



Welcome Message

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Dear Fellows and colleagues,

In this issue of **academyfocus**, Immediate Past President Prof. Chak-sing Lau shares his insights into the vaccination programme in Hong Kong. The Young Fellows Chapter report on their latest activities, and we also have regular updates from HKJCDPRI, who have been providing information for the community on COVID-19 and vaccinations from a disaster response perspective, and HKJC ILCM who have continued to provide medical education and training for local healthcare professionals through non-traditional methods.

The Academy was commissioned by the Government to develop a virtual platform and provide training to healthcare professionals working at Community Vaccination Centres (CVCs) as part of the territory-wide COVID-19 Vaccination Programme. The training programme, which we designed in collaboration with the Hong Kong Academy of Nursing, has two parts: an online module aiming to educate healthcare professionals about the COVID-19 vaccines, and a scenario-based workshop module demonstrating medical emergency management skills for use in CVCs. Since launching in January 2021, over 10,000 healthcare professionals have registered for the training. The Academy will continue to monitor the situation and offer further training or support for healthcare professionals assisting in the Vaccination Programme when necessary.

Despite ongoing disruption caused by the COVID-19 pandemic, the Academy continues to facilitate training activities and examinations, both online and in person with necessary social-distancing measures. Many colleges have resumed assessment activities, and the Academy will develop an online learning system that will add to the capabilities we can offer in the near future.

We must act now and work together to support our peers in order to maintain a resilient healthcare workforce, and to encourage COVID-19 vaccination for the benefit of our health and our community!

Prof Gilberto Ka-kit Leung
President



Vaccinate and Protect

保護大家，齊打疫苗



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

Feature Article

Interview with Professor Chak-sing Lau

Professor Chak-sing Lau stepped down as Academy President in December 2020, so some people might expect that he has a bit of extra free time in his schedule these days. However, on the contrary, his diary reflects the busy life of an academic and a specialist whose knowledge and leadership are much needed and sought after. Meetings with health officials, press briefings, and interview appointments queued up one after another since he was appointed by the Government as the Convenor of the Advisory Panel on COVID-19 Vaccines in December 2020. In this insightful interview, Prof. Lau shares with us some thoughts about taking up the challenging role of a “gatekeeper” for our city.



Immediate Past President Prof. Chak-sing Lau (left) and President Prof. Gilberto Leung (right) at the Academy Conferment Ceremony in December 2020.

“There are many experts and committees, internationally and locally, looking at the indications for the vaccine – the safety, the efficacy, and the overall effectiveness of COVID-19 vaccines,” explained Prof. Lau. “In countries around the world, the earliest population-wide vaccination programmes began in December 2020. It was around this time that the Government procured vaccines for Hong Kong people. We [the Panel] became really busy at that time providing the necessary information so that the vaccines could be authorised for emergency use in Hong Kong. SinoVac and BioNTech vaccines have been authorised so far. The Panel has remained busy, keeping an eye on the vaccine situation in Hong Kong and around the world.”

Although he says he feels well-suited to the role, Prof. Lau is quick to point out that this is not because he considers himself an expert: “I have to update myself every day – it’s an almost impossible task to keep on top of the data.” Rather, he credits his efforts to experience and interact at multiple levels: “Through the Academy and the Panel, I learned about the overall operations and arrangements of the Vaccination Programme. Friends and colleagues have helped set up Community Vaccination Centres, so I understand the challenges involved in running these centres, as well as the doctors’ concerns about advising patients. And I volunteered as a medic at a Community Vaccination Centre. There I got to talk to people getting their vaccines. Of course they were the ones who believe in the vaccine, but they also shared some of their worries. It has been a very educational experience.”

“It is vital that doctors and health care workers educate themselves and can answer enquiries from patients with confidence.”

With such vast numbers of people being vaccinated within a short period of time it is inevitable that some safety issues will arise, and this is leading some to question the benefits of getting vaccinated. Variants that are causing concern in some parts of the world are also leading to some taking a 'wait and see' approach. In April and May the number of COVID-19 cases followed a downward trend. Of course this is good news. However, this apparent safety leads to lower urgency among the public to get vaccinated. These and other concerns can lead to so-called 'vaccine hesitancy'. This is a complex and nuanced issue, so Prof. Lau says that it is vital that doctors and health care workers educate themselves and can answer enquiries from patients with confidence. "If you don't fully understand the vaccine programme," Prof. Lau urges "educate yourself, or reach out to colleagues or vaccine experts for help and advice."

"There is no way out, but for all of us to get vaccinated."

Prof. Lau also thinks that some people have forgotten, or perhaps not considered the effect that COVID-19 has on our lives. "We talk about 11,000-plus people infected or 200-plus who died in Hong Kong," he says solemnly, "but very few people talk about the long-term impacts of COVID-19. For example, even for people who recover, there is fibrotic damage to the lungs in some of them. People have also forgotten about the isolation required – two weeks, three weeks in quarantine. For some people, especially for young kids, this could have a real impact on their development. People have also not considered the collateral damage. For more than 1 year, Hong Kong hospitals have not allowed visitors. Patients admitted to hospital for heart attack or stroke, or any other reason, have to stay in hospital for longer than would have been previously necessary, owing to COVID-19 precautions. These patients find themselves isolated from their family during this time, often weeks, because unvaccinated people are not permitted to visit them. This lack of physical or emotional support often poses a challenge for elderly or infirm patients, but now effects a great deal more. And of course there are other restrictions on society in general that are taking their toll: not being allowed to gather with family, not being allowed to travel. There is no way out, but for all of us to get vaccinated."

Despite this, Prof. Lau sees reason for optimism, and recalls the first few weeks of the vaccine rollout as very encouraging. "People took up the vaccine quite quickly, and doctors and healthcare workers put in a great deal of effort to train up and deliver the vaccines in a short period of time." Prof. Lau is also heartened by the positive response from individuals, with many doctors and even members of the public volunteering to help in various ways. "Doctors and health care workers have offered their time and effort to do training in handling and administering the vaccines. And it has not only been the Hospital Authority and the medical schools that have set up vaccination centres," says Prof. Lau. "Health care and medical organisations and private doctors have also set up vaccination centres, and they have been very positive and proactive. It is great to see such generous contributions to the health of Hong Kong."

"Change needs to come from within the medical community."

In order to allay the public's concerns surrounding the vaccines, Prof. Lau says that transparency is key. "It is easy to think that we have been 'too' transparent," warns Prof. Lau. "We have worked with the Government to report all deaths due to coronary issues, stroke, and so on, and the data clearly show that deaths are in fact lower among vaccinated people than in the unvaccinated population. Unfortunately, the public often take away a negative message from what is reported in the media. To gain the confidence and support of Hong Kong people, it is most important to continue being honest and transparent." Prof. Lau also suggests that the public would benefit from hearing a more unified message: "I personally feel that, as a medic, change needs to come from within the medical community, amongst ourselves. Doctors, nurses, all health care workers first of all should understand the importance of vaccination. Second, we should understand that the smart thing to do is to come out and tell people. We health care workers need to spread the message that we believe in vaccination."

Ultimately, to swing public opinion in favour of vaccines, a combined effort involving various stakeholders is needed. Some political measures, such as so-called 'travel bubbles', may encourage people to get the vaccine. From his experience in the Community Vaccination Centres, Prof. Lau says that the reason for this is not simply people longing to go on holiday: "I found that many of the people I spoke to had family members living overseas, and they were looking to get vaccinated in the hope that they would be allowed to visit, or return to, their families. Vaccinations may also allow people to visit relatives and loved ones within Hong Kong who are currently in hospital or in care, for example."

Doctors can also help to promote the science, but may need to employ a little psychology. Prof. Lau implores "Hong Kong doctors must be positive opinion leaders. I really hope that people reading this – all health care workers in Hong Kong – can help the effort in promoting the vaccine. First, educate yourself on the importance of vaccination. Second, get the vaccine and tell people about it. Announce it through different channels including social media platforms, and tell your friends and family – it is very encouraging for people to find out that someone they know has had the vaccine without any ill effects."

"Get the vaccine. Promote it!"

Hong Kong Medical Journal – Impact Factor

We are pleased to announce that the 2020 Journal Impact Factor for HKMJ has risen to 2.227 (Clarivate, 2021).

Many thanks to our editors, authors, and reviewers for their valuable contributions to improving the quality of our Journal.

Follow us on Facebook:

<https://www.facebook.com/HongKongMedJ/>



Young Fellows Chapter

Specialties Cross-Over



Main characters and crew working on the Specialties Cross-Over video team at Union Hospital. From left: (standing) Dr. James Cheng, Dr. Ken Kan, Dr. Karen Leung, Dr. Ruby Wong, Dr. Yolanda Law, Dr. Wendy Cheng, Ms May Tse, Ms Lisa Tao, Ms Christine Kuai, Mr Sammy Hou, Ms Ho-wai Hau; (seated) Dr. Sut-ye Tse, Miss Macy Kwok, Dr. Ryan Chao, Mr Chiu-yin Tse.

Have you ever wondered what happens to your patients after you refer them to your counterparts in another department? As part of our ongoing effort in promoting mutual understanding, a much anticipated multidisciplinary programme has been carefully crafted by members of the Young Fellows Chapter to include educational materials such as videos and live presentations from various specialties. The first such event, “Specialties Cross-Over: knowledge sharing and integration”, was successfully held on Saturday 26 June 2021 at the Academy Building, with an option for online participation using Zoom. About 54 participants attended the event, at which 9 speakers from different Colleges shared their expertise in different specialties and the integration across different disciplines for patient care.



Main crew and characters filming the Specialties Cross-Over video at a village house. From left: crew members Ms Ho-wai Hau and Mr Chiu-yin Tse, and cast members Miss Macy Kwok, Dr. Sut-ye Tse, Dr. Karen Leung and Dr. Ryan Chao.

Workplace-based assessment study

Workplace-based assessment (WBA) is a relatively daunting concept to many of us. Balancing the provision of quality clinical care to patients and ample learning opportunities for trainees is no easy task. This year we presented the results of a Hong Kong-wide survey on the perceptions of WBA and analysis of the trends of its adoption by invited local experts at the Academy's annual Medical Education Conference on Saturday 22 May 2021. Other symposia at the Conference, themed "E-learning and Assessment in the New Normal", will include international experts discussing key issues in areas such as competency-based training and e-learning. Find out more at: <https://online.hkam.org.hk/mec2021/>.

Chicken Soup for the Doctor's Soul

The first episode of our wellness series "Chicken Soup for the Doctor's Soul" was successfully launched earlier this year. We are excited and very pleased to report that it was met with a positive response overall. Our gratitude to those of you who kindly shared your professional and, at times personal, stories, which will undoubtedly provide solace and inspiration to our readers. Be sure to follow us and listen to our latest stories at: <https://www.hkam.org.hk/en/young-fellows-chapter-chicken-soup-doctors-soul>.



HKJCDPRI Updates

Online lectures for mental health needs for the elderly during COVID-19 pandemic

Mental distress or illness is not uncommon among seniors especially in this double pandemic of social isolation and COVID-19. It is essential to help frontline practitioners to identify the symptoms and behaviours related to mental health and make sure the elderly receive timely help before situations get out of hand.

The Hong Kong Jockey Club Disaster Preparedness and Response Institute, in collaboration with the Hong Kong College of Family Physicians, developed a series of training-of-trainer programmes on the topic of Mental Health needs for the elderly during COVID-19 pandemic for the frontline practitioners of Senior Citizen Home Safety Association.

Four online lectures were delivered in March by Dr. Inness KY WAN and Dr. Ken KM HO, specialists in Family Medicine, covering the topics on recognizing and understanding the warning signs of the elderly who suffer from psychological distress or mental health problems, and the counselling skills for frontline practitioners to help the elderly cope with the stress of social distancing. A total number of 41 frontline practitioners participated in the training, with over 90% of the participants found the lectures impressive and practical to their duties.

Mental health needs during COVID-19 pandemic

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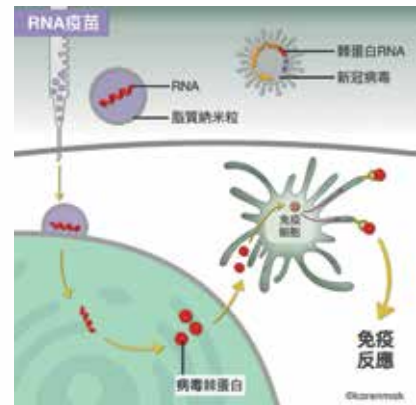
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Blog articles on mRNA vaccines and adenovirus vector vaccines

Vaccination has long been considered one of the most effective ways of protecting people from diseases. Will vaccines protect us from the long-haul COVID-19 pandemic? How well are we immunised after getting vaccinated? How does mRNA vaccines differ from adenovirus vector vaccines?

The Hong Kong Jockey Club Disaster Preparedness and Response Institute has invited Dr. Karen Mak, a specialist in biosensors and bioanalytics and lecturer at The University of Hong Kong, to share with us her findings and insights on mRNA vaccines (<https://www.hkjcdpri.org.hk/事實求證mrna疫苗>) and other adenovirus vector vaccines (<https://www.hkjcdpri.org.hk/病毒載體疫苗-睇真啲知多啲>)



HKJC ILCM Updates

Air Crew Resuscitation Simulation (ACRS)

The Air Crew Resuscitation Simulation (ACRS) course is a tailor-made course for the Government Flying Service (GFS). It is co-organised by the HKJC ILCM and The Hong Kong College of Anaesthesiologists. Target participants are Air Crewman Officers, Air Medical Officers, and Air Medical Nursing Officers from the GFS. The course aims to strengthen participants' clinical and procedural skills from initial assessment on the scene to in-flight treatment, especially in the face of potential acute clinical deterioration. Three courses were successfully held between January and April 2021 and 30 GFS officers completed the training. Participants found the course very practical and they gained valuable learning experience from the instructors during the simulation exercises.



Participants of the ACRS course at the skill station demonstrating advanced airway management



Participants of the ACRS course engaging in a simulation exercise for dealing with an unconscious hiker



Participants of the ACRS course engaging in a simulation exercise for helping a hiker with heat stroke

Comprehensive Simulation Educator Course (CSEC)

The Comprehensive Simulation Educator Course (CSEC) is one of the HKJC ILCM signature programmes renowned for its learner-centred training approach. A group of 24 passionate learners spent two consecutive weekends on 6–7 and 13–14 March 2021 with HKJC ILCM faculty to learn different methods to maintain and enhance their knowledge and skills in simulation-based education. Rewarding experiences were gained by both parties throughout the intense and dynamic teaching and learning process.



Participants of the CSEC course undergoing familiarisation of the simulation room



Participant of the CSEC course engaged in a video debriefing exercise

Upcoming courses

Course title	Course period
Comprehensive Simulation Educator Course (CSEC) – 4 days	14th run: 21–22 & 28–29 Aug 2021 15th run: 20–21 & 27–28 Nov 2021
Advanced Simulation Training in Mechanical Ventilation (ASTiM5) – 1 day	Class 1: 5 Oct 2021 (Tue) Class 2: 6 Oct 2021 (Wed)
Debriefing Skills for Simulation Instructor Course (DSSI) – 2 days	12th run: 6–7 Nov 2021

Please check the HKJC ILCM website for the latest updates: <https://hkjcilcm.hk/>

Enquiries

Tel: (852) 2871 8718

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Readers' Corner

Call for submissions

In future issues, this section will 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.

Deadline for Autumn 2021 issue

The deadline for contributions for the Autumn 2021 issue of *academyfocus* is 1 August 2021. Please send any submissions by e-mail to focus@hkam.org.hk. All submissions are subject to editorial review and approval. Information supplied, whether or not included in the newsletter, may be posted on the Academy website.

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

Enhancing Professional Research Skills Workshop

Register Now



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

This four-module workshop aims to provide medical and dental specialists with more in-depth knowledge and skill required for medical research.

Platform: Online (via Zoom)

Enrolment Limit: 25 per Workshop

Fee: HK\$400 per four-module Workshop



Module 1 - Introduction to Research

Prof Martin Wong

Professor (Clinical), JC School of Public Health and Primary Care, Faculty of Medicine, CUHK
Editor-in-Chief, *Hong Kong Medical Journal*



Module 2 - Performance of Research in Clinical Practice

Prof Ivan Hung

Ru Chien & Helen Lieh Endowed Professor in Health Sciences Pedagogy, Professor of Medicine, Chief, Division of Infectious Diseases, Assistant Dean (Admissions), LKS Faculty of Medicine, HKU



Module 3 - Analysing Data and Provision of Research Recommendations

Prof Benny Zee

Professor and Director, The Office of Research and Knowledge Transfer Services, CUHK



Module 4 - Dissemination of Research Findings

Prof Sydney Tang

Chair of Renal Medicine and Yu Professor in Nephrology, LKS Faculty of Medicine, HKU

The Workshop will be repeated four times on Saturdays at 14:00–18:00 on the following dates:

	Module 1	Module 2	Module 3	Module 4
Workshop 1	11 Sep 2021	18 Sep 2021	25 Sep 2021	9 Oct 2021
Workshop 2	6 Nov 2021	13 Nov 2021	20 Nov 2021	11 Dec 2021
Workshop 3	26 Feb 2022	12 Mar 2022	19 Mar 2022	26 Mar 2022
Workshop 4	21 May 2022	28 May 2022	4 Jun 2022	18 Jun 2022

Details of CME/CPD accreditation to be announced

Enquiries: webinar@hkam.org.hk

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