



ACADEMY

FOCUS

APRIL 2022





ACADEMYFOCUS

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Submissions

In future issues, **academyfocus** may feature work submitted by Fellows, for example, conference or seminar reports, books reviews, or photographs. If you would like to share your work in **academyfocus**, please contact the Editorial Board at focus@hkam.org.hk.

All submissions are subject to editorial review and approval. Information supplied, whether or not included in **academyfocus**, may be posted on the Academy website.

Deadline

The deadline for contributions for the July 2022 issue of **academyfocus** is 1 June 2022. Please send any submissions by e-mail to focus@hkam.org.hk.

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WELCOME MESSAGE



PROF. PAUL BO-SAN LAI
VICE-PRESIDENT (EDUCATION AND EXAMINATIONS),
HONG KONG ACADEMY OF MEDICINE

Dear Fellows and colleagues,

At the time of writing, Hong Kong has moved into slightly warmer springtime. However, as one of the many who got stranded in overseas, I have developed a slightly different perspective of how the 5th wave of COVID-19 pandemic has evolved in Hong Kong.

First of all, I wish to salute all my fellow colleagues who have contributed an offer of help to the stretched healthcare system in Hong Kong. Although the Academy is not a healthcare provider, our Fellows have responded generously to our appeal and showed a unified front in contributing to the local community and patients in need through their respective roles and positions. Many have also volunteered to help in other important endeavours, such as the Community Vaccination Centres. We have also witnessed unprecedented collaboration between colleagues in the public and private sector.

The stress levels of Fellows may be at an all-time high. Understanding this, the Academy has injected a great deal of resources into initiatives for the well-being of Fellows and trainees. Thanks to support from Academy Fellows and the 15 constituent colleges, as well as from the Young Fellows Chapter, a number of activities have been organised. Attendance at online and even some face-to-face activities has been positive. Although some of these activities may not be considered as academic as our conventional CME/CPD programmes, we strongly believe that these activities will ultimately bring benefits to patients. Doctors who are physically and mentally sound produce better patient outcomes, so every effort should be taken to address burnout and other well-being issues among doctors. For more details

and future activities, please visit the Academy website: <http://well-being.hkam.org.hk>.

The Academy's Professionalism and Ethics Committee (PEC) has also been working hard this year. In addition to the recently published [Best Practice Guidelines on Genetic and Genomic Medicine](#), the PEC has been developing Best Practice Guidelines on Disclosure, Apology and Alternative Dispute Resolution, and this will be published later this year. Another important hot topic is expert witnesses; in this issue of **academyfocus**, President Prof. Gilberto Ka-kit Leung highlights some of key discussion topics surrounding the conduct of expert witnesses. He also introduces the recent Editorial in the [Hong Kong Medical Journal](#) (HKMJ), co-authored with co-chairman of the Academy's PEC, Dr. James Shing-ping Chiu, which provides further detail on the duties and responsibilities of expert witnesses, and the consequences of giving misleading or manifestly wrong expert evidence and giving evidence outside one's expertise. The full Editorial can be read on the HKMJ website: <https://doi.org/10.12809/hkmj215125>. Moreover, the Academy is preparing training for Fellows interested in serving as expert witnesses, and this will be launched later this year.

Finally, I wish my colleagues all the best. Please stay healthy and let's work together for the citizens of Hong Kong. We shall sail through this crisis intact, just as we did in 2003.

If you have any comments or suggestions, or if you would like to contribute to the **academyfocus**, please contact the Editorial Board at focus@hkam.org.hk.

FEATURE ARTICLE: CONDUCT OF EXPERT WITNESSES



PROF. GILBERTO KA-KIT LEUNG
PRESIDENT, HONG KONG
ACADEMY OF MEDICINE

Expert witnesses have a vital role in providing testimony, related to their area of expertise, in certain disciplinary or legal proceedings. Recently, there have been discussions within the professional community concerning the conduct of expert witnesses. These discussions have focussed on two areas in particular: first, whether expert witnesses should comment on issues beyond their area of expertise; and second, the way in which expert witnesses' opinions are expressed.

The legal paradigm for the conduct of expert witnesses is clear: expert witnesses have an overriding duty to the court, and are expected to provide advice on the basis of their area of expertise and to clarify if they are questioned on any matters that fall outside that area of expertise. The Code of Professional Conduct published by the Medical Council of Hong Kong also sets out professional standards on commenting on peers.

Whilst ensuring that expert witnesses are well informed of the basic requirements falls within the remit of the relevant judicial or regulatory bodies, the Academy feels that it has the responsibility to provide the relevant training. To explain the duties and responsibilities of expert witnesses, Co-Chairmen of the Academy's Professionalism and Ethics Committee (PEC) Dr. James Shing-ping Chiu and I recently penned an Editorial in the Hong

Kong Medical Journal (<https://doi.org/10.12809/hkmj215125>). In addition, the PEC is preparing an on-line expert witness training course for Fellows to better equip them to become an expert witness.

We hope that these educational measures can enhance competency, so that interested Fellows can fulfil the duties of expert witnesses and, in so doing, ensure due justice for our colleagues and patients involved. Moreover, in concert with upcoming guidance from the PEC's Task Force on Disclosure, Apology and Alternative Dispute Resolution, we hope to promote a collaborative doctor-patient partnership.





FEATURE ARTICLE:

FELLOWS' WELL-BEING

Over the past year or so, the Academy has been promoting and advancing the well-being of Academy Fellows and specialist trainees of Academy Colleges. Starting with the promulgation of a [Well-being Charter](#), a dedicated [Well-being page](#) was also launched on the Academy website, which details the ASAP (Awareness, Self-care, Ask for help, Promotion of well-being) approach. In line with this, the Academy is offering free mental health training in the form of Mindfulness Induction Groups. The first Group was held in December 2021 and received very positive feedback (see below). Another Group has been organised, with two sessions on 10 and 17 July 2022. Interested Fellows can find more details on the Academy website: <http://page.hkam.org.hk/mindfulness2>

To facilitate the 'Ask for help' part of the ASAP scheme, the Academy is also organising a Peer Support Scheme. This is a voluntary programme for Academy Fellows and specialist trainees to find mental well-being support through informal communication with Peer Supporters. Peer Supporters are Academy Fellows who have received dedicated training to offer support to peers on a voluntary basis. For more details, please see the Academy website: <https://online.hkam.org.hk/form/pss>

To continually promote the physical and mental well-being of Fellows and trainees, the Academy Social Subcommittee has also organised some [Zoom workout classes](#). The first class, successfully held on 20 March 2022, was a 90-minute body stretching class to improve flexibility and relieve muscle pain. Using only a chair, attendees were able to join easily from home or work environments.

The next class offered by the Academy Social Subcommittee will be a 75-minute yoga session. The class is suitable for beginners and will combine breathing techniques and meditation practice. Further details and registration information can be found on the [Academy website](#).

MINDFULNESS INDUCTION GROUP

12 & 19 December 2021

- like mindfulness practice and experience sharing

- feel more relaxed when doing mindfulness exercises

- find the content useful and easy to follow

- learn to practice mindfulness in daily life

- help improve mental health and focus



FEEDBACK

- find it easier to practise mindfulness in the morning with music

- better to practise mindfulness with a facilitator or will easily get distracted

- learn to observe and to be more patient without making too many judgments

- need to spare time for oneself and keep up self-practice

- look forward to joining more mindfulness sessions and well-being activities



Mindfulness Induction Group



Register now

<http://page.hkam.org.hk/mindfulness2>

Deadline: 20 June 2022

Course dates (2 sessions per course)
10 July and 17 July 2022

Time
2:30pm - 3:45pm

Venue
Hong Kong Academy of Medicine Jockey Club Building

Target participants (30 persons only)
Academy Fellows and specialist trainees

Format / language CME/CPD accreditation results pending
Onsite training / Cantonese to be supplemented by English

Features

Skills and experience sharing

Closed-group discussions

Mindfulness practices
*bring your own yoga mat

Dr. Ling Chiu Consultant Psychiatrist

A certified Mindfulness Based Stress Reduction (MBSR) programme teacher with vast experience in offering professional consultation services to individuals with mental problems and conducting mindfulness training programme to manage stress in the workplace and personal life



A S A P

an approach to manage stress and avoid burnout

Promoting doctors' well-being
Ensuring quality patient care





HONG KONG ACADEMY OF MEDICINE
香港醫學專科學院



Peer Support Scheme

a voluntary programme for Academy Fellows and specialist trainees to offer or find support through informal communication that may be beneficial to mental well-being

How does PSS work?

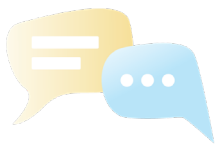
Our **Peer Supporters** are all keen Academy Fellows who have received dedicated training to offer support to peers on a voluntary basis.

A list of trained **Peer Supporters** will be published on the designated webpage “well-being.hkam.org.hk”. Academy Fellows or specialist trainees who wish to seek support (Support Seekers) can connect with any **Peer Supporters** of own choice.

Enroll as a Peer Supporter



<https://online.hkam.org.hk/form/pss>



All conversations will be kept strictly confidential.



Enquiries : PSS@hkam.org.hk



A S A P well-being.hkam.org.hk
an approach to manage stress and avoid burnout





We

C

are about your well-being



A

ppreciate your selfless efforts
in caring for patients

R

rejuvenate with self-care
activities

E

ase stress and
provide peer support



A S A P
well-being.hkam.org.hk

TO DO



*professional
counselling*

talk to

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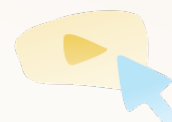
DEEP BREATH



**X
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MINDFULNESS

**E
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*click to follow
practice*



Thank you to all of you fighting on the frontline and supporting at the backend. Together, we will get through this pandemic.

YOUNG FELLOWS CHAPTER



DR. JEREMY YUEN-CHUN TEOH
CHAIR, YOUNG FELLOWS CHAPTER

CHICKEN SOUP FOR THE DOCTOR'S SOUL (心靈雞湯)

The 6th episode of "Chicken Soup for the Doctor's Soul" was launched in February 2022. The latest episode, titled "生命之旅", is a story about a lady who had an infertility problem. After successfully getting pregnant, she went through difficult times of threatened miscarriage. Finally, her baby is born uneventfully, and her family is very grateful of the doctor's help.

Please tune in to the latest episode on the Academy website:

<https://www.hkam.org.hk/young-fellows-chapter-chicken-soup-doctors-soul#ep6>.

Earlier episodes are also available to watch on the Academy website:



1st episode:
病人的禮物



Special edition:
打疫苗



2nd episode:
若有所思



3rd episode:
茁壯成長



4th episode:
最後的道別



5th episode:
燭光

CROSS-SPECIALTY VIDEO FOR PUBLIC EDUCATION

The Young Fellows Chapter produced a video on cancer screening (“全民預防癌症 1 – 愛的篩查”), which was formally launched on 5 January 2022. The pros and cons of screening programmes for nasopharyngeal cancer, lung cancer, and cervical cancer were discussed in the video.

Please view the video on the Academy's website:
<https://www.hkam.org.hk/en/yfc-crossover-videos>



YFC CME WEBINARS

On 15 January 2022, the Young Fellows Chapter hosted a webinar on COVID-19 (“抗疫身·心·靈, Combatting COVID-19: what we know by 2022?"). Six local speakers were invited to discuss the effects of COVID-19 on their specialties. A total of 90 participants attended the webinar. It was a very informative webinar and excellent feedback was received from the attendees.

On 18 February 2022, we held a webinar on “Greening Health Care: the Global Awakening to a Climate Crisis”. Local and international speakers were invited to talk about sustainable healthcare, and how we, as doctors, can reduce the impact of healthcare on the environment. A total of 46 participants attended the webinar.



HKJCDPRI



Annual Conference on Disaster Preparedness and Response 2022

On 14 January 2022, in the face of the prolonged coronavirus COVID-19 pandemic and increasing extreme weather events affected by climate change, HKJCDPRI convened the Annual Conference on Disaster Preparedness and Response 2022. This was the fifth such Annual Conference and was part of the ReadyHK Month 2022 programme, which ran from 5 January to 6 February 2022. The theme of ReadyHK Month 2022 was “Reflect x Recharge: Towards a Resilient and Sustainable Community”. For the Annual Conference, HKJCDPRI gathered together policy makers, healthcare practitioners, community workers, and members of the public to discuss issues on disaster preparedness, response, and recovery, and to share experiences in the context of these hazards. The officiating guests for the Annual Conference were Mr. Ping-keung Tang, Secretary for Security, Mr. Leong Cheung, Executive Director, Charities and Community of the Hong Kong Jockey Club, and Prof.

Chak-sing Lau, Past President of the Academy. The Annual Conference was attended by 294 participants.

Details of the Annual Conference can be found on the [HKJCDPRI website](https://readyhk.org/conference), and the sessions can be accessed: <https://readyhk.org/conference>



In a session chaired by Mr. Johnson Lo, Mr. Kam-sing Wong and Mr. Adi Tin-shing Lau discussed ‘Climate Risk and Response in Asia’ and ‘Climate Change and MTR’s Readiness’ during the Annual Conference on Disaster Preparedness and Response 2022



Hong Kong Jockey Club
Innovative Learning Centre
 for Medicine

HKJC ILCM

Advanced Debriefing Course (ADC)

In January 2022, HKJC ILCM conducted the fourth biannual Advanced Debriefing Course (ADC) in collaboration with the Center for Medical Simulation (CMS). The ADC is a 4-day intensive course on debriefing skills and strategic management of scenario development, designed for instructors with basic knowledge of simulation education, such as graduates of the Comprehensive Simulation Educator Course or equivalent. The ADC aims to develop transferable skills to assist instructors in utilising simulation most effectively in their field of work through high-leverage methods from experiential learning and organisational psychology.

For the first time, ADC was conducted using a blended learning approach as a result of restrictions in place during the COVID-19 pandemic. This hybrid of in-person learning and online teaching was held with the cooperation of overseas Center for Medical Simulation faculty members. This transition to blended learning presented HKJC ILCM with numerous new opportunities and challenges.

Numerous factors, such as the level of immersion, psychological safety, learning process and outcomes, and rapport between participants and local and overseas faculty members, were considered during the construction of this new approach. To facilitate the process, HKJC ILCM incorporated Laerdal's latest SimCapture Cloud technology which is a scalable and secured online simulation education and training management platform. During the scenario running, this platform enabled us to live-stream participants' real-time simulation scenarios to overseas faculties, providing multi-dimensional information for debriefing, including AV records as well as participant and instructor feedback. That said, it was only one of the many technologies employed to enhance the ADC course. Altogether, ADC was not only a huge success thanks to the expertise exchange between local and Center for Medical Simulation faculty, but a huge milestone and an enriching experience for HKJC ILCM.



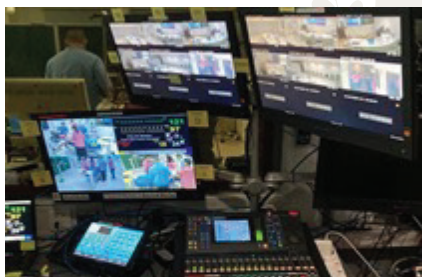
Class activities from on-site to on-line



Class activities from on-site to on-line



Class activities from on-site to on-line



Live streaming in progress

