



ACADEMY

FOCUS

JANUARY 2024





ACADEMYFOCUS

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Submissions

In future issues, **academyfocus** may feature work submitted by Fellows, for example, conference or seminar reports, book 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 April 2024 issue of **academyfocus** is 1 March 2024. Please send any submissions by e-mail to focus@hkam.org.hk.

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WELCOME MESSAGE



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

Dear Fellows and colleagues,

The Academy's 30th anniversary celebrations concluded with the annual conferment ceremony, David Todd Oration, and gala dinner, graced by the presence of Chief Executive John Lee Ka-chiu and Vice-minister of the National Health Commission (NHC) Yu Xuejun.

During the ceremony, Mr. Lee expressed deep appreciation for the Academy's unwavering dedication over the past three decades. Our statutory role has enabled our practitioners to deliver high-quality care through various specialist training, curricula and CPD programmes. From manpower planning and specialist training to uplifting the overall professional qualities of our healthcare services, the Academy's contribution is essential to the success of the healthcare system within our community. Mr. Yu acknowledged the Academy's collaboration with the NHC in standardising training and supporting medical education in the mainland, in particular our participation in the establishment of the Shenzhen-Hong Kong Medical Specialist Training Centre in 2019 to pilot specialist physician training aligned with the national policies and regional needs.



We also welcomed new Fellows and presented awards to BORT, BOPA, and BORYF winners in the ceremony. Details of the event and awards can be found on the [Academy website](#). We also encourage you to visit our [HKAM30A website](#) and explore the exciting past events and activities.

Following the Tripartite Medical Education Conference held in conjunction with HKU and CUHK in early 2023, the Academy, the two medical schools, and the Hospital

Authority signed a Memorandum of Understanding (MOU) in November. The MOU aims to improve the entire medical training process, from medical school admissions to undergraduate studies, postgraduate training, and independent clinical practice. The MOU includes a collective commitment to the organisation of regular Quadripartite Medical Education Conferences, and points towards the establishment of an informal platform for future exchanges and collaborations.



There are other exciting initiatives on the horizon. As the Hong Kong Jockey Club Innovative Learning Centre for Medicine (ILCM) has just celebrated its 10th birthday in December, we plan to enhance medical training by revamping the ILCM, with hopes of continued support from the Hong Kong Jockey Club for incorporating advanced educational and healthcare technologies. We have already launched four specialist training programmes to integrate with the 3-year postgraduate training in Shenzhen; more are anticipated in the coming years. We have also expanded our taskforce to enhance ethics and professionalism, and shall explore new areas including advanced directives, AI in healthcare, and addressing climate change's impact on healthcare.

Lastly, the Academy remains committed to promoting our Fellows' wellbeing, both physical and mental. We shall devise plans to assist senior Fellows in coping with challenges that inevitably come with advanced age to ensure that they can continue to provide much valued clinical services and enjoy a fulfilling career.

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: THROUGH THE LOOKING GLASS

BY: **ARTHUR VAN LANGENBERG**

Dr. Arthur van Langenberg, a seasoned surgeon with over five decades of practice, has transitioned to exploring his passions for gardening and writing these years. In this article, he reveals how gardening brought solace, his involvement in a terrace project within the Academy building, and the concept behind selecting the commemorative tree for the Academy.

Approaching, in 2021, the end of a long medical practice (Class of 1962), there were many things to consider. Had I reached my sell-by date? If not yet, then it was surely fast approaching! Retirement loomed large. Granted the drama and excitement of an eventful surgical career may awaken wistful recollections, but it surely should not be a deadweight to carry around.

General Douglas MacArthur, in his retirement speech, famously said: "Old soldiers never die, they just fade away." I take issue with that sentiment. I would parse it thus: "Old surgeons never die, nor do they just fade away." Retirement is not an end in itself, rather, it opens doors to new opportunities.

In my case, gardening has been my salvation—or rather should I say it has been my salvation ever since it became my passion several decades ago. In our bustling metropolis, there is an inevitable disconnect between its citizens and Nature. Gardening aims to correct this through reconnection. In many ways gardening is a solitary activity, a covenant between oneself and one's plants. After a hard day's work, I would immerse myself in my garden surrounded by and communicating with my charges, my equanimity restored. Any observer surveying this scene and hearing me talking to my plants might reasonably surmise that this gardener is undoubtedly mad! In medicine and gardening, analogies abound. Yes, we sometimes act strangely, but patience is key.



Anticipation, immediate action, the ability to change tack if problems arise—all of these apply, including expecting the unexpected.

The universe is a community; its harmony is my harmony. Those who do not recognise this are strangers to the universe. Ever since the emergence of *Homo sapiens*, modern humans have supplanted Nature as the dominant environmental force on Earth. Consequently, we bear responsibility for the planet. This is why I find encouragement when approached by anyone seeking guidance to embark on their gardening journey.

There have been many. Two years ago, a group of doctors, mostly in mid or later career, expressed their desire to cultivate vegetables on the large terrace located on the third floor of the Academy building. I was eager to help since growing food is a special interest of



The back garden (left) and kitchen garden (right) at Dr. Langenberg's residence

mine and besides, I have always considered it important for someone in a stressful occupation to be able to pursue new interests. However, upon inspecting the terrace, I must admit that I had some reservations. The terrace, although large, was fairly exposed to wind and faced westward, making it susceptible to intense heat in the summertime, especially heat reflected from the tiled flooring. But—nothing ventured, nothing gained. We embarked on the project, with valuable input from Dr. Tom Ho, a dentist and a seasoned gardener. Large containers, topsoil, peat moss, organic fertilisers were quickly set up and doctors or specialty colleges assumed cultivation of individual containers. Despite my initial concerns, we were pleasantly surprised by the rapid success, with a harvest of various vegetables, herbs, and fruits. I still pay occasional visits to the terrace to see how things are progressing.

Recently, a small group of my former students from the 1970s sought my help and I shall be visiting their small start-up farm on Lamma Island to get things going. A week ago, two young doctors (Classes of 2020, 2021), having read of my concern for environmental issues came to visit me through the auspices of a mutual friend. We had a wide-ranging and lively discussion (despite having both been on call the previous night), hardly noticing the yawning age gap. So important it is to engage the younger generation.

Gardening also gives us greater respect for food—a cabbage is not merely an item we pick up from the supermarket wrapped in plastic, in exchange for a few dollars. A potato originates from beneath the soil, requiring us to dig it up, often covered with mud. Many people have never seen it in that raw, unprocessed form.

A digression. Would it not be wonderful if we had a machine that removed carbon from the air using solar energy and producing beautiful, workable building material? But wait! We do have such a machine. It's called a TREE. To commemorate the Academy's 30th anniversary, it was decided to plant a tree in the garden to mark this milestone. I was tasked with suggesting a suitable specimen for this purpose. I chose *Ficus religiosa* (菩提樹) (bodhi tree, peepul tree) for its significance in Buddhism. At his death around 400 BCE, the Buddha or Siddhartha Gautama is said to have achieved parinirvana or enlightenment whilst sitting under such a tree. Hence, it is also known as the "tree of enlightenment". Should anyone in the Academy be confronted with a particularly thorny dilemma, then my suggestion is for that someone to stand in the shade of the Academy tree and wait for light to be shone on the problem.



Dr. Langenberg (third from left) and other guests participating in the commemorative tree plaque unveiling ceremony on 30 October 2023

Elevate Active Learning with eHKAM LMS



The eHKAM LMS (learning management system) is equipped with handy features for teachers and trainers to create interactive materials to enhance their teaching and promote active learning by the participants.

Discussion features in the LMS can help learners to deepen their knowledge by fostering critical thinking and idea exchanges. With the LMS Discussions, users can ask questions and contribute ideas at their own convenience and pace. They can also embed multimedia elements such as audio, video, and links to online resources within

their posts in Discussion for better and more effective communication.

LMS Quiz is another interactive tool for engaging participants during their learning journey on the digital platform. Teachers can leverage answer-based feedback in multiple-choice quizzes to provide tailored responses based on different student choices. This time-saving feature not only streamlines the delivery of feedback but also ensures that students receive timely guidance for continuous improvement.

In addition to the aforementioned features, the LMS also integrates with third-party e-Learning software for creating interactive learning resources to enrich teaching and learning. These interactive learning resources are essential for promoting active participation among learners and effectively conveying sophisticated knowledge and concepts in a more effective manner than traditional texts and videos.

For more information about the LMS, or looking for support in developing online learning resources, please contact the LMS Project Team at lms.support@hkam.org.hk.

Basics in Procedural Sedation Safety > Assignments > Module 4 Monitoring

Module 4 Monitoring

Due No Due Date Points 100 Submitting an external tool

4.6 End-tidal CO₂ (Capnography)

4.6.6 What's Capnography?

Normal CO₂ waveform

CO₂ (mmHg)

Time (seconds)

Exhalation begins

Inhalation begins

1) A-B: Exhalation of dead space gas ✓

2) B-C: Expiratory upstroke, mixing of dead space and alveolar gas

3) C-D: Expiratory plateau, exhalation of alveolar gas

4) D: End-tidal CO₂

5) D-E: Descending inspiratory phase

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FELLOWS' WELL-BEING



OUR COMMITMENT TO WELL-BEING ADVOCACY

The Academy is taking a leading role in the medical and dental profession, and the promulgated [Well-being Charter](#) is committed to cultivating and promoting the well-being of Academy Fellows and specialist trainees of Academy Colleges. We pledge to acknowledge the importance of well-being, take action, and advocate policy changes for the improvement of our Fellows' and trainees' wellness. To achieve this, the Academy has set up a Task Force on Well-being, chaired by the Academy's Honorary Secretary, to devise plans and initiatives. Click [here](#) to find out more.

AWARENESS: SELF-ASSESSMENT TOOL

Take [Copenhagen Burnout Inventory questionnaire](#) to know more about the levels of burnout.

ASK FOR HELP: PEER SUPPORT SCHEME

Over 40 volunteers are available to offer support through informal communication, to bring positive energy and aspirations to peers in need regardless of their specialty. Check out the list of Peer Supporters on the [designated webpage](#), and approach the Peer Supporter(s) of your choice through our email referral system which is programmed to protect your privacy. All the conversations will be kept strictly confidential.

Interested in being a Peer Supporter? [Register](#) now and click [here](#) for details about the scope and nature of peer support.





Hong Kong Academy of Medicine

Fun Day

Medicine in Action



The Hong Kong Academy of Medicine is organising a **Fun Day** to encourage Fellows and specialist trainees to exercise for better health and fitness, both physically and mentally, which ultimately contributes to quality patient care.

The programme of the **Fun Day** is packed with a series of interesting and fun-filled activities, including football and basketball competitions and game booths for families. **Each Fellow and specialist trainee may bring up to three family members** to watch the football match and enjoy the game booths. Take the opportunity to stay motivated and connect with peers.

Date: 10 March 2024 (Sunday)
Time: 2:30pm - 6:30pm
Venue: Stanley Ho Sports Centre,
10 Sha Wan Drive, Sandy Bay, Hong Kong
Entry Fee: Waived



Register Now!

Registration Link: <https://online.hkam.org.hk/form/fundaygb>
Registration Deadline: 23 February 2024 (Friday)

Highlighted Activities

- 2:30pm Registration
- Game Booths and Light Snacks
- 5:30pm Collect stamps at all game booths to redeem a souvenir
- 3:00pm Opening Ceremony
- 3:30pm Men's Football Match
- 3:40pm Men's Basketball Match
- 4:55pm Women's Basketball Match
- 6:15pm Prize Presentation Ceremony

The programme rundown is subject to change

If you would like to be one of the basketball or football team members, please register at <https://online.hkam.org.hk/form/funday> OR scan here

Enquiries: connect@hkam.org.hk



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Hong Kong Jockey Club
Innovative Learning Centre
 for Medicine

HKJC ILCM



The Hong Kong Jockey Club Innovative Learning Centre for Medicine (HKJC ILCM) at the Hong Kong Academy of Medicine commemorated its 10th anniversary with a distinguished ceremony held on 10 December 2023 at the Pao Yue Kong Auditorium of the Hong Kong Academy of Medicine Jockey Club Building.

The event was graced by notable guests, including Ms. Imelda Chan, Head of Charities (Healthy Community) at The Hong Kong Jockey Club; Dr. Benny Cheng, Honorary Director of HKJC ILCM; Dr. Donald Li, Past President of the Hong Kong Academy of Medicine; and Prof. Gilberto Leung, President of the Hong Kong Academy of Medicine. In addition, esteemed representatives from the Hong Kong Simulation Alliance, Prof. CS Lau, Dean of Medicine at HKU, and Dr. Albert Chan, President of Hong Kong Society of Simulation in Healthcare, were also in attendance.

During the ceremony, Dr. Benny Cheng and Ms. Imelda Chan delivered speeches, sharing their valuable insights and conveying congratulatory messages to acknowledge the successful journey and accomplishments of the HKJC ILCM. The audience was treated to an engaging photo presentation, showcasing the significant milestones and achievements of the HKJC ILCM over the past decade.



One of the highlights of the event was the highly anticipated Celebration Cake Cutting Ceremony, symbolising the joyous occasion and the unity of the HKJC ILCM community. Following this, Prof. Gilberto Leung delivered a thought-provoking Keynote Speech, sharing valuable perspectives on the future of medical education and innovation.



The event also featured a segment dedicated to recognising the Significant Contributors who played a vital role in the success and growth of the HKJC ILCM. Their unwavering support and dedication were acknowledged, highlighting their essential contributions to the centre's achievements.



Subsequently, the Exhibition Hall showcased demonstrations and exhibits, offering guests with an opportunity to experience the Learning Management System (LMS) firsthand. Noteworthy highlights included a tour of the HKJC ILCM, where the centre's cutting-edge technology, such as VR devices and lifelike simulation equipment, was showcased.



The event concluded on a high note as guests completed their tour and departed with a sense of awe and inspiration for the future of medical education and innovation.



NEW COLLEGE COUNCIL MEMBERS

The following Academy College has held an annual general meeting and submitted a new Council list to the newsletter Editorial Board. Congratulations to all new College Office Bearers and Council members. For lists of other College Councils, please refer to the [Colleges](#) section on the Academy website.



The College of Dental Surgeons of Hong Kong

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Vice-President (General Affairs & CPD)	Dr. Daniel Tak-sang Fang
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	Dr. Alice May-kuen Wong
	Dr. Tsz-leung Wong
	Dr. Kam-yuen Ho
Immediate Past President	



THE HONG KONG COLLEGE OF
PATHOLOGISTS



SCIENTIAE MEDICINAE
香港病理學專科學院

The Hong Kong College of Pathologists

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	Dr. Ying-kit Leung
	Dr. Joshua Hoi-yan Ng
	Dr. Wai-ming Poon
	Dr. Siddharth Sridhar
	Dr. Felix Chi-kin Wong



ACADEMY SOUVENIR ORDER

Academy Souvenirs

Order our souvenirs while stock lasts

NEW

Straight Umbrella
AS-12



Car Badge
AS-01



Pin
AS-03

Paper Art Frame
AS-02



Cufflink
AS-04

Ties and Bow Ties
AS-06



NEW

AS-13



AS-07



Scarves
AS-08



AS-09



AS-10



NEW

Scarves
AS-14



Letter Opener and
Key Chain

AS-05



Polo Shirt
AS-11



Enquiries: hkam@hkam.org.hk