



ACADEMY

FOCUS

JULY

2023





WELCOME MESSAGE



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 October 2023 issue of **academyfocus** is 1 September 2023. Please send any submissions by e-mail to focus@hkam.org.hk.

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

Dear Fellows and colleagues,

As our anniversary celebration events take place back-to-back in the past few months, we are delighted to see how festive social activities have brought us together and strengthened our bonds as a community.

Apart from the recent success of the "Walking into the Sunset" photographing event at the Peak and Mother's Day Yum Cha, a number of exciting sports activities are on the horizon. The upcoming Fun Day on 10 September will feature thrilling football and basketball matches for our Fellows, as well as game booths for their kids to enjoy. Please also save the date for our highly anticipated annual Golf Tournament on 11 October. We encourage you to take advantage of these exciting opportunities to have fun together. Stay tuned for further updates and details in our [HKAM30A website](#).

Physical and mental wellbeing is conducive to not only our individual flourishing but also good patient care, and I wish to remind everyone of the importance of looking after ourselves and each other. Our ASAP approach and our designated [Well-being website](#) are readily available resources for colleagues who need help and those who would like to render help.

Following a recent strategic retreat on Education and Training in March, a Position Statement authored by our Educationist, College Presidents and officers is being prepared for submission to the *Hong Kong Medical Journal* (HKMJ). Also, an [editorial](#) summarising the key discussion points during the roundtable discussion at the January Tripartite Medical Education Conference was published in the latest June issue of HKMJ. These initiatives represent a significant and important step forward in advancing medical education and training through the collaborative efforts of all stakeholders involved.

As we continue to uphold the highest standards in professional practice, we will work closely with other stakeholders to address the ongoing manpower shortage problem in our field. At this juncture, I would like to convey my sincere congratulations to the 122 Fellows who were newly admitted in June as new blood of our now over-9000-strong family. Your admission is a testament to your hard work, talents and dedication, and we look forward to your valuable contributions to the Academy and the wider community.

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: A REFLECTION ON THE ACCOMPLISHMENTS OF HKAM YOUNG FELLOWS CHAPTER 2022



DR. JOHNNY KIN-SANG LAU
CHAIR, YOUNG FELLOWS
CHAPTER (2022-23)

We are delighted to share that the Young Fellows Chapter (YFC) of Hong Kong Academy of Medicine (HKAM) has made substantial progress in achieving the goals over the past year. As the chairman, it has been an absolute pleasure to work alongside our dedicated and enthusiastic team of doctors to organise a wide array of exciting and enriching activities.

Firstly, our YFC Podcast has proven to be informative and entertaining for our members. Building on the success of YFC's "Chicken Soup for the Doctor's Soul", the Podcast has expanded its scope of topics and recording formats. We have featured a variety of topics and guests, aiming to provide insights into the ins and outs of the medical profession while also offering some much-needed relaxation and laughter to our busy schedules. Our 9th episode titled "專訪楊紫芝教授—趣談兩位修女教授之往事" was just released, and we are once again inspired by Professor Rosie Young's journey beyond medical school.

Our cross-specialty video filming programme was a resounding success, offering members with the opportunity to learn and share invaluable knowledge across diverse medical fields. The programme not only expanded our knowledge base, but also foster new relationships and collaboration among members.

We are proud to have organised the Conflict Resolution Workshop, a crucial event aimed at improving our communication skills and conflict resolution techniques.



Last year, we successfully conducted a whole-day training event, providing our members with maximum exposure to these techniques. We believe this will not only benefit our daily professional interactions but also our personal relationships outside of work.

Who doesn't love chocolate? Our Chocolate Tasting Workshop was a hit, giving members the opportunity to satisfy their sweet tooth while also learning about the benefits and drawbacks of chocolate for our health and ecosystems. The event was not only enjoyable but also informative, as we discovered the different varieties of chocolate and their effects on our bodies as well as the rainforests.

We also organised a "Green Healthcare in Practice" webinar, which aimed at promoting sustainable healthcare practices and the importance of prioritising environmental concerns. We believe that it is essential to raise awareness and take action on sustainability initiatives. We were privileged to have invited representatives from Greener NHS, Global Green and Healthy Hospitals, Hong Kong SAR Government, and others to share their experiences and perspectives with us. Our members found the webinar to be enlightening and thought-provoking.

Finally, we had the privilege of hosting our YFC session at the Tripartite Medical Education Conference, which brought together a diverse range of medical experts to discuss the latest developments in education and practice. We were thrilled to have an incredible turnout, and the conference proved to be an invaluable opportunity for our



members to stay up-to-date with the latest advancements in their respective fields.

Alongside our events, we created new content for our YFC Facebook page, providing members with regular updates on our activities and enabling them to connect with one another, even when we are not able to meet in person. We are excited to announce that our Instagram account will be launching soon. Let's stay connected virtually and build a stronger community together.

As your chairman, I am incredibly proud of the success we have achieved together. I believe that we have been able to provide valuable opportunities for our members to learn, connect and relax, while also making contributions to the broader healthcare community.

We extend our heartfelt best wishes for the continued success of YFC next year, and we eagerly anticipate seeing you all at our upcoming events.



FEATURE ARTICLE: eHKAM LMS ENHANCING TEACHING AND LEARNING WITH LMS



Academy Fellows, specialist trainees, CSR registrants, and other medical practitioners. Trainers can upload teaching materials to the LMS and create interactive activities, such as quizzes and interactive videos, to help trainees self-assess their understanding of knowledge. Additionally, the system provides other user-friendly functions, such as Announcement, Discussion, and Reports, to meet with different training needs.

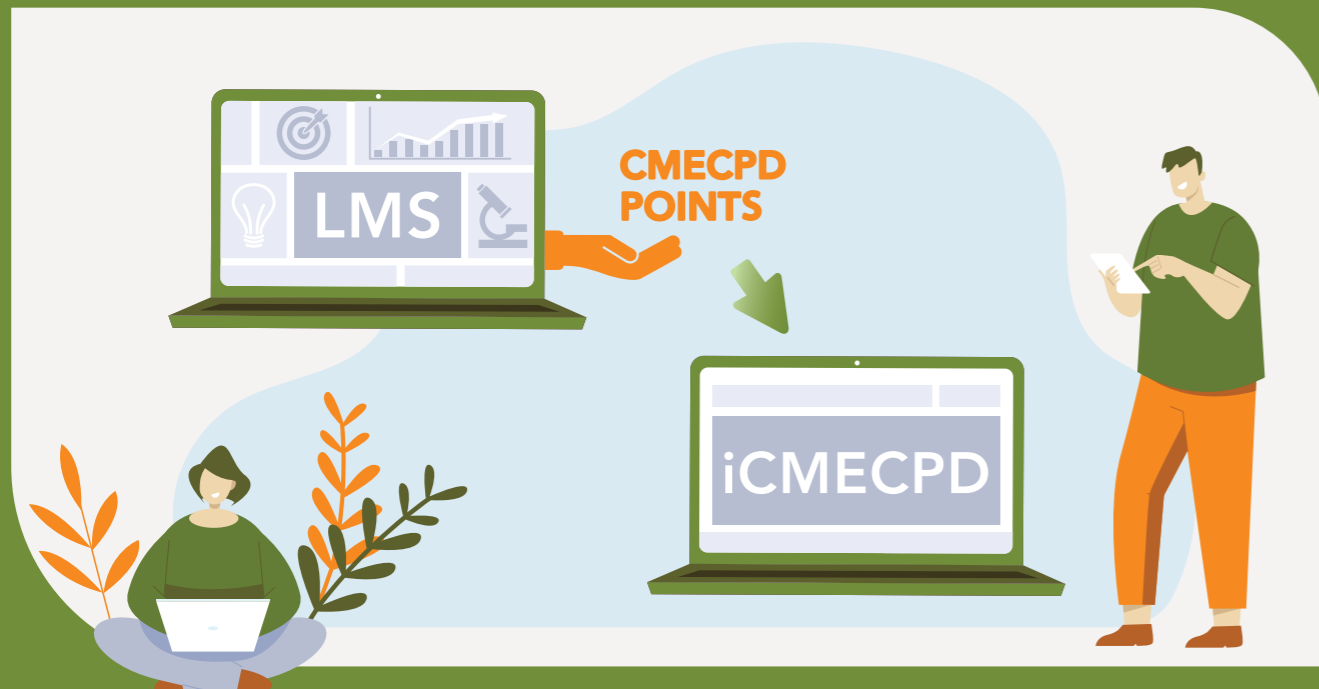
The eHKAM LMS also offers access to the recordings of educational events organised by the Academy. Starting from 1 July, CMECPD quizzes are offered through the LMS only.

We highly recommend that all Academy Fellows and CSR registrants register for an eHKAM ID to experience the features of our LMS. To register, simply follow this link: <https://online.hkam.org.hk/ehkam/registration>.

If you have any questions about using the LMS or creating online learning materials, please do not hesitate to contact us at lms.support@hkam.org.hk. We would be happy to answer your enquiries or arrange a live demo for you.

While many medical trainings have resumed in person, e-Learning and online learning continue to play a vital role in enhancing both teaching and learning. Trainers are utilising a learning management system as a centralised hub for managing and delivering training contents, providing trainees with easy access to these materials for preparation and revision at their own pace, before and after training.

The eHKAM LMS provided by the Academy is now available for delivering online learning activities to



FEATURE ARTICLE:

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.

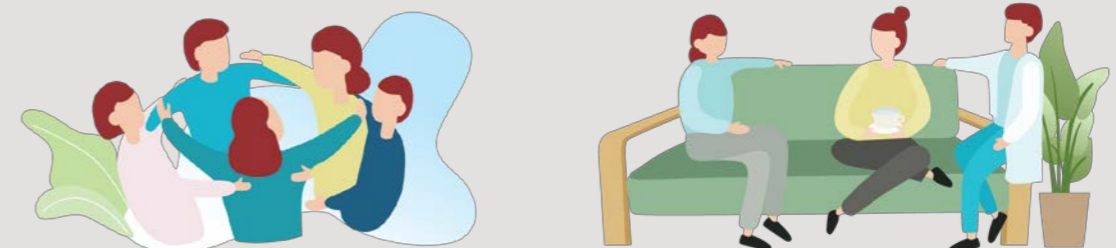
ASK FOR HELP: PEER SUPPORT SCHEME

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.

PROMOTION OF WELL-BEING: MINDFULNESS TRAINING

Save the date for the 4th training session of Mindfulness Induction Group, which will be conducted on 17 September and 24 September 2023. Registration will be open soon.





HKJC ILCM

HKJC ILCM Hosts Delegation from Union Shenzhen Hospital

On 29 May 2023, the Hong Kong Jockey Club Innovative Learning Centre for Medicine (HKJC ILCM) was honoured to host a delegation from the Union Shenzhen Hospital, a branch of Huazhong University of Science and Technology. The group, which included around 30 anaesthesiologists, interns, and supporting staff, visited as a significant part in the "15th Shenzhen-Hong Kong Collaboration in Anesthesia Crisis Management and Simulation Program". During their visit, the esteemed guests were given a comprehensive overview of the HKJC ILCM's history and growth, followed an exclusive

tour of the Centre's modern facilities, during which they were shown a variety of advanced technical equipment, life-like mannequins, and a simulated hospital setting that reflects authentic clinical conditions. The HKJC ILCM has established successful partnerships with its counterparts in mainland China, and this visit symbolises the potential for increased unity and cooperation in the field of simulation training, highlighting the shared commitment of Hong Kong and mainland China to the advancement of medical simulation education.



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 Ophthalmologists of Hong Kong

- | | | |
|---|------------------------------|--------------------------|
| President: | Dr. Emily Fung-yee Yeung | |
| Vice President (Professional Affairs): | Dr. Robert Fung Lam | |
| Vice President (General Affairs): | Dr. Hon-wah Yung | |
| Honorary Secretary: | Dr. Thomas Yee-hang Chiu | |
| Honorary Treasurer: | Dr. Jane Chun-chun Yeung | |
| Editor: | Dr. Jason Cheuk-sing Yam | |
| Immediate Past President: | Prof. Clement Chee-yung Tham | |
| Council Members: | Dr. Alvin Ka-hong Au | Dr. Connie Hong-yee Lai |
| | Dr. Nafees Begum Baig | Dr. Ernie Chi-fung Lo |
| | Dr. Carmen Kar-mun Chan | Dr. Kendrick Co Shih |
| | Dr. Ruby Hok-ying Ching | Dr. Helena Pui-yee Sin |
| | Dr. Kelvin Kam-lung Chong | Dr. Raymond Lai-man Wong |



JAN 14
Grand Launch of HKAM's 30th
Anniversary and Opening Ceremony of
Tripartite Medical Education Conference



FEB 3
Media Spring Tea Reception



APR 15
Walking into the Sunset



JUL
Photo/Video Collection Campaign



SEP 10
Fun Day



OCT – DEC
Museum Exhibition



JAN 14-15
Tripartite Medical
Education Conference



MAR 19
Run and Walk Challenge



MAR 25
Joining Earth Hour 2023



OCT 11
Hong Kong Academy of
Medicine and Medical
Alumni Golf Tournament



DEC 8
• Annual Fellowship
Conferment Ceremony
and David Todd Oration
• Pearl Jubilee Gala Dinner



More details of the above
events will be announced in
due course. Stay tuned to our
30th Anniversary website!

ACADEMY SOUVENIR ORDER

Academy Souvenirs

Order our souvenirs while stock lasts

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



AS-07



Polo Shirt
AS-11



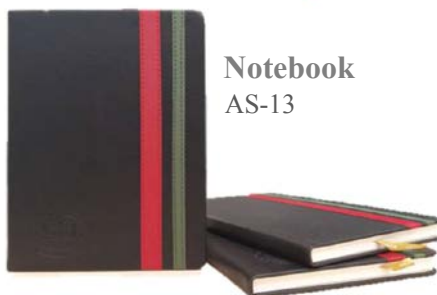
Scarves
AS-08



AS-09



AS-10



Notebook
AS-13

Letter Opener
and Key Chain
AS-05



Enquiries: hkam@hkam.org.hk