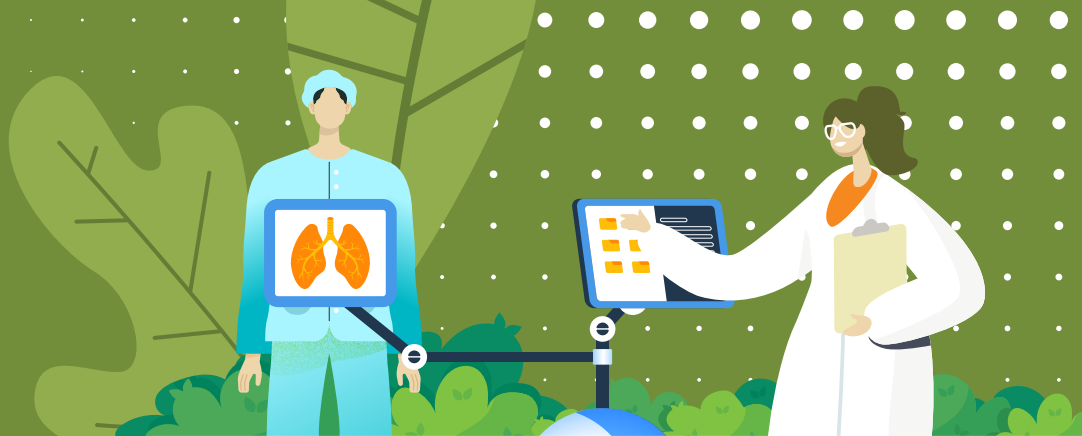




ACADEMY *FOCUS*

JULY 2026



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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 2026 issue of **academyfocus** is 1 September 2026. Please send any submissions by e-mail to focus@hkam.org.hk.

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WELCOME MESSAGE

PROF. PHILIP KAM-TAO LI
PRESIDENT, HONG KONG ACADEMY OF MEDICINE



Dear Fellows and colleagues,

The Government has launched a public consultation on the First Five-Year Plan for Economic and Social Development of the Hong Kong Special Administrative Region (2026–2030). The Academy has prepared a comprehensive submission, drawing on the collective expertise of our 15 constituent Colleges. Our recommendations focus on strengthening specialist training and healthcare manpower, advancing competency-based medical education, professionalism and ethics, fostering innovation in emerging disciplines and health technologies, and deepening collaboration within the Greater Bay Area and with the Chinese Mainland as well as with overseas medical institutions, with a view to supporting Hong Kong's long-term healthcare development and reinforcing its position as an international centre for medical excellence.

The Academy also acknowledges the Medical Registration (Amendment) Bill recently introduced by the Government. We believe the proposals will preserve professional autonomy, improve the efficiency and transparency of complaint handling, strengthen continuing medical education, and better safeguard patient welfare. In parallel, the Academy continues to enhance support for Fellows undertaking medicolegal work. We are pleased to launch the revamped Online Expert Witness Training Course shortly. We are also expanding the Academy's Medical Expert Witness Pool, encouraging greater participation by Fellows, and introducing incentives for those undertaking expert witness roles. These initiatives will be complemented by the [Medical Law Conference](#) on 29 August 2026, jointly organised by the Academy's Professionalism and Ethics Committee and the Hong Kong Advocacy Training Council affiliated with the Hong Kong Bar Association. The conference will bring together

distinguished members of the medical and legal professions to discuss contemporary medicolegal issues and professional responsibilities, while fostering greater mutual understanding and collaboration between the two professions.

On the academic front, the latest impact factor of the *Hong Kong Medical Journal* has increased from 2.6 to 3.0. We extend our sincere thanks to the authors, reviewers and editors for their continued support.

The Young Fellows Chapter Retreat was held on 27 June 2026, with around 35 Young Fellows and Council members or their representatives in attendance. We were honoured to have Mr Yang Yuntao, Artistic Director of the Hong Kong Dance Company, as our guest speaker. The focus of the discussions included cultivating wellness among healthcare professionals, strengthening training capacity, advancing sustainability/ESG in healthcare, and medical careers in light of emerging trends and technologies.

Looking ahead, preparations are well underway for the [Quadripartite Medical Education Conference \(QMEC\) 2026](#), scheduled for 4-6 September 2026, jointly organised by the Academy, the Faculty of Medicine of The Chinese University of Hong Kong, the Li Ka Shing Faculty of Medicine of The University of Hong Kong and the Hospital Authority. Under the theme Shaping the Future of Medical Education, the Conference will bring together local and international experts to exchange ideas on advancing medical education, innovation and excellence in healthcare. I look forward to welcoming many of you to this flagship event.

Summer is here—let us take a short break, stay resilient, and explore our wellbeing initiatives.

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.



NEWS & EVENTS

Royal Australasian College of Surgeons Annual Scientific Congress and Convocation

Professor Philip Li attended the Royal Australasian College of Surgeons (RACS) Annual Scientific Congress and Convocation in Perth from 30 April to 3 May 2026. He participated in the President's Round Table and discussed the Surgical Pathways Strategy together with Dr. Peggy Chu, President of the College of Surgeons of Hong Kong.



With Dr. Owen Ung, President of RACS (second from left), and Dr. Peggy Chu (second from right), at the Convocation



At the President's Round Table with Dr. Owen Ung, President of RACS, Dr. Peggy Chu, and Dr. Philip Morreau, President-Elect (right)

Hospital Authority Convention 2026

Held from 11 to 13 May, the Hospital Authority Convention featured an HKAM session titled Navigating the New Frontiers in Medical Education, at which Professor Philip Li delivered a speech.



Macao Academy of Medicine Distinguished Lecture cum Fellowship Conferment Ceremony 2026

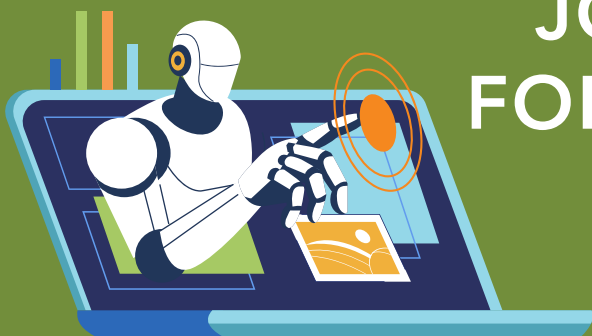
Professor Philip Li attended the captioned event on 13 June in Macao and was grateful to meet Dr. Chin-Ion Lei, President of Council of the Macao Academy of Medicine.



59th Malaysia-Singapore Congress of Medicine

Professor Philip Li attended the captioned congress from 3 to 5 July in Kuala Lumpur, Malaysia, and delivered a speech at the Congress. The Convocation was officiated by His Royal Highness the Sultan of Perak Darul Ridzuan, Malaysia (photo below right). Professor Li was joined by other Academy Officers and College Presidents. During the congress, there were valuable presentations and discussions at the President's Roundtable and the Joint Council Meeting on developments in the three Academies, including the issue of medicolegal challenges to the profession.





JOCKEY CLUB INSTITUTE FOR MEDICAL EDUCATION AND DEVELOPMENT

Portable (Handheld) Ultrasound Training Workshop: Advancing Point-of-Care Competency

The JCIMED recently launched the Portable (Handheld) Ultrasound Training Workshop, marking a significant step forward in enhancing point-of-care ultrasound competency among healthcare professionals. Supported by the Hong Kong Jockey Club Charities Trust, the workshop aims to promote the safe and effective use of handheld ultrasound devices in daily clinical practice. For College-nominated participants, course fees are fully sponsored.

The inaugural series of workshops has been well received, attracting clinicians from a range of specialties. The programme provides a focused half-day learning experience that integrates essential ultrasound principles with practical, hands-on training. Through structured teaching and live demonstrations, participants gained foundational knowledge in image acquisition, interpretation and clinical integration across key areas, including lung, vascular access, abdominal and vascular ultrasound.

A major highlight of the workshop is its learner-centred and practical approach. Participants praised the clarity and relevance of the content, as well as the strong emphasis on hands-on experience. One participant with over 20 years of clinical practice shared: "I was a bit

sceptical about what I would get out of the course before attending, but I was really impressed by how comprehensive the basic ultrasound knowledge was and how focused and practical the training felt. The hands-on sessions were especially valuable. The half-day learning was truly memorable and amazing. I learned a lot, and I am very grateful for everyone's hard work and time."

The successful implementation of the Portable (Handheld) Ultrasound Training Workshop reflects JCIMED's continued commitment to advancing innovative, skills-based medical education. By equipping healthcare professionals with practical sonographic techniques and a deeper understanding of handheld ultrasound applications, the workshop supports the ongoing development of bedside diagnostic capability in Hong Kong.

Looking ahead, JCIMED will continue to deliver targeted training programmes that address emerging clinical needs and strengthen professional competence across specialties. The positive response to the workshop underlines its value in preparing clinicians to embrace new technologies and ultimately enhance patient care.



Assessment Mastery Series: I am OSCE: Advancing Excellence in Clinical Assessment

The JCIMED recently marked another milestone in medical education with the successful completion of the “Assessment Mastery Series: I am OSCE (Objective Structured Clinical Examination)” training course. Conducted from April to June 2026, the programme brought together medical professionals from a wide range of backgrounds, united in their commitment to strengthening assessment quality and examiner expertise in clinical education.

Recognising the vital role of the OSCE as the gold standard for evaluating clinical competence, the course was thoughtfully designed to address both the rigour of examination design and the art of examiner calibration. Over several weeks, participants engaged in interactive online sessions and a full-day, in-person workshop, creating a dynamic and practical learning environment.

A key feature of the course was its comprehensive approach, covering essential topics such as assessment blueprinting, OSCE station development, examiner roles and responsibilities, scoring psychology, rater calibration, and best practice in standardised patient training and examination management. Through expert-led presentations, case discussions and hands-on activities, participants developed practical skills to design,

deliver and evaluate high-quality OSCEs aligned with curriculum outcomes and professional standards.

Feedback has been overwhelmingly positive, with many participants highlighting the value of peer exchange, targeted faculty guidance and the opportunity to practise new techniques in a supportive setting. At the closing session, certificates of completion were presented in recognition of participants’ dedication and active involvement throughout the programme.

The success of the “Assessment Mastery Series: I am OSCE” reflects JCIMED’s ongoing commitment to advancing innovative, skills-based medical education in Hong Kong. By equipping healthcare professionals with the knowledge and tools to uphold high standards in clinical assessment, the programme supports the continued development of safe and competent doctors.

Looking ahead, JCIMED will continue to deliver targeted educational initiatives that respond to evolving needs in medical education and foster professional excellence across the healthcare community. The positive response to the course underlines its value in strengthening assessment quality and examiner capability for the benefit of patient care.



YOUNG FELLOWS CHAPTER



DR. **PHOEBE PUI YING LAM**
CHAIR, YOUNG FELLOWS CHAPTER
(2026-2027)

YOUNG FELLOWS CHAPTER HANDOVER MEETING

The 10th term (2026-2027) of the Young Fellows Chapter (YFC) officially began on 1 July 2026. Despite a Black Rainstorm Warning, the handover ceremony took place between the outgoing and incoming YFC members, with President Professor Philip Li and other HKAM Council members in attendance. The new YFC comprises 28 members from 15 different Colleges. All members are committed to assisting the Academy in enhancing training and continuing professional development across various medical and dental fields. They also focus on promoting members' and trainees' wellbeing, advancing ESG initiatives, and actively participating in community service to support vulnerable populations locally.



YOUNG FELLOWS CHAPTER GOVERNING COUNCIL (2026-2027)

- | | | |
|--|--|--|
| <p>● Chair
Dr. Phoebe PY Lam
The College of Dental Surgeons of Hong Kong</p> <p>● Vice-chair
Dr. Felix CL Chow
The College of Surgeons of Hong Kong</p> <p>● Honorary Secretary
Dr. Jess WL Yim
Hong Kong College of Community Medicine</p> <p>● Honorary Treasurer
Dr. Melissa Rachel Fok
The College of Dental Surgeons of Hong Kong</p> <p>● IT Officers
Dr. Emmanuel HL Cheung
The Hong Kong College of Anaesthesiologists

Dr. Marvin MT Chung
The Hong Kong College of Orthopaedic Surgeons</p> | <p>● Members
Dr. Janice HT Leung
The Hong Kong College of Anaesthesiologists

Dr. Heather HT Choy
Hong Kong College of Community Medicine

Dr. Ying Cheung
Dr. Irene WL Lo
Hong Kong College of Emergency Medicine

Dr. Cheryl YC Chan
Dr. Will LH Leung
The Hong Kong College of Family Physicians

Dr. Theodora HT Lai
Dr. Karen Ng
The Hong Kong College of Obstetricians and Gynaecologists

Dr. Andrew CY Mak
The College of Ophthalmologists of Hong Kong

Dr. Gary TW Chan
The Hong Kong College of Orthopaedic Surgeons</p> | <p>Dr. Jason SS Law
Dr. Eric YK Ng
The Hong Kong College of Otorhinolaryngologists

Dr. Joshua CK Chan
Dr. Daniel YH Ng
Hong Kong College of Paediatricians

Dr. Crystal K Lam
Dr. Stanford TH Li
The Hong Kong College of Pathologists

Dr. Annabel KT Choy
Dr. Jacky CL Ho
Hong Kong College of Physicians

Dr. Janet TY Yeung
The Hong Kong College of Psychiatrists

Dr. Boris CK Chow
Dr. James CH Chow
Hong Kong College of Radiologists

Dr. Yan Luk
The College of Surgeons of Hong Kong</p> |
|--|--|--|

CARRYING THE TORCH FORWARD: REFLECTIONS ON THE YOUNG FELLOWS CHAPTER 2025-2026 AND THE JOURNEY AHEAD



DR. **ADRIAN CHI-HENG FUNG**
CHAIR, YOUNG FELLOWS CHAPTER
(2025-2026)

Advancing Together with Purpose, Compassion and Commitment

The 2025-2026 term of the Young Fellows Chapter (YFC) of the Hong Kong Academy of Medicine (HKAM) is one I will always remember with gratitude. It has been a privilege to serve alongside colleagues who gave generously of their time, ideas and heart. Together, we sought not only to represent the voices of young specialists but also to create opportunities for connection, professional growth, wellbeing, service and leadership within the Academy and beyond.

One Chapter, Fifteen Colleges, Many Voices

This year, the YFC was strengthened by the participation of 29 Young Fellows from all 15 Colleges. The diversity of our Chapter has been central to our work. Each College brought its own perspectives, experiences and priorities, enabling us to better understand the needs of young Fellows across specialties. Beyond our Chapter activities, YFC members contributed actively to the wider work of the Academy through participation in numerous HKAM committees, subcommittees, task forces and working groups. These included areas such as education, finance and investment, professionalism and ethics, sports medicine, organ donation, wellbeing, social media, and the Jockey Club Institute for Medical Education and Development. Through these platforms, young Fellows contributed meaningfully to the Academy's development.

Beginning the Journey

Our year began in June 2025 with the handover meeting, where the incoming Council received the trust and encouragement of the previous team. More than a transition of duties, it was a moment that reminded us of continuity, responsibility and shared purpose. The subsequent brainstorming meeting with the HKAM Council helped shape the direction and translate ideas into a practical plan for YFC over the past year. Throughout the term, YFC members were honoured to support important Academy occasions, including the Distinguished Young Fellows Dinner, where 25 young Fellows were recognised. We also contributed to the Medical Education Conference 2025 as masters of ceremonies and participants in the position statement workshop, and supported the second Seminar on Advance Medical Directives. These opportunities allowed us to serve the Academy while strengthening our sense of belonging within the HKAM community.

Learning, Mentorship and Exchange

Supporting the development of future specialists remained central to our mission. In September 2025, the YFC co-organised the HKICBSC Part 3 tutorial with The College of Surgeons of Hong Kong, The Hong Kong College of Orthopaedic Surgeons and The Hong Kong College of Otorhinolaryngologists. Held at Queen Mary Hospital, the session welcomed more than 30 candidates and provided a multi-station mock examination experience. It was encouraging to see young Fellows giving back through teaching, mentorship and peer support.

The year also brought valuable opportunities for professional exchange. The visit by the Chinese Medical Association in November 2025 enabled fruitful dialogue with Mainland healthcare leaders. In April 2026, the Mainland-Hong Kong Young Fellows and Leaders Exchange Forum further promoted mutual understanding through presentations, discussions, fellowship, music and informal exchange. These encounters broadened our perspectives and reinforced that the future of medicine depends on collaboration across disciplines, institutions and regions.

Building a More Sustainable and Caring Profession

Environmental, social and governance principles became a major theme of our work this year. Our visit to Disney in August 2025 introduced members to ESG concepts and stimulated discussion on how these values could be applied within HKAM and the YFC. This was followed by the YFC Seminar on Environment, Social and Governance in January 2026, which brought together more than 70 participants, including local and overseas experts, to discuss healthcare sustainability, social responsibility and governance.

Equally important was our focus on wellbeing. The HKAM Fellows Get Together in October 2025, jointly organised with the Social Subcommittee, provided a warm occasion for fellowship, music, recognition and sharing over a BBQ dinner. In December 2025, the Christmas wreath-making workshop offered a more reflective space, combining resilience training, mindfulness, effective communication and creativity. Amid demanding professional lives, these moments reminded us of the importance of caring for ourselves and for one another.

Service Beyond the Academy

One of the most memorable achievements of the year was the establishment of the HKAM Volunteer Team as part of our ESG initiatives. In April 2026, more than 60 volunteers joined the Tai O service visit, reaching over 120 elderly residents through medical consultations, retinal scans, dental examinations and preventive treatments. This initiative carried special meaning. It reflected the spirit of service at the heart of our profession. For many of us, it was a powerful reminder that medicine extends beyond hospitals, clinics and lecture halls. It is also about presence, compassion and the willingness to stand beside those in need.

Looking Outward and Looking Ahead

In January 2026, the YFC visited Hong Kong's Chinese medicine institutions, including The Chinese Medicine Hospital of Hong Kong and the Government Chinese Medicines Testing Institute. The visit offered valuable insight into the development of modern Chinese medicine and its potential integration with contemporary healthcare.

We also continued to prepare for the future. Planned and ongoing initiatives include the YFC Retreat in June 2026, the Hangzhou exchange in July 2026 involving visits to health-tech industries, hospitals and academic units, and the Young Fellows and Trainees Health and Wellbeing Survey. Revisiting the 2019 study on burnout and wellbeing among young doctors in Hong Kong, the survey reflects our commitment to understanding and supporting the needs of our profession in a changing healthcare landscape.



A fruitful sharing by Mr Yuntao Yang (centre, left photo), Artistic Director of Hong Kong Dance Company, titled "我和香港舞蹈團的成長與發展"

A Stronger Identity for Young Fellows

This year also saw the launch of the first-ever YFC logo, a meaningful step in strengthening the Chapter's identity and visibility. Together with our growing social media presence, this helped us communicate more effectively, share our work and connect Young Fellows across Colleges. These developments have strengthened not only our external presence but also our internal sense of unity and belonging.

With Deep Appreciation

Serving as Chair of the YFC has been one of the most meaningful experiences of my professional life. I am deeply grateful to HKAM President Professor Philip Li, the HKAM Council officers and members, all members of the YFC Governing Council, the HKAM Secretariat and every Young Fellow who supported our work throughout the year.

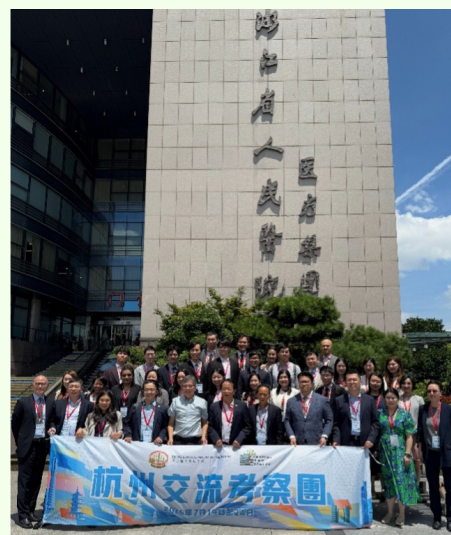
The achievements of this term belong to all who contributed their time, wisdom, creativity and dedication. I have been continually inspired by the energy of our members, the generosity of our mentors and the trust placed in us by the Academy. As I hand over to the next leadership team, I do so with confidence and hope. The YFC has grown into a platform for collaboration, service, leadership and friendship. May future Young Fellows continue to build on this foundation with courage, compassion, professionalism and vision.

YFC Mainland Exchange and Study Trip to Hangzhou 2026

Over 30 young specialist doctors and representatives from the Academy participated in the 'YFC Mainland Exchange and Study Trip to Hangzhou' from 20 to 24 July. The programme provided a valuable platform to explore developments in specialist training, healthcare innovation, medical research, and the integration of AI and big data in healthcare. Delegates visited the Health Commission of Zhejiang Province, Zhejiang Provincial People's Hospital, the First Affiliated Hospital of Zhejiang University School of Medicine, and Westlake University's School of Medicine and Biomedical Research Core Facilities, gaining insights into smart hospital systems, precision medicine, AI-powered diagnostics and translational research. The delegation also visited leading innovation hubs, including Alibaba, Hangzhou Future Sci-Tech City Exhibition Centre and China (Hangzhou) Artificial Intelligence Town, where participants explored the latest advancements in artificial intelligence, robotics and data-driven technologies, as well as their applications in healthcare and broader societal development. Through academic exchanges, site visits and in-depth discussions, this meaningful programme strengthened professional ties and collaboration between Hong Kong and Zhejiang, reinforcing our shared commitment to advancing medical excellence, innovation and technology-enabled healthcare.



Visit to Zhejiang Provincial Health Commission 浙江省衛生健康委員會



Visit to Zhejiang Provincial People's Hospital 浙江省人民醫院



Visit to Alibaba 阿里巴巴



FELLOWS' WELL-BEING



WHAT'S NEW

HKAM Running Team

Running can improve fitness, build endurance and support overall wellbeing. The Academy has recently established a Running Team, which welcomes Fellows, specialist trainees and colleagues from the Academy to join, train together, and enjoy the benefits of running. The team will represent the Academy in future friendly running competitions and events.

The Running Team is led by Team Captains Dr. Louis Cheung and Dr. Debbie So, both emergency medicine specialists and enthusiastic marathon and trail runners. The team welcomes individuals of all fitness levels and levels of running experience.

Participation is free of charge. Registration is open until 16 August 2026. For details and registration, please visit: <https://online.hkam.org.hk/form/HKAMRunningTeam>

Grand Dance Poem: In Between—Wu Guanzhong's Ink Odyssey

In collaboration with the Hong Kong Dance Company, the Academy hosted a cultural wellness event on 24 May 2026, offering Fellows and specialist trainees an exclusive opportunity to experience the synergy of arts, culture and wellbeing.

The afternoon began with a docent tour at the Hong Kong Museum of Art, where participants explored the artistic world of Wu Guanzhong. This was followed by the dance performance *Grand Dance Poem: In Between—Wu Guanzhong's Ink Odyssey* at the Grand Theatre of the Hong Kong Cultural Centre. Inspired by Wu's distinctive artistic language, the performance transformed his signature elements—dots, lines and planes—into a captivating and immersive experience through the seamless integration of dance, music and lighting. The event provided Academy Fellows with a valuable opportunity to unwind, reconnect with the arts and enhance their holistic wellbeing through meaningful cultural engagement.



Positive Psychology—Stress Management Workshop

The Academy's Task Force on Well-Being organised the Positive Psychology Workshop on Stress Management on 30 May 2026, attracting Fellows and specialist trainees and enhancing their wellbeing and resilience.

The workshop was led by Dr. King-yee Chong, a Specialist in Psychiatry and Honorary Clinical Assistant Professor at The University of Hong Kong. Drawing on her extensive experience in psychiatric practice and education, she introduced key principles of positive psychology. Through interactive group discussions, she translated these concepts into practical insights, deepening participants' understanding and engagement.

Participants found the workshop highly beneficial, gaining valuable tools to support their personal wellbeing and long-term professional sustainability. They also greatly appreciated Dr. Chong's efforts in fostering meaningful connections and cultivating an interactive and supportive learning environment.



Mother's Day and Father's Day Lunch Gathering

The Academy organised two family-themed gatherings to celebrate Mother's Day and Father's Day. The Mother's Day Lunch Gathering was held on 10 May 2026, followed by the Father's Day Lunch Gathering on 21 June 2026. Both events were attended by Fellows, specialist trainees and their families.

Guests enjoyed a delightful dim sum lunch in a relaxed and welcoming atmosphere. Themed Mother's Day and Father's Day photo backdrops, complete with festive props, were arranged to allow families to capture memorable moments. Both events were well received and provided valuable opportunities for families to celebrate together, fostering a stronger sense of community within the Academy.



Self-Assessment Tool

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

Mindfulness Practices

The Academy has maintained a strong commitment to advancing doctors' well-being through a variety of focused initiatives. Dr. Chiu Ling, a certified instructor of the Mindfulness-Based Stress Reduction (MBSR) programme, and Dr. Eric Lee, Associate Professor (Clinical) at the JC School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong, recorded audio clips on mindfulness practices for daily and workplace use to reduce stress and enhance well-being. These recordings are available on the Well-being website to support regular mindfulness practice. For details, please visit: https://well-being.hkam.org.hk/mindfulness_workshop/





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



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The Chinese University of Hong Kong



HKU Med
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The University of Hong Kong
香港大學李嘉誠醫學院



醫院管理局
HOSPITAL
AUTHORITY



We warmly invite you to join the Quadripartite Medical Education Conference (QMEC) 2026, hosted by the Hong Kong Academy of Medicine in collaboration with the Faculty of Medicine of The Chinese University of Hong Kong, the Li Ka Shing Faculty of Medicine of The University of Hong Kong and the Hospital Authority. The event will take place at the Hong Kong Academy of Medicine Jockey Club Building with pre-conference workshops on 4 September, followed by the main Conference on 5 to 6 September 2026.

This marks the first ever medical education conference jointly organised by the four key institutions with a shared commitment to excellence in medical education, the advancement of knowledge and research, and quality improvement in both undergraduate and postgraduate medical training. The Conference aims to bring together medical educators, researchers, clinicians, medical students and healthcare professionals from both local and international settings to exchange experiences, insights and best practices in medical education.

The conference programme is thoughtfully curated to reflect the evolving priorities of medical education across the continuum from undergraduate to postgraduate training. Through plenary lectures and parallel sessions, participants will engage in forward-looking discussions, scholarly exchange and critical reflection on educational practice, professionalism, innovation, quality and academic advancement. By sharing knowledge, perspectives and aspirations, participants will help shape the future direction of the field.

For programme details and registration, please scan the QR codes on the QMEC banner.