

Hong Kong Primary Care Conference 2016

A Flourishing Community - Our Vision in Primary Care



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

4 - 5 June 2016
(Saturday - Sunday)

January Issue



Hong Kong Primary Care Conference 2016 “A Flourishing Community – Our Vision in Primary Care”

4 – 5 June 2016 (Saturday – Sunday)

Hong Kong Academy of Medicine Jockey Club Building,
99 Wong Chuk Hang Road, Aberdeen, Hong Kong

Message from the Organizing Committee



It gives me immense pleasure to invite you on behalf of the Hong Kong College of Family Physicians and 2016 HKPCC Organizing Committee to the 6th Hong Kong Primary Care Conference scheduled on June 4th-5th 2016 at the Hong Kong Academy of Medicine Jockey Club Building, Hong Kong.

Based on its continuing success, this annual event has become a hallmark in bringing together local and international experts, health care providers including family physicians, nurses and allied health professionals to promote collaborative and networking opportunities in addressing present and future challenges in primary care.

“A Flourishing Community – Our Vision in Primary Care”. This year’s thought provoking theme will stimulate us to transcend beyond keeping individuals and the community healthy, to embark on the challenge of fulfilling the motto “A Life Worth Living” leading to a community that flourish. As the foundation of the 21st century health systems must be more than ever be focused in primary health care, how should we envision to reach this inspiring goal?

Aside from offering an exciting array of plenary sessions, workshops, seminars and discussion forum, this conference will continue its well-received competitions in research paper, oral, poster and clinical case presentations.

I welcome you all to yet another inspiring, educational and rewarding experience in this coming conference.



Dr. Lorna NG
Chairman, Organizing Committee
Hong Kong Primary Care Conference 2016

Hong Kong Primary Care Conference 2016 “A Flourishing Community – Our Vision in Primary Care”

4 – 5 June 2016 (Saturday – Sunday)

Hong Kong Academy of Medicine Jockey Club Building,
99 Wong Chuk Hang Road, Aberdeen, Hong Kong

Conference Information

- Date:** 4-5 June 2016 (Saturday-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:** General:
Ms. Crystal Yung / Ms. Erica So
Registration:
Ms. Cherry Chan / Ms. Natalie Ho
Scientific and QA Accreditation:
Ms. Crystal Yung / Ms. Wing Yeung
Exhibition & Advertisement:
Ms. Teresa Liu
Publication:
Ms. Carmen Tong / Ms. Natalie Ho
- Contact Details:** Tel No.: (852) 2871 8899
Fax No.: (852) 2866 0616
Email: hkpcc@hkcfp.org.hk

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Scientific Programme at-a-glance

Time \ Date	4 June 2016 (Saturday)			
14:00 - 15:00	Registration and Welcome Drinks			
15:00 - 15:30	Opening Ceremony			
15:30 - 16:05	Plenary I <i>(delivered by Prof. Michael Kidd)</i> Flourishing Communities - How do we Achieve our Global Vision for Primary Care?			
16:05 - 16:40	Plenary II <i>(delivered by Prof. Sophia Chan)</i> Primary Care Development in Hong Kong			
16:40 - 17:00	Coffee Break and Poster Presentation - Part 1 #			
17:00 - 18:30	GP with Specific Interest (MSK)	Seminar A Clinical Updates on the Management of Anxiety Disorder	Discussion Forum Innovations in Community Palliative Care	Workshop 1 Insulin Use in Primary Care
18:30 - 21:00	Dinner Symposium			

Time \ Date	5 June 2016 (Sunday)			
08:15 - 09:00	Registration			
09:00 - 10:15	Workshop 2 Wound Care	Seminar B Dietary Approach to Management of Common Conditions in Primary Care	Free Paper - Oral Presentation Part 1 #	Clinical Case Presentation Competition
10:15 - 10:35	Coffee Break and Poster Presentation - Part 2 #			
10:35 - 11:50	Workshop 3 Clinical Leadership	Seminar C Updates on Management of Chronic Hepatitis B & C	Free Paper - Oral Presentation Part 2 #	Seminar D
11:50 - 12:30	Plenary III <i>(delivered by Prof. Lam Tai Pong)</i> Future developments of Family Medicine in Hong Kong			
12:30 - 14:00	Lunch Symposium			

Active CME/CPD points will be accredited to presenters.

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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REGISTRATION FORM

Title *: Prof. / Dr. / Mr. / Mrs. / Ms. **Institution *:** HA / DH / University / Private Hospital / Private Group / Solo Practice
Surname: _____ **Given Name:** _____ **HKCFP Member ID #:** _____
Occupation: Doctor / Nurse / Student / Allied Health _____ / Others _____
Contact No.: (Office) _____ (Mobile) _____ (Fax) _____
Address: _____
Email^: _____

Remarks:

* Please circle as appropriate.

Please contact the administrative staff Ms. Priscilla Li at membership@hkcfp.org.hk for membership application.

^ Details or updates would be sent by email.

REGISTRATION		Member	Non-member
A) Conference Registration ♦Registration to the conference is required.		<input type="checkbox"/> Complimentary	<input type="checkbox"/> HK\$850
B) Workshop Registration ♦First come first served. ♦Cheques will be returned to unsuccessful registrants.			
4 June (Sat)	17:00 – 18:30 <input type="checkbox"/> Workshop 1: Insulin Use in Primary Care	<input type="checkbox"/> HK\$250	<input type="checkbox"/> HK\$450
5 June (Sun)	09:00 – 10:15 <input type="checkbox"/> Workshop 2: Wound Care	<input type="checkbox"/> HK\$250	<input type="checkbox"/> HK\$450
	10:35 – 11:50 <input type="checkbox"/> Workshop 3: Clinical Leadership	<input type="checkbox"/> HK\$250	<input type="checkbox"/> HK\$450

COMPLIMENTARY SYMPOSIA (Please tick as appropriate.)	COMPLIMENTARY TRANSPORTATION (Please tick as appropriate.)
<input type="checkbox"/> Dinner symposium on 4 June (Sat)	4 June (Sat) <input type="checkbox"/> Admiralty → HKAM: 14:00 <input type="checkbox"/> HKAM → Admiralty: 21:15
<input type="checkbox"/> Lunch symposium on 5 June (Sun)	5 June (Sun) <input type="checkbox"/> Admiralty → HKAM: 08:15

PAYMENT METHOD
Please send completed registration form with crossed cheque(s) payable to “HKCFP Education Ltd” to the Conference Secretariat.
Please use **SEPARATE** cheques for payment of membership fees (if applicable), conference and workshop(s) registration fees.

CONFERENCE SECRETARIAT

Registration: Ms. Cherry Chan / Ms. Natalie Ho **Tel:** (852) 2871 8899
CME / CNE: Ms. Crystal Yung / Ms. Wing Yeung **Fax:** (852) 2866 0616
Others: Ms. Erica So / Ms. Teresa Liu / Ms. Carmen Tong **Email:** hkpcf@hkcfp.org.hk
Address: HKCFP, Room 803-4, 8/F, HKAM Jockey Club Building, 99 Wong Chuk Hang Road, Aberdeen, Hong Kong

Signature: _____

Date: _____

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Full Paper Competition

We cordially invite your participation in the **Full Paper Competition** of the HKPCC 2016. The Competition is a long-standing tradition of HKCFP for promoting and recognizing well-designed, innovative research, which bears potential impact on clinical practice or development of primary care. This year, we will have TWO Awards:

AWARDS

Best Research Paper Award

Best Trainee Research Paper Award

The HKPCC 2016 Organizing Committee will invite renowned scholars as judges to review the participating papers.

Each awardee will be presented **HK\$1,000** cash prize and a **certificate** at the opening ceremony of the HKPCC 2016.

ELIGIBILITY AND AUTHOR GUIDELINES

To be eligible for participation in the Full Paper Competition, **the first author of the paper must meet ALL of the following conditions:**

- (1) The author must be a member of the HKCFP and register at the Conference;
- (2) The author completes the majority of the research and writing for the paper;
- (3) The author has not used the paper to apply for other awards.

The participating paper should be a full-length article. It should include a structured abstract of no more than 250 words. The text should contain 2,000 - 3,000 words, organized as **INTRODUCTION, METHODOLOGY, RESULTS and DISCUSSION**. It should consist of no more than 5 illustrations (tables/figures). Only electronic versions are accepted. The full paper should be typed in 12 point size in Microsoft Word format.

For **Best Trainee Research Paper Award**, additional eligibility applies:

- (1) The first author must be a trainee of HKCFP or within 3 years of completion of vocational training;

- (2) For higher trainees who are submitting their Exit Examination research project for this Competition, they must have submitted their project to the Specialty Board and have passed the research segment of the Exit Examination.

AWARD SELECTION CRITERION

Each paper will be evaluated against the following criteria:

- (1) Academic rigor of the paper (e.g. originality, methodology, organization and presentation).
- (2) Relevance and impact to primary care (e.g. importance of the topic and the impact of the findings on the practice or development of primary care).

HOW TO SUBMIT

Please download the Full Paper Submission Form from College's Website <http://www.hkcfp.org.hk>.

By Email – Attach the full paper with the completed “Full Paper Submission Form” and send to hkpsc@hkcfp.org.hk. *All entries will be acknowledged on receipt.*

For enquiry, *please do not hesitate to contact our conference secretariat, Ms. Carmen Tong or Ms. Wing Yeung, at 2871 8899 or by email hkpsc@hkcfp.org.hk.*

SUBMISSION DEADLINE

31 March 2016 (Thursday) for Best Research Paper Award

15 April 2016 (Friday) for Best Trainee Research Paper Award

“We look forward to receiving your research articles!”

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Free Paper Competition

Apart from the Full Paper Competition, we also have the **Free Paper Competition** which sees many pioneering research ideas, pilot studies and thought provoking case studies, commentaries and stimulating discussions. The Free Paper Competition is one of the highlights of the HKPCC and can be in the form of ORAL presentation or POSTER presentation. We look forward to your active participation in the Free Paper Competition.

AWARDS

Best Oral Presentation Award.

Best Poster Presentation Award.

Both the winners will receive

HK\$1,000 cash prize and a certificate.

AUTHOR GUIDELINES

- (1) The presentation of the free paper can be in the form of ORAL presentation or POSTER presentation. (The details of oral or poster presentation will be announced later.)
- (2) Electronic version is preferred for abstracts. Abstract should be typed in 12-point size in Microsoft Word format. Handwritten abstracts will NOT be accepted.
- (3) The abstract must not exceed 250 words, and should be organized as follows: **TITLE, AUTHOR(S), INTRODUCTION, METHOD, RESULTS and DISCUSSION**. Commentaries and discussion papers need not follow the above format apart from the TITLE and AUTHOR(S).
- (4) Authors' full names and affiliations must be specified. Surnames should be printed in bold.
- (5) All abstracts must be submitted in English. All accepted abstracts must be presented in English.

ELIGIBILITY REQUIREMENTS

To be eligible for participation in the free paper presentation, **the first author of the paper must meet ALL of the following conditions:**

- (1) The author must register at the Conference;
- (2) The author completes the majority of the research and writing for the paper
- (3) The author has not used the paper to apply for other awards.
- (4) The Organizing Committee will have the right of final decision on the acceptance of an abstract.

- (5) Only **ONE** designated presenter can present the accepted abstract. Co-authors are welcome to register and attend the session of the conference.

AWARD SELECTION CRITERIA

For the **Best Oral Presentation Award**, each oral presentation will be evaluated against the following criteria:

- (1) Quality and thoroughness of research methods used to generate findings;
- (2) Quality of visual presentation if applied;
- (3) Relevance, innovation and impact to primary care.

For the **Best Poster Presentation Award**, each poster will be evaluated against the following criteria:

- (1) Quality of visual presentation (poster layout);
- (2) Quality and thoroughness of research methods used to generate findings;
- (3) Relevance, innovation and impact to primary care.

HOW TO SUBMIT

Please download the Abstract Submission Form from College's Website <http://www.hkcfp.org.hk>.

By Email – Attach the abstract with the completed “Abstract Submission Form” and send to hkpc@hkcfp.org.hk. *All entries will be acknowledged on receipt.*

For enquiry, *please do not hesitate to contact our conference secretariat, Ms. Carmen Tong or Ms. Wing Yeung, at 2871 8899 or by email hkpc@hkcfp.org.hk.*

SUBMISSION DEADLINE

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Clinical Case Competition

Following the success of the Clinical Case Presentation/Competition in past HKPCCs since 2012, the Organizing Committee of the upcoming Hong Kong Primary Care Conference is honored to organize the competition again this year!

The Presentation can be in the form of individual or group presentation with up to 5 people per group. The details of the Presentation are listed as below. We look forward to your active participation in the Clinical Case Presentation.

COMPETITION OUTLINE

- (1) Target participants: Doctors, nurses, physiotherapists, clinical psychologist, occupational therapists, dietitians, podiatrists and any other allied health professionals.
- (2) Presentation materials: Any kinds of clinical cases relevant to primary care.
- (3) Presentation format: In the form of individual presentation, role-play, drama or any other possible format for 15 minutes. Either individual or group presentation with up to 5 people per group is accepted.
- (4) The Organizing Committee has the right for final decision on acceptance of the cases for the presentation.

AWARDS

CPD/ CME / CNE points will be granted to all speakers and group members.

The Best Presentation Award winner will receive **HK\$1,000** cash prize and a **certificate**.

ELIGIBILITY REQUIREMENTS

To be eligible for participation in the Clinical Case Presentation Competition, the presenter must meet ALL the following conditions:

- (1) The presenter must register at the Conference.
- (2) **The presentation should be the original work of the participants.**
- (3) The candidates should have submitted their presentation proposals prior to the Conference.

AWARD SELECTION CRITERIA

Each presentation proposal should state the theme, and outline of presentation, format (e.g. role-play, drama, video), language and rundown.

Each presentation will be evaluated against the following criteria -

- (1) Quality of presentation.
- (2) Content of presentation: Relevance and impact to primary care, presentation skills and time management, enhancement to patient care in daily practice and useful take home message.

HOW TO SUBMIT

- *The entry should be submitted together with presentation proposal and the completed entry form (downloadable from College website <http://www.hkcfp.org.hk>), and emailed to “hkpcc@hkcfp.org.hk”. All entries will be acknowledged on receipt.*
- *The presentation material should be submitted prior to the Conference **on or before 20 May 2016 (Friday)**.*
- *If you have any questions concerning the “Clinical Case Presentation”, please contact our conference secretariat, Ms. Carmen Tong or Ms. Wing Yeung, at 2871 8899 or by email hkpcc@hkcfp.org.hk.*

**ENTRY FORM, PRESENTATION PROPOSAL
SUBMISSION DEADLINE**

8 April 2016 (Friday)

**PRESENTATION MATERIAL SUBMISSION
DEADLINE**

20 May 2016 (Friday)

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The Organizing Committee has the honour of inviting many prestigious speakers at the upcoming HKPCC 2016. We will be introducing our honourable speakers in the coming issues of our announcements.

Plenary I

Flourishing Communities – How do we Achieve our Global Vision for Primary Care?



Professor Michael Kidd AM

FAHMS FHKCFP (Hon) FRACGP

President, World Organization of Family Doctors (WONCA);

Executive Dean & Matthew Flinders Distinguished Professor; Faculty of Medicine, Nursing and Health Sciences, Flinders University

Professor Michael Kidd AM is the current president of the World Organization of Family Doctors (WONCA), the executive dean of the Faculty of Medicine, Nursing and Health Sciences at Flinders University in Australia. He was previously Professor and Head of the Department of General Practice at the University of Sydney and a past president of the RACGP.

He is an elected Fellow of the Australian Academy of Health and Medical Sciences, a council member of Australia's National Health and Medical Research Council, and a director of beyondblue, Australia's national initiative to tackle depression, anxiety and suicide.

Michael has been a frequent visitor to Hong Kong over the past 25 years. In 2004 he was invited to deliver the prestigious Dr Sun Yat Sen Oration, and in 2006 he was awarded Honorary Fellowship of the HKCFP. In 2009 he was made a Member of the Order of Australia for his services to health care and education.

Background: In 2000 the nations of the world signed up to the United Nation's Millennium Development Goals and agreed to targets for the next fifteen years to eradicate extreme poverty and hunger, reduce maternal and child mortality and tackle serious infectious disease, ensure all children have access to education, empower women and girls, and ensure the sustainability of our natural environment. Fifteen years later, there have been substantial improvements in several of these areas in many parts of the world but there is still a long way to go. 2015 saw the release by the United Nations of the new Sustainable Development Goals (SDGs). While attaining each of the 17 new goals relies on healthy people in healthy communities, there is only one specific health SDG, to “ensure healthy lives and promote well-being for all at all ages”; in other words, to promote universal health coverage in every nation of the world. How does primary care contribute to this global vision to ensure flourishing communities?

Objectives: This renewed focus on universal health coverage provides an unprecedented opportunity for primary care, because, unless a nation has a strong system of community-based health care delivery, universal health coverage is not attainable. Family doctors, and other members of primary care teams, have the capacity to work in partnership to ensure the delivery of universal health coverage in all parts of the world. Yet in many parts of the world only a minority of people has access to effective treatment through primary care.

Methods: This presentation will draw on the work that the World Health Organization (WHO), the World Organization of Family Doctors (WONCA) and other global organizations have been engaged in around the world over recent years to strengthen primary health care and ensure universal health coverage.

Results: This work has highlighted the importance of strengthening primary health care and multidisciplinary team approaches to community-based health care delivery in each country of the world.

Conclusions: Participants will receive a global perspective on why strengthening primary health care is the most viable way to close the treatment gap and ensure that all people in all communities get access to the health care they need.

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Plenary II

Primary Care Development in Hong Kong



Professor Sophia Chan, JP

MEd (Manc), MPH (Harvard), PhD (HK), FFPH (RCP)(UK), FAAN
Under Secretary for Food and Health
Food and Health Bureau
Hong Kong Special Administrative Region Government

Sophia Chan is Under Secretary for Food and Health in Hong Kong. Before joining the Government, she was a Professor in Nursing, Head of the School of Nursing and Director of Research at HKU. She was also an Assistant Dean of the Li Ka Shing

Faculty of Medicine of HKU.

*Chan is specialised in the management of tobacco dependency. Her research is internationally recognised; she is awarded a Fellow of the Faculty of Public Health, Royal College of Physicians of United Kingdom, and is the **first** nurse in Hong Kong being awarded the Fellow of the American Academy of Nursing.*

She published extensively in international journals on nursing, tobacco control, and public health and has been invited by the WHO to provide advice and leadership on their tobacco control initiatives.

Her current position involves supporting the Secretary for Food and Health in the setting and priorities of policy objectives and handles Legislative Council business, strengthens working relationship, and engages various stakeholders to solicit support for Government policies and decisions.

Hong Kong's healthcare system, is facing major challenges arising from a rapidly ageing population and the associated pressure of chronic disease. Primary care, as the first point of contact, embraces the provision of continuing, preventive, comprehensive and patient-centred care. Recognising the importance of effective primary care, the Administration published the “Primary Care Development Strategy” document in 2010, setting out the major strategies for strengthening primary care in Hong Kong. The Strategy Document recommended more collaboration and coordination between the public and private healthcare sectors for improving the provision of comprehensive and continuing care, especially that for people with chronic health problems.

In Hong Kong, primary care is mainly provided through the private medical sector. The public system provides primary care through the statutory Hospital Authority's (HA) services targeting at the elderly, low-income group and chronically ill, as well as the Department of Health (DH) which implements preventive public health services, health promotional programmes and other disease prevention and management services. HA and DH share a common goal of facilitating better disease prevention, early detection of health issues, timely intervention and personalized care.

Established under DH in 2010, the Primary Care Office supports, co-ordinates and implements primary care development strategies and actions. Following the directions of the Strategy Document, reference frameworks on hypertension and diabetes as well as specific population group including older adults and children in the primary care settings were promulgated. The Primary Care Directory and a mobile website were launched to facilitate the public to search for suitable primary care providers, covering doctors, dentists and Chinese medicine practitioners. HA has introduced various public-private partnership initiatives, aiming to assist patients to acquire the necessary care in the private sector timely.

Looking into the future, the Government will continue to work with HA and DH to introduce different public-private partnership schemes, building a public-private common healthcare platform involving medical specialists, general practitioners and other disciplines of healthcare professionals, thus facilitating the provision of integrated medical care for patients comprehensively and holistically. Various Community Health Centres (CHCs) comprised of allied health professionals and public-private partnership pilot projects are under planning to provide person-centred, preventive care targeted at families and the community. The Government will continue to support professional development and monitor the ever-changing needs of our population.

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Plenary III

Future developments of Family Medicine in Hong Kong



Professor Lam Tai Pong

MBBS (Western Australia), Master of Family Medicine (Monash), PhD (Sydney), MD (Hong Kong), FRACGP, FHKAM (Family Medicine), FRCP (Glas)

Professor Lam is the Assistant Dean in Clinical Curriculum and Assessment, Faculty of Medicine and Professor and Chief of Postgraduate Education, Department of Family Medicine & Primary Care, HKU. He was the Editor of the Hong Kong Practitioner (1994-2000) and Co-editor of Asia Pacific Family Medicine (2002-2013).

He was awarded the inaugural HKCFP Best Research Award in 1994 and has published over 140 peer reviewed articles.

Since 2011, he has been appointed a member in World Health Organization’s Primary Care Consultation Group for the revision of ICD-10-PHC.

In the 2005 consultative document “Building a Healthy Tomorrow” by the Hong Kong Health and Medical Development Advisory Committee, it was pointed out that problems beyond the patient’s physical condition which nevertheless affected his/her long-term health status e.g. psychological problems were seldom dealt with fully.⁽¹⁾ The consequences were that the best health outcomes were not being achieved while time and resources were at times wasted on unnecessary investigations which led to more expenditure.

In order to correct the above deficiencies, the Committee recommended the Government to promote the family doctor concept. One of the important elements of the concept is: the doctor has the mindset and training of managing problems at the primary care level in a holistic way.

While reviewing the achievements of Family Medicine in Hong Kong over the past 10 years, this Plenary will discuss the future developments of Family Medicine as a cost-effective alternative to the present hospital based system. How the core values of Family Medicine in providing primary, comprehensive, whole person, continuing and ambulatory care are practised to deliver high quality personalized medical care. ***It is envisaged that Family Medicine will be developed with its local Hong Kong characteristics, including development of special clinical interests among family physicians.***

References:

1. Health and Medical Development Advisory Committee, Health, Welfare and Food Bureau. Building a healthy tomorrow - Discussion paper on the future service delivery model for our health care. Hong Kong SAR Government, July 2005.

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Organizing Committee 2016

Chairman:

Dr. NG Lorna

Vice-Chairman:

Dr. WONG Chi Wai, William

Advisors:

Dr. CHAN Ming Wai, Angus

Dr. CHAO Vai Kiong, David

Dr. FOO Kam So, Stephen

Dr. LAU Ho Lim

Business Manager:

Dr. CHIU Chi Fai, Billy

Scientific Subcommittee-

- Scientific Subcommittee Chair:

Dr. CHEN Xiao Rui, Catherine

- Scientific Coordinators:

Dr. CHIANG Lap Kin

Dr. FUNG Siu Cheung, Colman

- Poster Presentation Coordinator:

Dr. KWAN Wing Yan, Wendy

- Clinical Case Presentation Coordinators:

Dr. FOO Bong Yin, Kevin

Dr. KWAN Yu

Publication Subcommittee-

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Dr. LEUNG Cheuk Wing, Vienna

Dr. LO Sze Mon, Dana

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Dr. AU Tai Kwan, Eva

Dr. CHENG Hei Wan, Lian

Members:

Dr. SIT Wing Shan, Regina

Dr. SZE Pui Ka

Allied Health Planner:

Mr. FUNG Chun Wai, Lawrence

Nurse Planners:

Ms. CHONG Yuen Chun, Samantha

Ms. LAM Choi Hing, Margaret