viral hepatitis.



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Seminar A

Updates on Management of Menopausal Symptoms



Professor Raymond H.W. LI

**MBBS, MMedSc, MD, FRCOG, FHKAM (O&G), Cert RCOG (Reprod Med),
Cert HKCOG (Reprod Med)**

*Clinical Associate Professor, Department of Obstetrics and Gynaecology, School of Clinical
Medicine, The University of Hong Kong*

Honorary Consultant, Queen Mary Hospital and Kwong Wah Hospital, Hospital Authority

Dr. Li is a Specialist in Obstetrics and Gynaecology, and Subspecialist in Reproductive Medicine. He is currently Clinical Associate Professor at the Department of Obstetrics and Gynaecology, The University of Hong Kong. He is Honorary Consultant at Queen Mary Hospital and Kwong Wah Hospital, Hong Kong. He is also Honorary Specialist at the Family Planning Association of Hong Kong. He is member of the Reproductive Medicine Subspecialty Board, Hong Kong College of Obstetricians and Gynaecologists, and Honorary Secretary of The Hong Kong Society for Reproductive Medicine. His clinical and research interests are in reproductive endocrinology, subfertility and family planning.

At the age of perimenopause, the decline in oestradiol production may result in various climacteric symptoms including vasomotor symptoms, psychological disturbance and symptoms of urogenital atrophy, with varying severity and impact on the women's quality of life. Longer term health issues in the postmenopausal life include increased risk of cardiovascular disease and osteoporosis secondary to oestrogen deprivation.

Distressing climacteric symptoms can be treated by hormone replacement therapy (HRT), or menopausal hormone therapy (MHT) as the preferred terminology by some. Besides, HRT can prevent or delay bone loss and reduce both vertebral and non-vertebral fractures. Based on current evidence, there is likely a benefit in cardiovascular protection if HRT is administered in women before 60 years of age and/or within 10 years of menopause. Recognising the risks associated with long-term use of HRT (including breast cancer, thromboembolism, stroke and gallbladder disease), it should not be used as a universal panacea for all postmenopausal women. Women with intact uterus who require HRT must take a combined preparation containing progestogen for endometrial protection. Cyclical (bleeding) and continuous (non-bleeding) regimens are available for combined HRT to suit the individuals' circumstances and preferences.

Non-oestrogen treatments for vasomotor symptoms may include high dose progestogens, gabapentin, antidepressants (e.g. SSRIs or SNRIs) and mind-body interventions. Neurokinin-3 receptor antagonists have been newly introduced for treatment of vasomotor symptoms. Mood symptoms may be alleviated with psychological therapy and/or anti-depressants. For atrophic symptoms, use of lubricants, moisturizers and/or topical oestrogen may help.



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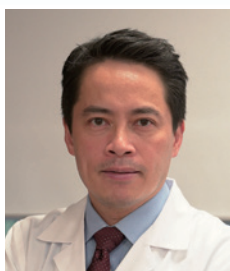
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Seminar B

Common Scenarios in Chronic Hepatitis



Dr. Axel S.J. HSU

MBBS (HK), FHKCP, FHKAM

*Specialist in Gastroenterology and Hepatology
Hong Kong Sanatorium & Hospital*

Dr. Axel Shing Jih Hsu is a specialist in Gastroenterology and Hepatology in private practice. He was educated at Brown University in biomedical sciences and received his medical degree from the University of Hong Kong. He underwent specialist training in Queen Mary Hospital with clinical research in gastroenterology and hepatology working with Professors Lai Ching Lung and Yuen Mang Fung. Dr. Hsu's interests are chronic hepatitis B infection and fatty liver disease. He is currently on the Education Committee of the Hong Kong Liver Foundation. As an honorary associate professor of the University of Hong Kong, he continues to teach regularly at Queen Mary Hospital with an emphasis on chronic hepatitis management and improving patient outcomes.

Chronic hepatitis in Hong Kong is most often due to chronic hepatitis B infection and fatty liver disease. Both metabolic and alcohol related causes of fatty liver are amenable to treatment requiring long term follow-up and patient education. With improvements in antiviral therapy targeting HBV DNA replication, long-term outcomes and liver-related morbidity and mortality are drastically reduced. The key factors in improving patient outcomes are regular follow-up with blood tests and ultrasound assessment of the liver parenchyma. The indication to start antiviral therapy can be guided by patient and family history coupled with serial blood tests and liver imaging to identify high risk groups of developing fibrosis and cirrhosis. Likewise, for patients with fatty liver who have chronic hepatitis there are two arms of management targeting (1) metabolic risk factors including high blood pressure, diabetes and hyperlipidaemia and (2) liver decompensation risk factors including steatohepatitis, concomitant viral hepatitis B or C infection and excessive alcohol use. To illustrate the above principles of management, several case scenarios and real-life examples will be shared with a discussion on timely management to improve both liver and cardiovascular outcomes.



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Seminar C

Unveiling the Health Risks of E-Cigarettes



Professor William H.C. LI

RN, PhD, FAAN, SFHEA, FKAN (Education & Research)

Professor and Assistant Dean (Alumni Affairs), Faculty of Medicine

Director, Doctor of Nursing Programme

Chair, Research Committee

The Nethersole School of Nursing, Faculty of Medicine, The Chinese University of Hong Kong

Professor William Li's research focuses on health promotion for individuals with health risk behaviours. Over the past two decades, he has been pivotal in developing and evaluating smoking-cessation interventions and health policy.

Prof Li has published 200 international peer-reviewed journal articles and secured over HK\$40 million in research grants. He was appointed a Senior Fellow of the Higher Education Academy (UK) in 2017, awarded a Fellowship by the American Academy of Nursing in 2019, and invited as a Specialist by the Hong Kong Council for Accreditation of Academic and Vocational Qualifications. Prof Li was listed among the top 2% of the world's scientists by Stanford University in 2021, 2022, and 2023.

Electronic cigarettes (e-cigarettes), also known as electronic nicotine delivery systems (ENDS), have emerged as a popular alternative to traditional tobacco smoking. These devices vaporize a liquid solution containing nicotine, flavourings, and other chemicals, and are often marketed as a safer option for smokers seeking to reduce or quit smoking. However, emerging evidence highlights significant health risks associated with their use. The World Health Organization has issued warnings about the potential dangers of e-cigarettes, emphasizing that they are not a safe alternative to smoking. E-cigarette aerosols contain toxic chemicals, including nicotine, which is highly addictive and harmful to health. These aerosols can cause cardiovascular diseases, lung disorders, and adverse effects on fetal development during pregnancy.

The long-term health effects of e-cigarette use remain uncertain due to their recent market introduction. Nonetheless, the appeal of flavoured e-liquids has raised concerns about the increasing use of e-cigarettes among adolescents and non-smokers, potentially leading to nicotine addiction. Moreover, e-cigarettes are often used alongside traditional tobacco products, exacerbating their harmful effects. This trend is alarming, as nicotine exposure during adolescence can have long-lasting, detrimental effects on brain development, and potentially leading to learning and anxiety disorders.

In this comprehensive update, we explore the latest evidence on the health effects of e-cigarettes, strategies to prevent their initiation and promote quitting, the prevalence and relevant regulatory policies, and government efforts in Hong Kong. Primary care doctors play a pivotal role in tobacco control, particularly in preventing the significant harms on children and adolescents caused by e-cigarette toxins.



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Seminar D

Sports Medicine: From Screening to Treatment



Dr. Bryan S.F. LAU

MSc SMHS (CUHK), DFM (HKCFP), MBChB (CUHK)

Director, Sports Medicine, Hong Kong Sports Institute

*Honorary Clinical Assistant Professor, The Jockey Club School of Public Health and Primary Care,
The Chinese University of Hong Kong*

Upon receiving his Bachelor's Degree in Medicine and Surgery and Master's Degree in Sports Medicine and Health Science from the Chinese University of Hong Kong, Dr. Bryan Lau started to work closely with elite athletes in the Hong Kong Sports Institute (HKSI). He is now the Director, Sports Medicine in HKSI, Honorary Clinical Assistant Professor of the Jockey Club School of Public Health and Primary Care, and the Medical Advisor of the Sports Federation and Olympic Committee of Hong Kong.



Mr. Alex K.M. NG

MSc Sports Physiotherapy (PolyU), BSc Physiotherapy (University of Nottingham)

Senior Sports Physiotherapist, Hong Kong Sports Institute

Ng Kin Ming Alex is a Senior Sports Physiotherapist at the Hong Kong Sports Institute. He holds a Master of Science in Sports Physiotherapy from the Hong Kong Polytechnic University and a Bachelor of Science in Physiotherapy from the University of Nottingham. With extensive experience in sports physiotherapy, Alex is a registered physiotherapist in both the United Kingdom and Hong Kong. He has contributed to various international sporting events, including the 19th Asian Games Hangzhou, East Asian Youth Games, World Ability Games and the Paris 2024 Paralympic Games. He is committed to advancing sports physiotherapy practices.

The presentation titled "Sports Medicine: From Screening to Treatment" examines a multidisciplinary approach aimed at optimizing recreational athletic performance, preventing injuries, and managing sports-related conditions. It emphasizes the continuum of care by drawing insights from the pre-participation screening of elite athletes, highlighting the integration of clinical practice to meet the unique needs of recreational athletes, inspired from the clinical experience among elite athletes.

The discussion begins with the essential role of pre-participation screening, focusing on the identification of risk factors such as cardiovascular anomalies and biomechanical inefficiencies that may predispose athletes to injury. The presentation will also cover recent advancements in investigative tools, including resting ECGs, which facilitate early detection and risk stratification of sudden cardiac events.

Subsequently, the presentation will address injury prevention strategies, including sport-specific conditioning programs designed to enhance outcomes.

Finally, the importance of interdisciplinary collaboration among physicians, physiotherapists, and sports scientists will be underscored, emphasizing a holistic approach to addressing both the physical and psychological well-being of the general population. By integrating innovation with clinical expertise, this approach aims to ensure that athletes achieve optimal performance while maintaining long-term health.



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Seminar E

Common Dental Emergencies in Medical Office



Dr. HO Fu Tak

**BDS, MDS, MRD RCSEd(Endodontics), FRD RCSEd,
MRACDS (Endodontics), FCDSHK (Endodontics), FHKAM (Dental Surgery)**

Specialist in Endodontics

Dr. Ho is a Specialist in Endodontics. He obtained his dental degree from the University of Hong Kong in 1992 and completed his Master's degree in Conservative Dentistry in 1996. In 2008, Dr. Ho was awarded Membership in Restorative Dentistry (Endodontics) from the Royal College of Surgeons of Edinburgh, and in 2022, he achieved Fellowship in Dental Surgery from the same institution. Additionally, he attained Membership in the Royal Australasian College of Dental Surgeons (Endodontics) in 2010.

Dr. Ho has been a Fellow of both the Hong Kong Academy of Medicine and The College of Dental Surgeons of Hong Kong (Specialty of Endodontics) since 2011. He is currently engaged in private practice.

With a strong passion for teaching, Dr. Ho serves as a Part-time Clinical Lecturer at the Faculty of Dentistry, The University of Hong Kong, where he mentors undergraduate and Master's students, particularly in the field of endodontics. From 2011 to 2022, he also contributed to postgraduate training as a trainer in the Specialty of Family Dentistry.

Beyond his clinical and teaching roles, Dr. Ho has been actively involved with the College of Dental Surgeons of Hong Kong. He served as a Council Member from 2016 to 2024 and held the position of Vice President during the 2023–2024 term. He currently contributes as an Education Facilitator for the Dental College.



Dr. Gary C.H. SO

BDS HK, MOMS RCS Ed, FHKAM (DS), FDS RCS Ed, FCDSHK(OMS), FDS RCPS Glasg

Consultant OMS Surgeon, Dental Department, St. Teresa's Hospital

Specialist in Oral & Maxillofacial Surgery

Dr So graduated from HKU in 2007 and completed his OMS training in the Government Hospital Dental Service in 2017. He was awarded the 2014 CDSHK scholarship and attained clinical attachment in both Stanford University and Charité-Universitätsmedizin Berlin. He was the awardee of the 2023 HKAM Distinguished Young Fellows.

Dr So is currently the Censor-in-chief of the College of Dental Surgeons of HK. He has served as a councilor since 2020 and the chairman of the Scientific Meeting Committee (2022-23). He is the founding chairman of the HK Special Care Dentistry Society and is dedicated to promoting optimal oral health amongst the special-needs patients. He also serves as a lecturer at his alma mater and his main clinical interests are facial traumatology and orofacial pathology.

Dental problems can often escalate into emergencies, yet many patients are unaware of this potential risk. Frequently, they may seek assistance from a family physician for examination or prescription rather than recognizing the need for dental care. This presentation aims to equip healthcare professionals with the essential knowledge and skills to identify and manage prevalent dental emergencies encountered in a medical setting effectively.

We will discuss a variety of dental emergencies, including acute pain and swelling, pulpal inflammation from cavities, infections stemming from gum tissues, post-operative complication of dental treatment, dentoalveolar and facial trauma, avulsed teeth, highlighting their underlying causes and potential implications. The session will also cover critical assessment techniques to differentiate between various dental issues, ensuring accurate diagnosis and timely treatment.

In addition, we will explore effective management strategies, including pain relief methods, stabilization techniques, and guidance on when to refer patients to dental specialists. Participants will gain practical insights that can be readily applicable for their clinical practice. By fostering a collaborative approach between medical and dental professionals, this presentation will enhance understanding of the importance of oral health in overall patient care, ultimately contributing to improved patient outcomes and reduced complications from untreated dental emergencies.



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Sunday, 13 July 2025 · 10:45 – 11:30

Seminar F

Continuous Glucose Monitoring - Read and Work Easy!



Ms. Maisy P.H. MOK

RN, BSN (Hon), MSN, FHKAN (Med-DM)

Nurse Consultant (Diabetes), Kowloon East Cluster, Hospital Authority

Maisy Mok is a Diabetes Nurse Consultant in the Kowloon East cluster and a Fellow of the Hong Kong Academy of Nursing (MED-DM). She was former president of the Association of Hong Kong Diabetes Nurses (AHKDN). She is a council member of AHKDN, a medical advisor of Youth Diabetes Action and the editor of Diabetes Hongkong newsletter.

She promotes the evidence-base practice and translates it into clinical practice, particularly led the workgroup to publish the Continuous Glucose Monitoring System: Practice Guide for Diabetes Nurse.

Her contributions have been recognized, as she achieved the outstanding Alumni for Professional Achievement from Hong Kong Polytechnic University in 2017, the Kowloon East Cluster Outstanding Staff Award and HA Merit Staff Award in 2019.

Smart Use and Interpretation of CGM for Diabetes Care

Continuous glucose monitoring (CGM) is transforming the way to manage diabetes more effectively, this technology allows for continuous recording of glucose readings and the acquisition of a daily profile without frequent finger pricking. The continual data generated can help patients and healthcare professionals to make informed and timely treatment decisions. Evidence showed that CGM technology can reduce haemoglobin A1c levels and hypoglycaemic attack, also improve quality of life for people with diabetes.

Nowadays, all CGM systems available in Hong Kong market are real-time CGM devices. Patients can view their glucose levels on a mobile application anytime and anywhere. Healthcare professionals can review the detailed report in the portal for close monitoring as well. Despite being an expensive monitoring modality, CGM is becoming increasingly popular among people with diabetes and healthcare professionals.

The ambulatory glucose profile (AGP) report is a standardized format that consolidates important metrics onto a single page. Its interpretation is recommended by international consensus and includes several metrics such as time in range, coefficient of variation and glucose patterns. These are the vailed parameters for day-to-day diabetes management. The daily profile can provide detailed information to empower patients to make lifestyle modification. A systematic approach to reviewing the whole report is an effective way to identify patient's problem for treatment modification and enhance patient empowerment.



Dr. Enoch WU

LMCHK (MBBCh Hons, University of Wales UK), MRCP, PgDipPD, FHKCP, FHKAM (Med)

Specialist in Endocrinology, Diabetes and Metabolism

Clinical Assistant Professor (Honorary), Department of Medicine & Therapeutics,

The Chinese University of Hong Kong

Dr. Enoch Wu graduated in the UK in 2003 and completed his specialist training in Endocrinology, Diabetes and Metabolism at the Prince of Wales Hospital, and subsequently pursued overseas training in Obesity Management at University of Sydney. He has been engaged in medical education and research as an Honorary Clinical Assistant Professor at the CUHK.

His areas of expertise include Diabetes and Obesity, and he has vast experience in the establishment of the Multidisciplinary Management Team for Obese Patients with Metabolic Syndrome. This initiative earned the Hospital Authority Outstanding Team Award in 2016. He has been in private practice since 2017.

Case Studies

Sharing of real-life case studies demonstrating how to use Continuous Glucose Monitoring System to facilitate the management of diabetes by Endocrinologist.



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Friday, 11 July 2025 · 19:00 – 21:00

Workshop 1

Basic Dermatological Surgery Skills Including Skin Biopsy



Dr. CHENG Hok Fai

MBBS (HK), MRCP (UK), FHKCP, FHKAM (Medicine),
PGDipClinDerm (Lond), PDipMDPath, DipMed (CUHK),
Dip Geri Med RCPS (Glasg), PdipCommunityGeriatrics (Hong Kong),
DCH (Sydney)

Dermatology Specialist in private practice

Dr Cheng graduated from The University of Hong Kong in 2002. Before committing to a career in dermatology, he spent his early years in anatomical pathology. Upon completion of his dermatology fellowship, he followed his passion and pursued further overseas training in skin cancer surgery and nail surgery. His solid laboratory experience enabled him to contribute regularly to local dermatopathology conferences. Dr Cheng currently serves as a specialty board member in dermatology and venereology at the Hong Kong College of Physicians. He is actively involved in both local and overseas clinical dermatology conferences, and is passionate in coaching and sharing of professional knowledge with his peers.

Successful treatment of dermatological conditions begins with an accurate diagnosis. However, this can be challenging even for the seasoned practitioners. One might wish to know that the majority of skin conditions are clinico-pathologic entities. In difficult cases, establishing a definitive diagnosis may become impossible if a skin biopsy is not performed.

Diagnostic skin biopsy is considered crucial when it comes to sub-specialised areas like trichology, onychology or clinical management of diagnostically challenging cutaneous neoplasms. Aside from being a useful diagnostic tool, skin biopsy can also be therapeutic.

This workshop will begin with a slide presentation, where the planning and conducting of skin biopsy procedures will be discussed alongside with some tips and practical wisdoms. It will then be followed by a hands-on session. Participants will be given lots of opportunities to try out the surgical techniques on pork belly. They will also learn how to close the defect they have created.

It is open for family physicians who wish to learn or refresh their knowledge and skills. Prior surgical experience is NOT required. It is suitable for anyone regardless of their postgraduate experience. The speaker believes that there is something for everyone.

It is hoped that family physicians could perform diagnostic and therapeutic skin biopsy procedures with proficiency and confidence in their daily practice.



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Friday, 11 July 2025 · 19:00 – 20:30

Workshop 2

Empowering Wellness for Healthcare Providers and Patients: A Taste of Mindfulness and Self-Compassion



Ms. Amanda K.M. CHEAH

MSocSc (Clin. Psy.)

*Clinical Psychologist, Oasis – Center for Personal Growth & Crisis Intervention,
Corporate Clinical Psychology Services, Hospital Authority*

Ms. Cheah is currently serving as a Clinical Psychologist at Oasis – Center for Personal Growth and Crisis Intervention under the Corporate Clinical Psychology Services, Hospital Authority (HA). She is involved in the delivery of psychological services and promotion of mental health for staff in HA. She has received mindfulness and self-compassion training through several programs, and regularly integrates mindfulness and self-compassion into her professional work.



Dr. Eric K.P. LEE

MBBS(HKU), FHKCFP, FRACGP, FHKAM (Family Medicine), MSc EBHC (Oxon), MSc Mental Health (CUHK), DPD (Cardiff), Dip Med (CUHK)

Clinical Associate Professor, The Chinese University of Hong Kong

Member, European Society of Hypertension Working Group on Blood Pressure Monitoring and Cardiovascular Variability

Dr. Lee graduated from the University of Hong Kong's medical school in 2007. He has practiced family medicine in Hong Kong for over 10 years and obtained his specialist qualification in 2016. Dr. Lee holds a Master's degree in Mental Health from CUHK (2014) and another Master's degree in Evidence-Based Health Care from the University of Oxford (2020). He is currently a Clinical Associate Professor at CUHK, where he conducts research on chronic diseases and the application of mindfulness.

He has received mindfulness training through several programs, including an 8-week Mindfulness-Based Stress Reduction program, a 7-day intensive retreat for mindfulness teachers at the Oxford Mindfulness Centre, and a 1-year foundational course to teach mindfulness. His recent research indicates that mindfulness practices can effectively reduce blood pressure. Additionally, Dr. Lee has taught mindfulness skills to the general public, medical students, and healthcare professionals. He is also a research member of the CUHK Thomas Jing Center for Mindfulness Research and Training.

Healthcare providers strive to promote the wellbeing of patients. In an era where it is not uncommon for healthcare workers to report symptoms of anxiety, depression or burnout, immense research has shown that providers' wellbeing is associated with patient safety, treatment experience, and ultimately, treatment outcomes. Thus, the wellbeing of healthcare providers is also extremely important.

In this workshop, participants will be introduced to two evidence-based practices, mindfulness and self-compassion, that have been found to improve wellbeing. This workshop will include a discussion on the evidence supporting the application of these practices for the general public, healthcare providers and those with mental health issues or other conditions. We will also explore how mindfulness and self-compassion can benefit the wellbeing of healthcare workers, particularly in addressing burnout, which is a serious issue that can impair service quality and lead to personal suffering. Participants will be invited to engage in mindfulness and self-compassion exercises together. Resources for further training will also be presented and discussed, along with information on pathways to become a mindfulness or self-compassion teacher. This session may also include personal sharing from the speakers, if appropriate.



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Workshop 3

Use of Mediation to Resolve Medical Dispute



Dr. James S.P. CHIU

MB BS (HK), FCSHK, FHKAM (Surgery), Specialist in General Surgery, LLB (Hons) Lond, Accredited General Mediator

*Honorary Clinical Assistant Professor, Department of Family Medicine and Primary Care, The University of Hong Kong
Senior Research Fellow, Centre for Medical Ethics and Law, Medical Faculty and Law Faculty, The University of Hong Kong
Assessor for General Mediators, HK Mediation Accreditation Association Limited (HKMAAL)*

Founder and Director, JC Professional Dispute Resolution Centre

Dr. Chiu pioneered healthcare mediation in 2006 and has conducted over 150 general mediation cases since. He was the first Adjunct Assistant Professor for the Mediation Course held at CUHK (2010-12) and the Mediation Course Co-ordinator and Lead Trainer of HK Academy of Medicine (2014). James has chaired and/or spoken in over 100 local and international meetings on mediation and other medico-legal topics. He has also published extensively in those areas. James has co-authored the book "Apology Ordinance (Cap. 631) Commentary and Annotations" in 2018, the book "Mediation in Hong Kong: Law & Practice" in 2014 and 2022, co-edited and co-authored the book "Healthcare Law and Ethics: Principles & Practices" in 2023, and is the Principal Author of the volume on "Professions and Trades" in the set of "Halsbury's Laws of Hong Kong" in 2023.



Professor Albert LEE

MB BS (Lond), LLB (Hons-Lond), LLMArbDR (Distinct-CityUHK), MPH(CUHK), DCH (Irel), DMed (NUI), MD (CUHK), GDLP (Aus.Coll.Law), FCI Arb (UK), Accredited Mediator (CEDR-UK), FRCP (Lond & Irel), FCLM (US), FACLM (Aus), HonFFPH(UK)

*Emeritus Professor of Public Health and Primary Care, The Chinese University of Hong Kong
Senior Research Fellow of Centre for Medical Ethics and Law, The University of Hong Kong
Vice President (Asia), World Association for Medical Law*

Professor Albert Lee is duly qualified as a medical doctor (registered as a specialist in Family Medicine/GP in HK and Australia) and lawyer (Australia and New Zealand and registered foreign lawyer in HK). He possesses higher doctoral degree in Medicine from the National University of Ireland (DMed) and CUHK (MD), Master of Law with distinction in Arbitration and Dispute Resolution from the City University of Hong Kong, Fellow of the Chartered Institute of Arbitrators (UK), Accredited Mediator (CEDR-UK), and Fellow of Australasian and American College of Legal Medicine.

He is the Emeritus Professor of Public Health and Primary Care of CUHK, Senior Research Fellow of the Centre for Medical Ethics and Law of the University of Hong Kong, and Vice President (Asia) of the World Association for Medical Law and Editor in Chief of the official Journal. He has co-edited four books on primary health care and a book on "Healthcare Law and Ethics" published in 2023 with renowned healthcare lawyers and medico-legal experts including three King's Counsels as contributors for different chapters.



Dr. TONG Kar Wai

BA (HK), BRS (Vatican), LLB (UK), PgD (Health Serv. Mgt. – HK), PgD (Prof. Legal Skills – UK), LLMs (HK; UK), MEd (Australia), JSD (HK), PhD (UK), MCI Arb (UK), FHKCCHP, Hon. Fellow (HKILT), Accredited General Mediator (HK), Barrister & solicitor (NZ; non-practicing), Legal practitioner (NSW), Registered foreign lawyer (HK)

*Registered Foreign Lawyer (Private Practice), Hong Kong; Senior Manager, Precious Blood Hospital (Caritas), Hong Kong
Editor, Medicine and Law, World Association for Medical Law; Member, Diocesan Committee for Bioethics, Catholic Church, Hong Kong*

Dr. TONG Kar Wai has had multi-disciplinary exposure to healthcare, law and education. He is a seasoned healthcare manager. In the legal field, he was admitted to practice law in New South Wales and New Zealand and is a registered foreign lawyer in Hong Kong. He is a member of the Chartered Institute of Arbitrators (UK) and an accredited general mediator (Hong Kong). He holds two doctorates: a degree of Doctor of Juridical Science (Hong Kong) and a PhD (UK). He has been collaborating with practitioners and scholars to publish academic works in areas of, for example, ageing care, healthcare law & ethics, and education.

Persons suffering from injuries as a result of medical mishaps are going through a period of trauma. The major options available for resolution are litigations or complaints to the Regulatory Bodies, i.e. the Medical Council in Hong Kong. The process of litigation/disciplinary investigation and/or inquiry can be lengthy and very painful for both parties. Both options may not address all the needs. Alternative Dispute Resolution (ADR) such as mediation can be an option for a speedy way out. Both parties would agree on issues to be mediated and selection of mediator(s) with expertise for the disputed matters. Confidentiality in the process of ADR also minimises undue stress and anxiety. It would be beneficial for both patients/families and medical professionals to be able to reach settlements early through a fair, impartial and independent system in confidence and with less costs involved. It is important to identify cases with issues appropriate for mediation. Section 47 of the Singapore Medical Registration Act states the role of mediation for medical disputes. Preliminary analysis of issues for suitability for mediation needs to be in place for effective triaging.



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Workshop 4

East Meets West: Application of Acupuncture in Pain Management



Dr. Brian C.Y. CHENG

PhD, FRSPH, FIBMS

Head of Chinese Medicine Development Fund

Dr. Brian Chi-Yan Cheng currently serves as the Head of the Chinese Medicine Development Fund, where he manages the team to effectively oversee the HK\$1 billion funding. Previously, he was a registered Chinese Medicine Practitioner and Clinical Director at one of Hong Kong's largest integrated healthcare groups, where he led initiatives in pain management and integrative medicine. With a Ph.D. in Chinese Medicine (h-index:22; i10-index:32), he has published over 40 SCI papers and contributed to academic research as a Visiting Lecturer at PolyU, Hong Kong Community College (HKCC). His extensive clinical experience and academic expertise underpin his role in advancing Chinese medicine development.

Acupuncture for Pain Management

This presentation delves into the latest advancements in acupuncture as a complementary therapy for pain management, addressing the global need for effective, non-pharmacological solutions. Rooted in traditional Chinese medicine, acupuncture has garnered increasing worldwide acceptance, particularly in light of the opioid crisis, as a safe and viable alternative for pain relief. Recent research underscores its efficacy in treating chronic pain conditions such as migraines, osteoarthritis, and musculoskeletal disorders, with a 2024 meta-analysis highlighting significant pain reduction. Technological innovations are revolutionizing acupuncture delivery, with laser and electroacupuncture emerging as promising modalities for conditions like temporomandibular joint disorder and neonatal abstinence syndrome. Advanced imaging techniques, including functional magnetic resonance imaging (fMRI), Positron emission tomography (PET), and Single-photon emission computed tomography (SPECT), are elucidating acupuncture's neurological and physiological effects, enabling a more personalized approach to treatment. Clinically, acupuncture is being integrated into mainstream healthcare settings, with updated guidelines in regions like the U.S. and China recommending its use for chronic pain, labour pain, and cancer-related symptoms. Future directions include combining acupuncture with biofeedback, virtual reality, and artificial intelligence to optimize outcomes and tailor treatments to individual needs.



Ms. Judy W.C. PUN

Registered Physiotherapist (H.K.)

MSc in Health Science (Gerontology) UNE, BSc in Physiotherapy (HKPU)

Advanced Practitioner Physiotherapist, Kwong Wah Hospital

Ms Judy Pun graduated as a physiotherapist in Hong Kong and obtained her Master's Degree in Health Science (Gerontology) from the University of New England. She obtained the Certificate of Acupuncture Accreditation in 2001 and has been a registered fascial manipulative therapist (Italy) since 2018. Ms Pun has extensive experience in a wide range of clinical services, including physiotherapy in inpatient, outpatient, and community settings. Her expertise spans sports rehabilitation, general musculoskeletal pain cases and chronic pain management. In recent years, her clinical interests have focused on integrating manual and acupuncture techniques and she adopts Structure Reduction Therapy (SRT) which is a comprehensive pain management approach in her daily practice in the physiotherapy department.

Acupuncture Practice in Physiotherapy in Public Hospital

Pain is one of the most common referrals to outpatient physiotherapy departments in public hospitals. Physiotherapy has developed many different kinds of approaches in tackling this issue over time. Acupuncture, rooted in traditional Chinese medicine, is increasingly validated by modern science. Mechanisms include endorphin-mediated analgesia, modulation of inflammatory cytokines (e.g., IL-6, TNF- α), and neuromodulation via the gate control theory supporting its role in chronic conditions like osteoarthritis, low back pain, and migraines.

Nearly all chronic pain referrals involve more than just physical symptoms, the multifaceted consequences, including behavioral, emotional, neurophysiological, and social factors, need individual attention. With the collaborative effort of multidisciplinary professionals in the Pain Clinic, physiotherapists use acupuncture to complement exercise and conventional therapy for this group of patients. Furthermore, a new physiotherapy technique called Structure Reduction Therapy (SRT) is highlighted in 2023 News Bulletin Physiotherapy. This technique focuses on the correction of structural dysfunction in the human body to reduce pain, restore function, and minimize physical disabilities.

The concept of needling in SRT differs from traditional acupuncture which requires a strong needling sense (de qi) for clinical result. SRT needling utilizes very fine needles to provide gentle stimulation of different tissue layers, which facilitates the restoration of tissue texture by normalizing the fascial tension systemically. This technique can address various symptoms of individuals arising from structural dysfunctions, including both clinical and subclinical conditions which are managed holistically.

In conclusion, acupuncture-enhanced physiotherapy bridges traditional and modern medicine, offering a pragmatic tool for pain management. By fostering interdisciplinary partnerships, we can optimize outcomes for patients in diverse public settings.



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Discussion Forum 1 Primary Palliative Care



Dr. Karin E. GARCIA

MD, FPAFP, FPSHPM

Associate Professor, College of Medicine, University of the Philippines Manila

Chairperson, Department of Family and Community Medicine,

University of the Philippines - Philippine General Hospital

Past Presidents of the Philippine Academy of Family Physicians and Philippine Society of Hospice and Palliative Medicine

Dr. Karin Estepa-Garcia is a leading advocate for palliative care education and policy in the Philippines. She trains future palliative specialists and healthcare professionals while working to integrate palliative care into primary healthcare and community settings. As Immediate Past President of PAFP* and PSHPM**, she has led initiatives advancing education, policy, and service integration in palliative care. She has developed national palliative care guidelines and helped to strengthened its role in Filipino healthcare. Currently, she chairs the Community and Primary Palliative Care Special Interest Group (SIG) of APHN***, advocating for Universal Health Coverage (UHC) for palliative care, access to essential medicines, and stronger healthcare systems. Through her leadership, she continues to shape palliative care education and practice in the region.

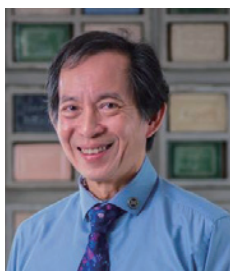
*Philippine Academy of Family Physicians

**Philippine Society of Hospice and Palliative Medicine

***Asia Pacific Hospice Network

Primary palliative care ensures early access to quality services in the community and primary healthcare settings. In the Asia Pacific and South Asia regions, this implementation remains fragmented due to policy gaps, workforce limitations, and inconsistent service models. The Philippines prioritizes education and capacitation, training healthcare providers to integrate palliative care into primary care.

This lecture explores how training, policy integration, and capacity-building enhance service delivery. By empowering primary care providers, we can promote sustainable, community-based palliative care, advancing Universal Health Coverage (UHC) and ensuring palliative care is accessible at all levels of healthcare.



Dr. Ednin HAMZAH

MD

Chief Executive Officer, Hospis Malaysia

Immediate Past Chair, Asia Pacific Hospice Palliative Care Network

Dr Ednin Hamzah is the Chief Executive Officer of Hospis Malaysia, a position held from 1997. Dr Ednin graduated in medicine from the University of Newcastle upon Tyne, United Kingdom in 1986 and has worked in General Practice in the United Kingdom prior to returning to Malaysia in 1997 and subsequently worked in palliative care.

He leads the largest community palliative care service in Malaysia and teaches palliative care in several universities at both under and postgraduate levels. In Malaysia, he is involved in aspects of cancer control, pain management as well as palliative care. He is active in international palliative care education and advocacy. He has served on the boards of the Asia Pacific Hospice Palliative Care Network, the International Association of Hospice and Palliative Care and the Worldwide Hospice Palliative Care Alliance. He functions best after a good cup of coffee.

The World Health Assembly resolution 67.19 calls for the 'Strengthening of palliative care throughout the life course'. Within this is a special emphasis on primary, community and home- based care; areas where the role of the family physician is well placed to deliver care that integrates with the health system.

In the planning of national palliative care strategies, primary palliative care is often seen as "step down care". However significant investment in high quality primary and community palliative care could have significant patient and caregiver benefits whilst reducing hospital based costs.

The development of leaders in primary and community palliative care is a key factor in driving patient centered care and should be cultivated. Leaders are instigators of change, drive innovations and could assist in community empowerment.



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Discussion Forum 1 Primary Palliative Care



Dr. YIU Yuk Kwan

FHKAM(Family Medicine), FHKCFP, FRACGP

Course co-creator, Practical Certificate Course in Primary Palliative Care (HK)

Council member, HKCFP

Chairlady, Board of Vocational Training and Standards, HKCFP

*Part time Consultant, KWC Department of Family Medicine and Primary Health Care,
Hospital Authority*

Dr Yiu was amongst the first batch of locally trained Family Medicine doctors in Hong Kong. She has a strong passion in training and is the pioneer in developing and leading the Vocational Training Program in HKCFP from infancy to maturity with various reforms until now. As a dedicated trainer in Family Medicine, she has trained generations of trainers and inspired family doctors throughout HK.

With her initial years of FM training in private sector and subsequent training and leadership role in Hospital Authority, she has also contributed significantly in the development of the specialty of Family Medicine in HA, which is the major training provider of Family doctors in HK.

She is also committed to quality care and continuous development. She has enriched her career with different special interests in mental health and musculoskeletal medicine. In the last few years, she has been devoting her efforts and experience to building up the capacity of Family doctors in Palliative Care. She has developed a Practical Certificate Course in Primary Palliative Care, and is exploring a Primary Palliative Care service model in HK.

In Family Medicine, we frequently describe with pride that our work encompasses patients from the “cradle to the grave”. Yet how much of our day to day practice involves looking after patients who are near the “grave”? With an aging population, many of our frail elderly patients may be on “thin ice”; a single acute event may tip them over the edge. As Family Doctors, how can we identify palliative care needs, enhance quality of life, and support their final months?

Modern society places great emphasis on mothers having a “good birth”, but how well supported are patients at the other end of life, to have a “good death”?

In this lecture, we will share the journey to develop primary palliative care in the community in recent years in Hong Kong. Special focus will be on the HKCFP position statement and a new course in Primary Palliative Care for Family Doctors in 2024/2025.



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Discussion Forum 2 Community Pharmacy



Mr. CHENG Wai Chung

BPharm (HK), MPH (HKU), MSocsc (BH) (HKU)
CertPharmPHC

Member of Working Group on Primary Healthcare, College of Pharmacy Practice

Mr. Cheng Wai Chung is the Former Head of Pharmacy Services at The Lok Sin Tong Benevolent Society, Kowloon. He holds a Bachelor of Pharmacy, a Master of Public Health, and a Master of Social Sciences in Behavioral Health from The University of Hong Kong (HKU). He is dedicated to enhancing primary healthcare through innovative community pharmacy services. Mr. Cheng collaborates with government bodies to advocate for the role of community pharmacists and emphasizes sustainable service development. He also serves on the Primary Health Working Group within The College of Pharmacy Practice, sharing his expertise to support community pharmacy initiatives.



Mr. Philip K.L. CHIU

BPharm, MSc

Head of Professional Service, Private Practice in Community Pharmacy

Mr Philip Chiu graduated with Bachelor of Pharmacy Degree from the Chinese University of Hong Kong. He then obtained a Master Degree in Community Pharmacy from the Queen's University Belfast, UK.

Philip has been working in the community pharmacy sector for over 20 years. Over the years, he has been actively involved in the development of primary healthcare and community pharmacy in Hong Kong. He was the President of the Pharmaceutical Society of Hong Kong from 2015-2017 and he served as member of the Steering Committee on Primary Healthcare Development from 2017-2024. He is currently member of Expert Committee on Antimicrobial Resistance, member of the Nursing Council and founding fellow of the College of Pharmacy Practice.



Mr. Robin K.L. LI

BPharm, MCP, CertPharmPHC

Senior Manager, PHARM+ Pok Oi Hospital Community Pharmacy

Mr. Li Kwok Leung, Robin serves as the Senior Manager at the PHARM+ Pok Oi Hospital Community Pharmacy, which operates under the umbrella of the PHARM+ Community Medication Service Network funded by the Hong Kong Jockey Club Charities Trust. The project targets to advance community pharmacy services and practices which in return strengthens our primary healthcare system in Hong Kong.

Prior to assuming his current appointment, Robin held the position of Department Manager in Pharmacy Department of both Pok Oi Hospital and Tin Shui Wai Hospital of Hospital Authority (HA) for more than 10 years. Upon his retirement from HA, Robin dedicated himself to constructing community pharmacy services in a dimension that allows pharmacies taking a substantial role in our primary healthcare system.



Dr. FAN Ning

MBBS(HKU), FRCS(Edin), FRCSEd(Gen), FCSHK, FHKAM(Sur),
MBA (Health Care), MsSc (Criminology)

Founder, Health In Action

Dr Fan Ning envisions that doctor's role is not giving drugs, injecting or cutting. It is about prescribing love, care and hope. He founded "Health In Action" to inspire both health & social sector to develop primary care projects. He advocates on establishing the mindset to address the social determinants of health through health in all public policies. By collaborating with Caritas on the "Healthy Neighbourhood Kitchen Project", he successfully prompted the government to establish Community Living Rooms. As early as 2018, he developed primary care pharmacy model together with The Dept of Pharmacology and Pharmacy, HKU. Currently, he advocates different sectors to develop various types of social prescriptions.

This discussion forum will focus on the evolving landscape of community pharmacy in Hong Kong, particularly in light of the government's recent initiatives to enhance primary healthcare services. The forthcoming community pharmacy program aims to provide affordable medications and establish a community drug formulary, reinforcing the role of pharmacists in patient care. We will discuss the critical contributions of pharmacists in medication management, health promotion, and chronic disease support. Relevant training programs for community pharmacists will also be addressed, emphasizing the skills needed for effective primary healthcare delivery. This forum will provide an opportunity for healthcare professionals to engage in meaningful dialogue about the future of community pharmacy and its impact on patient outcomes in Hong Kong.



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Discussion Forum 3

Preventive Strategies for Elderly People and Healthy Ageing



Professor Angela Y.M. LEUNG

PhD (HKU), MHA (UNSW), BN (Deakin), FHKAN (Gerontology), FHKAN (Education and Research)

*Professor and Associate Head (Research), School of Nursing and
Director, World Health Organization Collaborating Centre (WHOCC) for Community Health Services,
The Hong Kong Polytechnic University*

Angela Y. M. Leung is Professor, Associate Head (Research) of School of Nursing and Director of WHO Collaborating Centre for Community Health Services in the Hong Kong Polytechnic University. She was the recipient of The Excellent Health Promotion Project Award given by the Food and Health Bureau, Hong Kong Government (2021), awardee in the Hartford Geriatric Scholars Program in Johns Hopkins University (2014) and Distinguished Gerontological Nursing Educator by National Hartford Centre for Gerontological Nursing Excellence, USA (2018). She is an active researcher in health literacy and dementia caregiving, with a wide range of publications in international journals (e.g. doi:10.2196/10662; doi:10.2196/16772). She has a strong belief that technology can help people to understand their current health status and make informed health decisions. She is also dedicated to community-based health promotion initiatives. She serves as Executive Board Member of International Union for Health Promotion and Education (IUHPE), Member of World Health Organization (WHO) Global Network on Long-term Care (GNLTC) and WHO Clinical Consortium on Healthy Ageing (CCHA). She advocates the implementation of WHO ICOPE model and dementia literacy in Western Pacific Region and conduct training in many countries like China, Singapore, Fiji, Cambodia, and the Philippines.

The Role of WHO Collaborating Center in Promoting Healthy Ageing: Strategies for Implementing ICOPE in Primary Care Settings

In response to the United Nations' call for the Decade of Healthy Ageing (2020-2030), the World Health Organization (WHO) published the Integrated Care for Older People (ICOPE) guidelines in 2017. The concept of healthy ageing has inspired a new focus in aged care: community-based, person-centred care with a strong emphasis on a primary care approach. As the name suggests, professionals are encouraged to collaborate to provide 'integrated care'; however, this approach presents numerous challenges.

To support the implementation of ICOPE in the Western Pacific Region, the WHO Collaborating Centre (WHO CC) plays a crucial role in initiating field tests, supporting pilot studies, collecting evidences at different levels, building practitioners' capacity throughout various steps of the ICOPE model, and facilitating cultural adaptation. This talk shares the experiences of the PolyU WHO CC from 2019 to 2025 in promoting ICOPE implementation across several countries in the Western Pacific Region.



Mr. Schwinger C.K. WONG

Chief Executive, Evangelical Lutheran Church Social Service - Hong Kong

Schwinger Wong is an Occupational Therapist with over 30 years of experience, currently serving as Chief Executive at the Evangelical Lutheran Church Social Service - Hong Kong. Renowned for his expertise in elderly services and community care, Schwinger has led the development and management of a wide range of innovative projects to benefit older adults and the community. His achievements include pioneering Dementia Care Mapping in Hong Kong, launching the eElderly platform, and introducing the Lifestyle Reactivation – Smart Homecare Solution. He also spearheaded the establishment of the Tuen Mun District Health Centre, advancing primary healthcare and community well-being. Schwinger is dedicated to promoting person-centred care, quality improvement, and technology integration to enhance service delivery for the elderly. His leadership has transformed frontline services, fostered digital transformation, and set new standards for community care. Schwinger's commitment to excellence continues to positively impact Hong Kong's elderly and community care sectors.



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Discussion Forum 3

Preventive Strategies for Elderly People and Healthy Ageing



Professor Doris S.F. YU

PhD, FAAN, FGSA, FHKAN

*Professor, Chair in Research, School of Nursing,
Associate Director,
Sau Po Centre on Aging, School of Social Work and Social Administration,
The University of Hong Kong*

Professor Doris Yu is a distinguished professor in the HKU School of Nursing. Since joining HKU in 2022, she has built on her illustrious career, having achieved full-tenured professorship in 2015. Her research focuses on nursing, aged care research, concentrating on healthy longevity, dementia and heart failure care innovations, and advanced asset-based community development for caregiving. These efforts attracted substantial research funding (PI) totaling US\$31.4M, including the Strategic Topic Grant, Collaborative Research Fund, and the Research Impact Fund, serving as both Principal Investigator and Co-PI. She has developed the first Healthy Aging Registry and Healthy Aging Promotion Care Pathway, aligning with the World Health Organization's strategic direction in Hong Kong. Professor Yu has an impressive research dissemination in top-tier journals within nursing, medicine, and gerontology. Since 2019, she has been recognized by Stanford University as among the top 2% most cited scientists worldwide. All these showcasing her leadership in high-impact research initiatives. In addition to her research achievements, Professor Yu serves as an Editor and sits on the editorial boards of several Q1 journals in nursing. She has been honored as a Fellow by the American Academy of Nursing (AAN) and the Gerontological Society of America (GSA). Her expertise is sought in various government grant review boards, including the Research Grant Council Biology and Medicine Panel for Joint Research Schemes, solidifying her reputation as a leading researcher.

Her dedication to teaching excellence is evident through numerous teaching awards from 2004-2014 and extensive program leadership under the UGC Undergraduate and Postgraduate Frameworks. Beyond academia, Professor Yu contributes to tertiary education, aged care services and policies, and the nursing profession, serving on numerous professional, government bodies and non-government organizations, including the AAN Expert Aging Panel. Her active public and professional engagement locally and internationally significantly advance nursing and healthcare globally.

Responses to the United Nations Decade of Healthy Aging 2021-2030: An Exemplar ICOPE-Based Care Model for healthy aging diagnostics and promotion in Hong Kong

The United Nations Decade of Healthy Aging 2021-2030 calls for proactive and collaborative strategies to enable older adults to “live well” with optimized functional capacity, accounting for intrinsic capacity (IC) and the environment. The Integrated Care of Older People (ICOPE) framework provides a comprehensive approach for guiding IC assessment and care prescription for promoting healthy aging. Hong Kong, projected to have the world's largest aging population by 2050, requires urgent, coordinated action to align with this global initiative.

In this presentation, the speaker will share the territory-wide healthy aging diagnostics in Hong Kong, based on the WHO-ICOPE framework in Hong Kong. This will be followed by an impact evaluation of the integrated healthy aging promotion model, Jockey Club Pathway to Healthy Aging (JC Path-HA), conducted among 1,680 older adults in the territory. By incorporating clinical critical care pathway, goal-oriented empowerment-based behavioral modification, asset-based capacity building, and health-oriented peer support, the JC Path-HA optimizes the functional well-being of older adults with accelerated aging sustainably.

Round Table Discussion

Tackling the World-Leading Ageing Society in 2050: Challenges and Resolutions for Community Care Services

By 2050, Hong Kong is projected to have the world's highest proportion of older adults (over 40% aged 65+), demanding urgent innovation in community care services. This roundtable discussion explores systemic challenges—including fragmented care systems, workforce shortages, and inequitable access—and proposes actionable resolutions grounded in global frameworks like the UN Decade of Healthy Aging and WHO-ICOPE. Key focus areas include integrating technology (e.g., AI-driven diagnostics, telehealth) to enhance service delivery, scaling person-centered care models that prioritize functional capacity and social participation, and fostering cross-sector collaboration among policymakers, NGOs, and private stakeholders. Speakers with solid expertise in evidence-based healthy aging promotion and strategic aged care leadership will share their vision and insights on developing scalable strategies to optimize aging trajectories in Hong Kong. The session will address reforms to policy, funding mechanisms, and community-driven solutions to build resilient, inclusive systems that empower older adults to thrive. Ultimately, the discussion aims to catalyze actionable partnerships and redefine aging as a societal asset, ensuring equitable, sustainable care for future generations.



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Discussion Forum 4

How Do We Teach GenZ Medical Students? – Local and International Advances in Medical Education



Professor Julie Y. CHEN

BSc, MD, CCFP, FPFC, SFHEA

Associate Professor of Teaching, Department of Family Medicine and Primary Care/

Bau Institute of Medical and Health Sciences Education

Director, Medical Ethics and Humanities Unit, School of Clinical Medicine

Assistant Dean (Student Wellness & Engagement), LKS Faculty of Medicine, The University of Hong Kong

Dr. Julie Chen is an academic family physician who is an Assistant Dean in the Teaching and Learning sub-deanery of the LKS Faculty of Medicine, Chief of Undergraduate Education in the Department of Family Medicine and Primary Care, and Co-convenor for Primary Healthcare Education under the Faculty's Comprehensive Primary Healthcare Collaboratory. She teaches medical students across all six years of the MBBS programme in her own discipline as well as in professionalism and medical humanities. Her research interests derive from her teaching and lie in curriculum development, professionalism, and doctor and student wellbeing. In recognition of her work in medical education, she has been awarded a Faculty Teaching Medal, two University Outstanding Teaching Awards and a Teaching Innovation Award (Team) from The University of Hong Kong.

This presentation explores best practices derived from the literature for effectively teaching GenZ medical and health professions students. As digital natives, GenZ students have unique learning preferences and behaviours that require innovative teaching strategies to engage and educate them effectively. The presentation will discuss findings on the characteristics of GenZ learners, their preferred learning methods, and strategies to enhance their learning experience in medical education. Practical recommendations and approaches combining the evidence with the HKUMed experience will be shared to help educators optimize teaching strategies for this generation of medical and health professions students. By understanding the needs of the GenZ cohort and taking deliberate steps to tailor learning approaches and opportunities for them, medical educators will be in a better position to help prepare these students for successful future healthcare careers.



Professor Victor K. NG

MSc, MD, CCFP(EM), MHPE, FCFP, ICD.D

*Associate Professor and Assistant Dean, Schulich School of Medicine and Dentistry,
Western University, London, Canada*

Director, Programs and Practice Support, College of Family Physicians of Canada

President, WONCA North America Region

Chair, WONCA Working Party on Education

Dr. Victor Ng is a practicing family/emergency medicine doctor, current President, World Organization of Family Doctors (WONCA) North America Region and Chair of WONCA's Working Party on Education. He completed his medical degree at the University of Manitoba and family medicine residency and emergency medicine fellowship at Western University. He is an Associate Professor and Assistant Dean, Schulich School of Medicine and Dentistry at Western University, Canada. His academic interests are primarily in medical education, health systems innovation and quality improvement. He serves in a senior leadership role as the Director, Programs and Practice Support at the College of Family Physicians of Canada (CFPC). Additionally, he serves as the Board Chair of Casey House Hospital and Foundation, board member of William Osler Health System and is a member of the Education for Primary Care Journal Editorial Board. He is a sought-after international speaker and has received awards and acknowledgements including fellowship in the College of Family Physicians of Canada.

The integration of artificial intelligence (AI) into medical education offers transformative potential, particularly for Generation Z students. As digital natives, Gen Z learners thrive in environments that are interactive, personalized, and technology driven. AI tools—such as virtual patient simulations, adaptive learning platforms, and real-time analytics—enhance engagement, foster clinical reasoning, and support self-directed learning. However, the use of AI also presents critical challenges. Overreliance on algorithms can hinder the development of critical thinking and interpersonal skills essential to medical practice. Concerns about data privacy, algorithmic bias, and unequal access to technology across institutions and regions further complicate implementation. Additionally, faculty preparedness and the ethical use of AI demand careful planning. For medical schools, the integration of AI must be intentional, culturally sensitive, and equity focused. This presentation explores the opportunities and risks of AI in medical education, emphasizing strategies to harness its benefits while safeguarding the integrity of clinical training.



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Discussion Forum 4

How Do We Teach GenZ Medical Students? – Local and International Advances in Medical Education



Professor Carmen K. M. WONG

BSc(UK), MBBCh(UK), MRCGP(UK), MSc Clinical Education (UK), FHEA

*Clinical Professional Consultant, JC School of Public Health and Primary Care, Faculty of Medicine,
The Chinese University of Hong Kong*

Dr. Carmen Wong is Associate Professor of Practice in Medical Education and Family Medicine and Assistant Dean (Education-Faculty Development) at the Faculty of Medicine, CUHK. Dr. Wong received the Faculty Teaching Award, University Education Award and the prestigious University Grants Council (UGC) Teaching Award in 2020 for her work in medical education and family medicine. Her numerous teaching grants include clinical communication skills, social responsibility and interdisciplinary curriculum design and implementation. Dr. Wong leads interdisciplinary design thinking workshops and community of practice in curriculum design across Hong Kong universities. Her teaching and research interests include interprofessional education, team based learning and lifestyle medicine.

In the age of hyper distractability and multi task switching, how do we engage students to better focus and contextualise their learning whilst demonstrating communication and problem solving skills as a team? This presentation highlights the importance of family medicine skills as a foundation to medical education and how concepts and skills of everyday primary care are integrated into CUmed curriculum from Semester 1 and throughout the curriculum. These endeavours include interprofessional working, patient and family continuity, social responsibility, communication and consultation skills, team-based learning and the 'hot seat'. Pedagogical approaches in curriculum design to achieve the learning outcomes and the hidden curriculum include educational theories such as Bloom's taxonomy, Kolb's cycle of experiential learning, constructivist learning theory and social interdependence theory with teaching approaches being learner centred, encouraging active learning and enhancing feedback and reflection.



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Discussion Forum 5

Outlook of Primary Healthcare Development in Hong Kong



Dr. PANG Fei Chau

MBChB, FHKAM(Medicine), FHKCCM, FRACMA, MBA

*Commissioner for Primary Healthcare, Primary Healthcare Commission, Health Bureau, Government of the HKSAR
President, the Hong Kong College of Community Medicine*

Dr PANG Fei Chau is the current Commissioner for Primary Healthcare, the Government of the Hong Kong Special Administrative Region Health Bureau. He is the president of the Hong Kong College of Community Medicine. Dr Pang is an experienced health service executive and have been the Head of Human Resources of the Hospital Authority to provide strategic advice and leadership to the HR function of over 40 public hospitals. He was appointed as the member of the Elderly Commission of the Government of the Hong Kong Special Administrative Region between 2015-2019. He was the elected Council member of The University of Hong Kong in 2021/22.



Dr. CHEUNG Wai Lun, JP

*Director of Strategic Purchasing Office & Project Director of Chinese Medicine Hospital Project Office,
Health Bureau, Government of the HKSAR*

Dr CHEUNG Wai-lun is the Director of Strategic Purchasing Office & Project Director of the Chinese Medicine Hospital Project Office under Health Bureau of the HKSAR Government. He is leading the development of strategic purchasing in procuring healthcare services from the private sector for driving better health of the community and enhancing sustainability of the healthcare system. He is also responsible for the planning, development, designing, building and commissioning of the first Chinese Medicine Hospital in Hong Kong.

Dr. Cheung has excellent expertise in healthcare system & hospital management and broad exposure through his wide job portfolio from frontline clinician, hospital & cluster chief executive to the then Director in Cluster Services. He had also been appointment as a member of various government advisory committees, and has extensive experience with outside commercial & non-government organizations, professional bodies, academic institutions, district councils, Legco & media.



Dr. Christina K.C. MAW

*Assistant Director of Strategic Purchasing Office, Health Bureau, Government of the HKSAR
Chief Manager on Transformation Services of Hospital Authority
Specialist in Public Health Medicine*

Dr Christina MAW is currently the Assistant Director of Strategic Purchasing Office (SPO) of Health Bureau and Chief Manager on Transformation Services of Hospital Authority (HA). She is responsible for programme development, data management and programme administration of strategic purchasing programmes of SPO, as well as overseeing the planning, implementation and review of public-private-partnership programmes of HA.

Dr MAW is a Specialist in Public Health Medicine. Prior to her current roles, Dr MAW was the Hospital Chief Executive of Grantham Hospital & Tung Wah Hospital. She previously worked as the Chief Manager in HA responsible for the planning and implementation of primary care, elderly services, rehabilitation services and palliative care. Before taking up the management roles in HA, she has worked in the Department of Health in disease prevention and control.

With the implementation of the Primary Healthcare Blueprint, the Government has gained positive feedback on establishing a platform for family doctors and the general public to manage common chronic conditions through the chronic disease co-care program. District Health Centres have gradually outlined a community network that involves multidisciplinary professionals including community pharmacies, nurse clinics and allied health services. The work is to drive life course preventive care and aims to shift the emphasis of the present healthcare system, changing people's mindset from treatment-oriented to prevention-oriented.

With the establishment of the Primary Healthcare Commission and the Strategic Purchasing Office, there will be more coordinated care for the public through the e-Health platform for primary care services of the Hospital Authority and the migration of services from the Department of Health so as to increase access and effectiveness. We will have more enhancement and service expansion to support family doctors who will be the core of this development. With more plans to enhance training for primary care providers, we can engage the community to work hand in hand with the Government in building a primary care system under our health family.

The one-hour panel session will outline the coming and continuous development of primary healthcare in Hong Kong.



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Sponsored Dinner Symposium

Unravelling Strategies in Cardiovascular-Kidney-Metabolic (CKM) Management – Improving Patient Outcomes



Professor Alice P.S. KONG

MBChB, MD, MRCP, FHKAM(Medicine), FRCP(Glasg, Edin, London)

*Professor, Division of Endocrinology, Department of Medicine and Therapeutics,
The Chinese University of Hong Kong, Hong Kong*

Dr. Kong is Professor in the Department of Medicine and Therapeutics at The Chinese University of Hong Kong, and Honorary Consultant at the Prince of Wales Hospital, Hong Kong. Dr. Kong graduated from The Chinese University of Hong Kong and completed her training in General Medicine and Endocrinology at the Queen Elizabeth Hospital, Hong Kong. She had her overseas training as postdoctoral fellow under the mentorship of Dr. Robert Henry at the Division of Endocrinology, Department of Medicine at University of California, San Diego, United States between 1998 and 1999. She became a Fellow of the Hong Kong Academy of Medicine in 2000, with accreditation in Advanced Internal Medicine, Endocrinology, Diabetes and Metabolism. She is also a Fellow of the Royal College of Physicians, Glasgow, Edinburgh and London. She is the chairperson of Specialty Board in Advanced Internal Medicine, Hong Kong College of Physicians between 2017 and 2021.

Dr. Kong's research interests are obesity and diabetes with focuses on epidemiological studies and clinical trials related to lifestyle factors, technology and complications in adults and adolescents. Dr. Kong is the member of the Nominating Committee for President, World Obesity Federation. She is a member of the steering committees of multinational studies and advisory boards of Hong Kong Government and international agencies including the Global Advisory Group of World Obesity Day. She is the Editor in Chief of Primary Care Diabetes, Managing Editor of Obesity Reviews, Editorial Board Member of Diabetes Care, Section Editor of Current Diabetes Reports, and International Associate Editor of Diabetes Technology and Therapeutics. Dr. Kong is dedicated to teaching and won the Faculty Education Award in 2022. She has presented at numerous local, regional and international meetings and has published over 360 articles in international peer-reviewed journals.

The management of people with diabetes and comorbid chronic kidney disease (CKD) presents significant challenges that necessitate personalized strategies and innovative approaches. This lecture will provide an in-depth overview of Cardiovascular-Kidney-Metabolic (CKM) syndrome, with references to Hong Kong's first CKD Consensus and the recently released position statement from the Hong Kong College of Physicians for the incorporation of CKM into the local healthcare system. This lecture will also highlight the role of sodium-glucose cotransporter 2 inhibitors (SGLT2i) as an important pharmacological agent in the current guidelines for the management of people with diabetes, CKD, and heart failure. Moreover, this session aims to stimulate discussion and encourage a patient-centered care approach to the management of people with CKM syndrome.



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Sponsored Dinner Symposium

Could You Spot This? Identifying and Intervening in Cardio-Renal Risks in T2D Patients that Change Outcomes



Dr. Peter C.Y. TONG

PhD, MB BS, FRCP (London, Edinburgh), MRCP, FHKCP, FHKAM

*Clinical Associate Professor (Honorary), Jockey Club School of Public Health and Primary Care, The Chinese University of Hong Kong
Specialist in Endocrinology, Diabetes & Metabolism*

Peter Tong is a Specialist in Endocrinology, Diabetes & Metabolism.

Dr Tong is a Clinical Associate Professor (Honorary) in the Jockey Club School of Public Health and Primary Care, The Chinese University of Hong Kong, and is a Past President of the Hong Kong Society of Endocrinology, Metabolism and Reproduction. He was a Professor in the Department of Medicine & Therapeutics, The Chinese University of Hong Kong.

Dr Tong obtained a First-Class Honours degree in Pharmacy from The University of Bradford, UK. He received his MBBS (Bachelor of Medicine) and PhD degrees from The University of Newcastle upon Tyne, UK. He has been a UK Medical Research Council Clinical Research Training Fellow, and received a Peel Travelling Fellowship for his postdoctoral fellowship at the Hospital for Sick Children in Toronto, Canada. Dr Tong's research areas include disease management models of diabetes, diabetic kidney disease, obesity, the cellular mechanism of insulin resistance, and the use of traditional Chinese medicine in the treatment of diabetes. His work has been published in many international peer-reviewed scientific journals.

Cardiovascular and renal complications remain the leading causes of morbidity and mortality in diabetes, yet their early signals are frequently underrecognized in busy primary care settings. Primary-care practitioners play a critical role to identify cardio-renal risk and initiate early treatment to optimize cardiorenal protection including cardio-renal protective medications like SGLT2 inhibitors. SGLT2i such as empagliflozin shows promising outcomes, including reduced cardiovascular mortality, hospitalization for heart failure, and adverse kidney events across diverse patient populations. Even with robust increases in utilization, these medications are not fully utilized. In this presentation, we will focus on the easy identification and treatment for patients with cardio-renal complications.

Early Identification and Innovative Treatment Strategies for COPD Patients



Professor Herbert W.C. KWOK

MBBS (University of Hong Kong), FRCP (Glasg), FHKCP, FHKAM(Med)

*Clinical Assistant Professor, Department of Medicine, School of Clinical Medicine, The University of Hong Kong
Specialist in Respiratory Medicine*

Prof. Herbert Kwok earned his MBBS from the University of Hong Kong and completed specialty training in Respiratory and Internal Medicine at Queen Mary Hospital. He is a Clinical Assistant Professor at HKU's Department of Medicine. His research focuses on airway diseases (asthma, bronchiectasis, COPD) and lung cancer. He has received numerous competitive research grants and prestigious awards, including the APSR Young Investigator Award and multiple presentation and travel awards. Prof. Kwok was also awarded the Li Shu Fan Fellowship for his work on airway disease phenotyping and therapeutics.

Chronic obstructive pulmonary disease (COPD) is a major global health concern, with 70–80% of patients remaining undiagnosed. These undiagnosed individuals face an increase risk of exacerbations, pneumonia, and comorbidities, leading to worse clinical outcomes, higher hospitalization rates, and elevated mortality. The resulting burden significantly affects both the patient's quality of life and their healthcare systems. Early detection, especially for mild to moderate cases, is therefore essential to enable timely interventions that can slow disease progression and improve symptom control.

Recent strategies emphasize integrating early identification with personalized treatment approaches. Moving beyond the traditional "one-size-fits-all" model, clinical evidence now supports tailoring pharmacological therapies—such as selecting optimal bronchodilators—to specific patient phenotypes. This shift recognizes the heterogeneity of COPD and the importance of considering individual risk profiles, comorbidities, and exacerbation history when initiating treatment.

This lecture will explore innovative strategies for early COPD identification and how emerging tools and technologies can transform current challenges into opportunities. Drawing on international guidelines and recent clinical trial data, the discussion will highlight how personalized pharmacological and non-pharmacological interventions can be effectively implemented to maximize clinical outcomes. By focusing on individualized care, healthcare professionals can better manage COPD, reduce disease burden, and ultimately improve patients' lives.



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Sponsored Lunch Symposium

Navigating the Complexities of Asthma Diagnosis: Spotlight on Cough Variant Asthma (CVA) with a Brief Overview of COPD



Dr. Angus H.Y. LO

MBBS (HK), MRCP (UK), FHKCP, FHKAM (Med.), FRCP (Edin)

Specialist in Respiratory and Critical Care Medicine

Dr Angus Lo is a specialist in Respiratory and Critical Care Medicine. He graduated from the University of Hong Kong in 1997. After obtaining his fellowship in Respiratory Medicine in 2005, he went on to receive further training in Critical Care Medicine in Royal North Shore Hospital in Sydney and completed his training in Critical Care Medicine in Pamela Youde Nethersole Eastern Hospital (PYNEH) in 2008.

Dr Lo is experienced in dealing with various respiratory diseases ranging from post-viral cough, airway diseases including asthma and COPD, lung fibrosis, pneumonia, sleep disorders to lung cancer. While serving in PYNEH, he has led his team to support assisted ventilation at home for patients with neuromuscular disease and chronic lung diseases. He was also involved in the development of various advanced diagnostic endoscopies and interventional pulmonology in PYNEH.

Apart from clinical care, Dr Lo has been active in teaching and in serving the community. He has been an Honorary Clinical Assistant Professor of the University of Hong Kong since 2012 and a part-time lecturer of Chinese University of Hong Kong since 2014. He has also directed teaching for health care workers on Crew Resource Management in the Hong Kong East Cluster in 2015. He is currently the Honorary Consultant in Hong Kong East Cluster Training Center for Healthcare management and Clinical Technology and also serves as an Advisor for the Hong Kong Asthma Society for the public.

Asthma diagnosis presents a myriad of challenges due to its complex and variable nature. Traditional diagnostic methods, while effective in many cases, often overlook atypical presentations such as Cough Variant Asthma (CVA). CVA is a unique asthma phenotype characterized solely by a chronic, non-productive cough without the classic symptoms like wheezing and breathlessness. This variant can lead to underdiagnosis or misdiagnosis, as the cough in CVA may mimic other conditions such as chronic bronchitis or gastroesophageal reflux disease (GERD). Recognizing these diagnostic pitfalls is crucial for healthcare providers to ensure timely and accurate identification of CVA.

The diagnostic process for CVA requires a comprehensive clinical evaluation, including spirometry, methacholine challenge tests, and careful exclusion of other potential causes for chronic cough. Additionally, monitoring the patient's response to asthma medications can serve as a valuable diagnostic tool. However, this can be complicated by the overlap of symptoms with other respiratory and non-respiratory disorders.

In addition to asthma, a broader respiratory health context is provided with a brief overview of Chronic Obstructive Pulmonary Disease (COPD). Understanding the distinct yet occasionally overlapping characteristics of COPD is essential, as it impacts patient management strategies significantly. Advances in biomarker research and imaging techniques hold promise for enhancing diagnostic accuracy across these conditions. In conclusion, appreciating the diagnostic challenges in asthma, CVA, and the broader landscape of COPD is imperative to improve patient outcomes and optimize treatment strategies.



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Sponsored Coffee Break Symposium

Breaking Barriers: Expanding HIV Testing to Primary Care Settings



Dr. Heather K.W. TO

MBBS (HK), FHKCP (Infectious Disease), FHKAM (Medicine), PGDip ClinDerm (QMUL)

Council Member

Hong Kong Society for HIV Medicine

Following her graduation from the University of Hong Kong, Dr. To began her training in Internal Medicine with a focus on Infectious Diseases and HIV Medicine. She is currently providing clinical care to people living with HIV, as well as offering HIV preventive interventions to individuals at high risks for HIV acquisition. Besides being a council member for the Hong Kong Society for HIV Medicine, she is also serving as the Honorary Secretary of the Hong Kong Society for Infectious Diseases.

With the advancement of antiretroviral therapy (ART), Human Immunodeficiency Virus (HIV) infection has evolved from a fatal condition to a manageable chronic health condition. Early diagnosis, timely linkage to care and treatment initiation, support for long-term adherence and subsequent achievement of viral suppression constitute the essential components along the HIV care continuum that are critical not only in maintaining the health of people living with HIV (PLHIV), but also in preventing transmission as a result of "Treatment as Prevention" (TasP).

With an ultimate goal of ending the HIV epidemic, the Joint United Nations Programme on HIV/AIDS (UNAIDS) 2025 targets call for 95% of all PLHIV knowing their HIV status, 95% who know their HIV-positive status taking antiretroviral treatment, and 95% of those receiving treatment having suppressed viral load. Facilitating the first 95, via a multi-pronged approach to address the barriers to testing is, therefore, foundational to allow for linking individuals with HIV to appropriate care settings, and subsequent achievement of the second and third 95. Integration of HIV testing into primary care could reduce stigma, normalise HIV testing and increase testing coverage.

This presentation shall discuss on local HIV epidemiology and various barriers to testing. Practical issues including indications for testing; consent and pre-test information delivery; testing modalities and post-test counselling shall be discussed in this session.



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Friday, 11 July 2025 · 19:30 – 20:30

Sponsored Online Seminar 1

What Can We Do for Benign Prostatic Hyperplasia as a Primary Care Physician?



Dr. Julius H.F. WONG

MBChB (CUHK), MRCS, FRCS(Urol), FRCSEd(Urol), FHKAM(Surgery)

Associate Consultant, New Territories East Cluster, Hospital Authority

Dr. Wong Ho Fai, Julius graduated from the Chinese University of Hong Kong in 2012. He joined the Department of Surgery, Prince of Wales Hospital after his graduation and obtained his urology fellowship in 2021. Dr. Wong is currently the Associate Consultant of the NTE Cluster and honorary clinical assistant professor at The Chinese University of Hong Kong. He is actively engaged in medical education, as a tutor and speaker at various workshops, training programs and symposia in local and regional conferences covering both benign and malignant prostate diseases and male infertility.

Benign Prostatic Hyperplasia (BPH) is one of the commonest urological conditions in the primary care setting. With our aging population, it poses a significant burden to our medical system. While some patients may develop complications requiring surgical intervention, the majority of them can be safely managed in the primary care setting.

History taking and physical examination are essential in making the diagnosis and evaluation. Various investigations including urine and blood tests may be used to rule out other important differential diagnoses and look for complications such as infection and bladder calculi that may require specialist care. Self-administered symptom questionnaires can be used to stratify patients by the severity of the symptoms and does help to select patients who may require more intense treatment.

Management of BPH has been evolving in the past few years with emerging treatment options. Treatment options for BPH include non-pharmacological treatments; lifestyle modification, medical treatments with monotherapy or combination therapy. For patients who have failed medical treatment or developed complications, surgical treatment can be considered. Options that can be performed under local, spinal or general anesthesia are available to treat the enlarged prostate gland as well as its associated complications.

BPH management is now more diversified and individualized. The majority of patients with stable and uncomplicated diseases can be effectively managed in the primary care setting. Selected cases who have failed medical treatment or developed complications should and shall receive specialized urological care. Together, we can tackle this important men's health problem and improve men's quality of life.



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Friday, 11 July 2025 · 19:30 – 20:30

Sponsored Online Seminar 2

New Horizons in Obesity Care – The Role of GIP/GLP-1 Receptor Agonist in Weight Management



Dr. Ivan M.H. WONG

MBBS(HK), MRCP(UK), FHKCP, FHKAM(Medicine), FACC

Director, Structural Heart Interventions, Hong Kong Asia Heart Centre

Honorary Clinical Assistant Professor, The Chinese University of Hong Kong

Council Member, Hong Kong Society of Congenital and Structural Heart Disease

Dr WONG Man Ho, Ivan graduated from the University of Hong Kong and received his training in cardiology in Queen Elizabeth Hospital. He further underwent advanced training in structural heart interventions and interventional echocardiography in the Heart Centre, Rigshospitalet, Copenhagen, Denmark and Fudan University Zhongshan Hospital, Shanghai, China.

He has a special interest in complex coronary and structural heart interventions. His research interest includes transcatheter aortic valve implantation (TAVI), left atrial appendage occlusion (LAAO) and intracardiac echocardiography (ICE) guided procedures. He established ICE-guided services in regional areas including Macau and Taiwan. He is the inventor of the LACRCO algorithm, SENTIPACE strategy and SISARI technique in the field of interventional cardiology. He authored and co-authored book chapters and publications in peer-reviewed journals including JACC cardiovascular interventions and EuroIntervention. He is the co-author of the European consensus statement in the management of coronary artery disease in patients undergoing transcatheter aortic valve implantation and the Chinese expert consensus statement on left atrial appendage closure in patients with atrial fibrillation.

The management of obesity has entered a new era with the introduction of dual agonists targeting the glucose-dependent insulintropic polypeptide (GIP) and glucagon-like peptide-1 (GLP-1) receptors. These novel therapeutic agents offer a promising approach to weight management by leveraging the synergistic effects of GIP and GLP-1 receptor agonism. This lecture explores the potential of GIP/GLP-1 receptor agonists in addressing the complex pathophysiology of obesity. Clinical trials have demonstrated the efficacy of these dual agonists in promoting significant weight loss and improving metabolic health. By enhancing insulin secretion, suppressing glucagon release, and reducing appetite, GIP/GLP-1 receptor agonists provide a comprehensive strategy for obesity care. This review will discuss the mechanisms of action, clinical outcomes, and potential benefits of incorporating GIP/GLP-1 receptor agonists into obesity treatment regimens, highlighting their role in transforming the landscape of obesity management.



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11 – 13 July 2025 (Friday - Sunday)

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Sponsored Online Seminar 3

Navigating the Continuum from Hypertension to Heart Failure: From Data to Clinical Practice



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Dr. CHAN Lip Kiong obtained his medical degree at the University of Hong Kong. His residency was at Alice Ho Miu Ling Nethersole Hospital and he completed his cardiology fellowship training at Alice Ho Miu Ling Nethersole Hospital and Prince of Wales Hospital. He went to Imperial College, London for advanced echocardiography training in 2006. Dr. Chan has 20 years of experience in cardiology, with a special interest in heart failure and echocardiogram. He is currently a private cardiologist and honorary secretary of Hong Kong Heart Failure Society.

Hypertension affects approximately 29.5% of the adult population in Hong Kong, making it one of the most common chronic health conditions. Despite a broad range of treatment options, many patients remain inadequately controlled. This increases the risk of cardiovascular complications and the progression to heart failure.

This lecture will explore the clinical continuum from hypertension to heart failure, focusing on the mechanisms that drive disease progression and the importance of early and sustained intervention. While established therapies remain the foundation of treatment, persistent gaps in control highlight the need for more effective and individualized strategies.

Recent updates in international and regional guidelines have expanded the range of available antihypertensive options. Some newer agents may offer added benefits for specific patient groups. The session will review key clinical data supporting these developments and consider how they can be applied in routine practice.

The talk will conclude with case sharing to highlight practical aspects of hypertension management. These cases will show how guideline-based approaches can improve blood pressure control and potentially slow the transition to more advanced cardiovascular disease.