



April 2019  
二零一九年四月號

# 刀緣

CUTTING EDGE

[www.cshk.org](http://www.cshk.org)

Off the Scalpel  
**Story Behind the Medal  
of Honour** by Dr Kwok-ki CHAN

## Editorial Board

**Chief Editor** Chad CW TSE

**Editor** Sharon WW CHAN  
Charing CN CHONG  
Lorraine CY CHOW  
Emily YL LAI  
Edgar YK LAU  
Michael WY LEUNG  
Calvin SH NG  
Dennis CK NG  
Wing-tai SIU  
Alfred CC WONG

**Editorial Assistant** CSHK Secretariat

## Contact Us

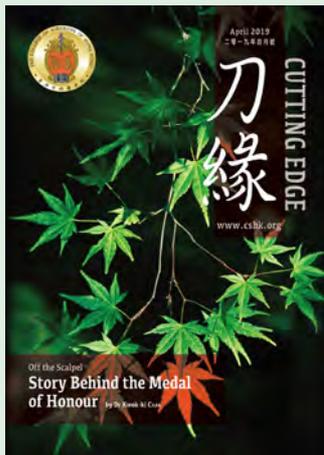
Editorial Board  
Room 601, 6/F, Hong Kong Academy of Medicine  
Jockey Club Building, 99 Wong Chuk Hang Road,  
Hong Kong  
Tel: (852) 2871 8799 Fax: (852) 2515 3198  
Email: [info@cshk.org](mailto:info@cshk.org) Website: [www.cshk.org](http://www.cshk.org)



### *Cutting Edge* – Electronic version

The electronic version of *Cutting Edge* is available on the College website: <http://www.cshk.org> > Publication > *Cutting Edge*

To opt out of receiving printed copies of *Cutting Edge*, please contact the College Secretariat at [info@cshk.org](mailto:info@cshk.org).



**Dr Alfred CC Wong**

*Photo Editor*  
*Queen Mary Hospital*

## About the Cover...

### Disconnect to Connect

“A teacher asked an 11-year-old boy what he wanted to be when he grew up. The boy replied immediately that he wanted to be an iPhone or an iPad. The teacher was perplexed and asked him why. The boy replied, ‘I want to be an iPhone or an iPad so that my parents can spend more time with me. They are always on their phones or tablets and every time I try to talk to them, they tell me to wait a minute and let them send this message or email, but they never have time for me. If I was an iPhone or an iPad they would be with me all the time.’ ”

*–On Technology and Human Connection,*

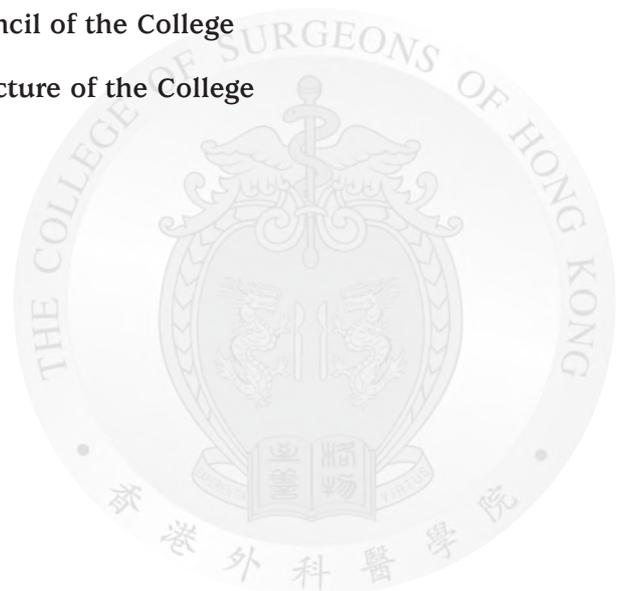
*An Interview with Ajahn Brahm, 21 March 2019*

<https://www.buddhistdoor.net/features/on-technology-and-human-connection-an-interview-with-ajahn-brahm>



© The College of Surgeons of Hong Kong  
Although every care has been taken to ensure the accuracy of the contents, the CSHK accepts no responsibility for errors or omissions. Any opinions expressed by individual contributors to the newsletter are the personal opinions of those contributors and cannot be taken to represent the views of the College. Links to related sites have been provided for information only. Such links do not mean that the College endorses any of the information, products or views published on these sites.

|           |   |
|-----------|---|
| <b>2</b>  | <b>Editorial</b>  |
| <b>3</b>  | <b>Message from the President</b>   |
| <b>5</b>  | <b>Message from the Honorary Secretary</b>  |
| <b>7</b>  | <b>Messages from Specialty Boards</b>   |
| <b>10</b> | <b>College Express</b><br>Lunch Symposium Series: Plastic Surgery<br>Clinical Attachment Programme in the Mainland<br>Peking Union Medical College Hospital<br>West China Hospital of Sichuan University<br>Critical Care Course for Higher Surgical Trainees |
| <b>17</b> | <b>Topic on Film</b><br>Hong Kong Surgical Forum – Transanal<br>TME Workshop<br>The 21st Chinese University of Hong Kong<br>Surgical Symposium  |
| <b>23</b> | <b>Examination Corner</b>   |
| <b>24</b> | <b>Younger Fellows Chapter</b><br>Pocari Sweat Run Carnival 2018  |
| <b>27</b> | <b>Women’s Chapter</b><br>Goodbye 2018, Welcome 2019  |
| <b>29</b> | <b>Off the Scalpel</b><br>Story Behind the Medal of Honour  |
| <b>33</b> | <b>Council of the College</b>   |
| <b>34</b> | <b>Structure of the College</b>   |



## EDITORIAL



March was a hectic month for the College. Consecutively the JSF Examination in Paediatric Surgery, General Surgery, and HKICBSC Membership Part 3 Examination were conducted with multiple meetings held at the same time – both intra- or inter-collegiate. I wish that the College calendar in April is a bit less packed to give everyone a slight relief so that they can prepare for the next mission ahead.

Striving for balance between intense workload and personal life is also a perpetual topic among surgeons. Those who managed to perform well in surgical practice, academic research, and community services particularly deserve our heartfelt admiration. In this issue, we are delighted to have invited one of our Fellows, Dr Kwok-ki CHAN, who was the recipient of the Medal of Honour awarded by the Hong Kong SAR Government in 2018, to share with us his dedication to voluntary work and community service, in particular to the development of the Auxiliary Medical Service in Hong Kong. He is certainly a role model to influence life with life and I hope that our Fellows and Members can be inspired by his stories and experience and cast further influence.

The Editorial Board faces constant challenges in sourcing adequate stories or updates from our Fellows for publishing in *Cutting Edge*. You are welcome to send us articles of a surgical event you attended, and share your special hobbies, achievement, or even an update of marital or employment status with us. Your support for the newsletter would be much valued and appreciated.

The College is also trying to be more responsible to our planet earth by reducing the use of papers. The electronic version of *Cutting Edge* is available on the College Website. Readers are encouraged to opt out of receiving printed copies by sending an email to the College Secretariat.

**Dr Chad CW Tse**

*Chief Editor, Cutting Edge*

## Message from the President



**Prof. Paul BS Lai**

*President, CSHK;  
Prince of Wales Hospital*

**“Data showed that for those who have genuine interest in pursuing surgical training, their passing rates are much higher during their second attempts.”**

The chronic shortage of doctors in the public sector has been worrisome for many in Hong Kong. Although the government has adopted multi-pronged measures, some were backlashed for failing to address the culprit of the shortage. The College of Surgeons of Hong Kong, as the professional body entrusted with the mission to train surgical professionals and safeguard the standard of surgical practice, we have a vital role to play in this crucial issue.

The College has been in close dialogue with the Hospital Authority (HA) all along over the imminent manpower issue since some years back. Amid our recent exchange of dialogue, the College received a letter from the two medical student societies of the two Universities expressing their grave concerns over the alleged low passing rate of membership examinations and the lower-than-usual admission rate to higher surgical training. Although many of the concerns stemmed from the students' lack of understanding of the training system, the College Council felt that we have the obligation to clarify our position.

In reply to the letter, we include some key facts:

- For the membership examinations, the standard setting has been consistent. It is carried out by the Education Committee which comprises representatives from the four Surgical Colleges in the Intercollegiate Board and experienced surgeons from public hospitals, private sectors, and academic institutes.
- Data showed that for those who have genuine interest in pursuing surgical training, their passing rates are much higher during their second attempts.
- The conduct of examination has international benchmarking with the Royal College of Surgeons of Edinburgh and the standard setting again has been consistent.
- There is no such mechanism as “automatic promotion” from Basic Surgical Training to Higher Surgical Training. There is always a component of competition at the Higher Surgical Trainee (HST) selection exercise and more competent candidates

“What we can do as a professional is to keep up the spirit of collaboration and work together with all the major stakeholders to come up with viable solutions that could lead to stable supply of specialist surgeons in the long run.”

will be selected through the Conjoint Selection Exercise, which is jointly conducted by the College and HA.

- At the last selection exercise in November 2018, there were three HST training positions in General Surgery and 11 candidates applied. All applicants were informed about the number of vacancies before the application opened and they were aware of the need to compete in advance.
- The number of HSTs in each specialty programme (Cardiothoracic Surgery, General Surgery, Neurosurgery, Paediatric Surgery, Plastic Surgery, Urology) is dictated by a projection system. Such system is common among training programmes around the world and is particularly common among surgical disciplines. In general, the projected number of training posts is determined by a number of factors which include the availability of training cases (caseloads particularly major and ultra-major operations), availability of trainers, other software and hardware of the training centres, international benchmarking, and the societal needs. For the best interests of patients and the community at large, these factors must be taken into consideration when deciding the number of training posts to ascertain the training standard. Patients in our community will be at risk if the competence of surgeons is being compromised.

The College does not think that the number of HST training positions should be carved in stone and could not be changed. Thus, in our recent meeting with HA, a mechanism has been worked out to review and determine the number of annual intake of HSTs in General Surgery. The idea in general is to make a reference to a number of parameters such as close-to-real-time operative throughput statistics in different training centres, the attrition rate of HSTs and trainers, and service growth, to determine the training capacity of the whole HA. Using this new formula, the College and HA have agreed that 28 HST posts in General Surgery will be released for the year 2019.

As the Food and Health Bureau has invited HKU School of Public Health to conduct a comprehensive manpower projection, the College will proactively review the manpower planning again as soon as more accurate and up-to-date figures are available.

In our reply to the two medical student societies, we have particularly pointed out that there are other factors which may affect the number of HSTs intake. One of the many worrying problems is the attrition of senior surgeons in the HA, particularly those experienced surgeons switching to private practice. The reduction of trainers will have a direct knock-on effect on the training capacity in the HA. At the time of writing, the Government together with the HA are already taking some proactive measures to address these manpower issues. It is hopeful that some of these newly formulated policies would help retain doctors in the public sector.

If we look at the previous track records of our local manpower projection, it is not too difficult to appreciate the issues are highly complex and dynamic. There will not be quick fixes or easy solutions. Refusing to engage and discuss about way forward would probably allow the situation to get worse. What we can do as a professional is to keep up the spirit of collaboration and work together with all the major stakeholders to come up with viable solutions that could lead to stable supply of specialist surgeons in the long run.

# Message from the Honorary Secretary



**Dr Siu-kee LEUNG**

*Honorary Secretary, CSHK;  
Tuen Mun Hospital*

“...one study showing no change in mortality but longer length of stay for patients treated by older surgeons... a systematic review...found improved outcome because of increased experience and higher volume of patients treated.”

## Revelations from Roger FEDERER

At the age of 37, Roger FEDERER beat S. TSITSIPAS at the Dubai Open final on 2 March this year, and claimed his 100<sup>th</sup> ATP (Association of Tennis Professionals) title. He is only second to Jimmy CONNORS who holds the ATP record of 109 titles. In fact, Roger is on record the oldest number 1 player on the ATP (February 2018). Meanwhile, the world number one (N. DJOKOVIC) and number two (R. NADAL) are over 30 years of age.

Like the top tennis players, age of surgeons in practice is also skewing to a higher level. Data in 2018 showed that 11.3% of general surgeons in Hong Kong public hospitals were older than 55 years. The proportion was 47.4% in the private sector. This is not unexpected, if surgeons are viewed as a subset of the general population. The life expectancy of Hong Kong people is now the highest in the world. Statistics in 2017 showed it was 81.9 for male and 87.6 for female. Other factors that may contribute to the ageing surgical workforce, now or in the future, are: more mature medical students, the increased age of entering higher training programmes, and the increased retirement age. At present, the retirement age for Hospital Authority staff is 60 (with new recruits after June 2015 raised to 65), while there is no mandatory retirement age in the private sector.

With ageing, there is predictive decline in cognitive function, reaction time, eyesight and manual dexterity. Compliance to guidelines and adapting new treatment modalities are also shown to be worse with age. In addition, there is a higher chance of development of chronic medical diseases. These include cardiovascular disease, diabetes mellitus, renal diseases, and dementia. How do these impact on quality of patient care and clinical outcome? Can the unfavourable factors be offset by greater experience? No conclusive evidence has been available in the literature so far. There was one study showing no change in mortality but

“...he tried to draw motivation from everywhere he could. This is also true for us surgeons if we are going to keep our skills lifelong!”

longer length of stay for patients treated by older surgeons. On the other hand, a systematic review in 2015 found improved outcome because of increased experience and higher volume of patients treated.

In some countries, measures are set to ensure standards of care. These include recertification programmes, revalidation, peer assessment, age-based screening, and competency assessment.

We cannot reverse or stop the anatomical and physiological changes associated with ageing. To maintain good quality of care, the goal is to decrease the slope of decline. Modes of practice may need to be modified. Strategies include active participation in CME programmes, use of intelligence technology, seeking second opinions, reducing night shift duties, and continuation of active role in operative procedures. Teaching is shown to be very useful. Teaching surgical anatomy and basic surgical skills have been shown to be very beneficial to both mentors and mentees. Maintaining physical health by regular aerobic exercise is so important that it should be practised by surgeons of all age groups.

When FEDERER met TSITSIPAS at the Dubai final, FEDERER was 17 years older. Although TSITSIPAS is also a player with great talent, Roger was in full command and the win was very convincing. In an interview before the match, Roger said the most important thing for him to win at this age was motivation. He tried to draw motivation from everywhere he could. This is also true for us surgeons if we are going to keep our skills lifelong!



## Cardiothoracic Surgery

**Prof. Malcolm J UNDERWOOD**  
*Prince of Wales Hospital*

The timing of the Exit Examination has been changed to April on an annual basis. The next examination will be conducted in Singapore on 27-28 April 2019.

Templates for learning agreement and procedure-based assessment (PBA) are available on the College website and the Board has deemed that 6-monthly learning agreements and 6 PBAs per year are now mandatory for Cardiothoracic Surgery trainees in Hong Kong.

There will be a change in the format of the examination this year and paperwork has been completed and endorsed by RCSEd and is available on the College website. Cardiac and Thoracic ‘short-cases’ will be superseded by 30-minute clinical examinations on ‘intermediate cases’. This will mean candidates will see two patients within this time period accompanied by the examiners. The ‘imaging and instrument stations’, which were previously included as part of the ‘short cases’, will now be examined in a separate 30-minute station – 15 minutes dedicated to imaging and 15 minutes to instruments. These changes have been implemented to increase the number of ‘marking episodes’ for candidates as well as reflecting on the importance of imaging within our specialty and addressing the issue that the 7-minute ‘short cases’ were no longer fit for purpose. Any candidates wishing to discuss these changes are welcome to approach any Board Member.

Trainees who are interested in a career in Cardiothoracic Surgery should contact Board Chairman (Prof. Malcolm J UNDERWOOD) or local Head of Service to discuss career opportunities.



## Plastic Surgery

**Dr Joseph HP CHUNG**  
*Tung Wah Hospital*

It has been a quiet start in 2019. Wishing you all a prosperous New Year!

The Hospital Authority commissioned training in Plastic Surgery titled “Lymphoedema and Reconstructive Super-microsurgery” was held in Pok Oi Hospital on 15-16 February 2019. Prof. Ming-huei CHENG from Chang Gung Memorial Hospital, Taipei and Prof. Joon-pio HONG from Asian Medical Center, Seoul were invited to be the guest speakers. The meeting was well attended by surgeons, nurses, and physiotherapists.

The preparatory mock examination in Plastic Surgery was held on 13 April in Tuen Mun Hospital. Five Fellows and three Higher Surgical Trainees took part in the event.

Following the direction of the College, the Board will review the Higher Surgical Training Curriculum in the coming year. New elements including proce-



*Organising Committee and guest speakers of the Commissioned Training in Plastic Surgery in February*

dure-based assessments, training plan for mutual discussion between supervisors and trainees, and enhancement of critical care training will be added. A structured aesthetic training will also be an essential domain to be addressed and consolidated in the curriculum. Although the primary aim is to have a regular review of the Higher Surgical Training Curriculum, post-Fellowship training that follows will always influence the development of higher surgical curriculum as these two stages form an integrated training programme. Thus, Fellow members are encouraged to give comments on and input for the need of training. Your valuable opinion can be sent to me at chunghp@ha.org.hk or our secretariat at claudia-chung@cshk.org.

Finally, please look out for the regular CME activities and take part in the events.



*Snapshot of the Commissioned Training in Plastic Surgery on “Lymphoedema and Reconstructive Supermicrosurgery”*



## Urology

**Dr Chi-wai Fan**

*Private Practice*

Based on the manpower projection made in 2013 – which included the international benchmarking with various countries on the specialist-to-population ratio, the review on the training materials and number of trainers in clusters, the specialist manpower in the community

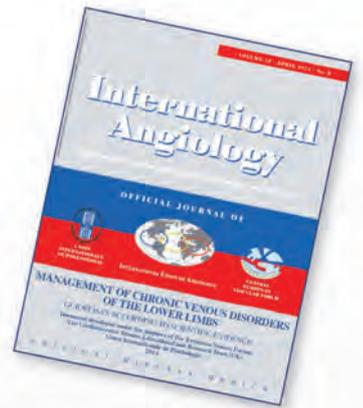
as a whole, and the specialist ratio in public and private hospitals – the Urology Board has agreed on a formed schedule for admitting higher urology trainees since 2013. Each training cluster will admit one trainee every 2 years. One extra quota can be granted to a cluster depending on the manpower need and post available. Some flexibility for admitting trainees was allowed in these few years. Last year the Urology Board has mapped out a new manpower planning for Urology specialty in 2025-2040 which has been endorsed by the Education & Examination Committee and College Council. The Board concluded that there is a greater demand in urology manpower and the urologist-to-population ratio needs to be increased. The Board decided to increase the admission to five Higher Surgical Trainees (HSTs) each year, and an additional admission of one to two HSTs per year may be needed accordingly from 2025 onwards if taking ageing population into consideration. Unfortunately, over the last 2 years there was an exodus of urology specialists to the private sector. Each cluster faces acute problems of manpower shortage in hospitals to maintain the present services, let alone develop new services. In response to this, our Board has decided to relax the intake of HSTs from two to seven for that diet of admission in July 2019. These transient admissions take place once or twice only and will not affect our long-term policy. I hope the situation can be improved in the coming years with these measures.

Conventionally Queen Mary Hospital (QMH), Kwong Wah Hospital (KWH), Tung Wah Hospital (TWH), and Our Lady of Maryknoll Hospital (OLMH) formed one training cluster, the Hong Kong West Training Cluster. Because of the development of urology services, the increasing number of trainers, and the escalating workload and training materials, KWH and OLMH decided to apply as a new training centre as a separate entity from the Hong Kong West Training Cluster. This was supported by the Urology Board. The hospital inspection together with representatives from Edinburgh of these two new training centres (KWH + OLMH and QMH + TWH) will be arranged in September this year. Therefore, together with the other training clusters and the training centre in Nanjing, the Urology Board and Edinburgh colleagues need to make nine hospital inspections in the afternoon over 2 days. This definitely will mean a heavier workload and a busy day for our colleagues.

# CHRONIC VENOUS DISEASE

# daflon<sup>®</sup> 500mg

**Micronized** purified flavonoid fraction



- ▶ New international guidelines highlight MPFF as the first line treatment in patients at all CVD stages<sup>1</sup>
- ▶ Powerful anti-inflammatory and venoprotective actions<sup>1-3</sup>

**2** tablets daily for at least **3** months



[www.daflon.com.hk](http://www.daflon.com.hk)



**REFERENCE:** 1. Nicolaidis A, Kakkos S, Baekgaard N, Comerota A, De Maeseener M, Eklos B et al. Management of chronic venous disease disorders of the lower limbs, Document developed under the auspices of the European venous forum, the International union of angiology, the cardiovascular disease educational and research trust (UK). *International Angiol.* 2018, Vol 37, No.3 (181-254). 2. Pascarella L, Lulic D, Penn AH, et al. Mechanisms in experimental venous valve failure and their modification by Daflon 500mg. *Eur J Vasc Endovasc Surg.* 2008;35:102-110. 3. Takase S, Pascarella L, Lerond L, Bergan JJ, Schmid-Schönbein GW. Venous hypertension, inflammation and valve remodeling. *Eur J Vasc Endovasc Surg.* 2004;28:484-493.

**COMPOSITION\*:** Micronized, purified flavonoid fraction 500 mg: 450 mg diosmin; 50 mg flavonoids expressed as hesperidine. **INDICATIONS\*:** Treatment of organic and idiopathic chronic venous insufficiency of the lower limbs with the following symptoms: heavy legs; pain; nocturnal cramps. Treatment of acute hemorrhoidal attacks. **DOSAGE AND ADMINISTRATION\*:** *In venous disease:* 2 tablets daily. *In acute hemorrhoidal attacks:* the dosage can be increased to up to 6 tablets daily. **CONTRAINDICATIONS\*:** Hypersensitivity to the active substance or to any of the excipients. **WARNINGS\*:** The administration of this product for the symptomatic treatment of acute hemorrhoids does not preclude treatment for other anal conditions. If symptoms do not subside promptly, a proctological examination should be performed and the treatment should be reviewed. **INTERACTION(S)\*:** None. **FERTILITY\*.** **PREGNANCY/LACTATION\*:** Treatment should be avoided. **DRIVE & USE MACHINES\*.** **UNDESIRABLE EFFECTS\*:** *Common:* diarrhoea, dyspepsia, nausea, vomiting. *Rare:* dizziness, headache, malaise, rash, pruritus, urticaria. *Uncommon:* colitis. *Frequency not known:* abdominal pain, isolated face, lip, eyelid oedema. Exceptionally Quincke's oedema. **OVERDOSE\*.** **PROPERTIES\*:** Vascular protector and venotonic. Daflon 500 mg acts on the return vascular system: it reduces venous distensibility and venous stasis; in the microcirculation, it normalizes capillary permeability and reinforces capillary resistance. **PRESENTATION\*:** Pack of 30 film-coated tablets of Daflon 500 mg. **LES LABORATOIRES SERVIER,** 50 rue Carnot, 92284 Suresnes cedex France.

\* For complete information, please refer to the Summary of Product Characteristics.



Servier Hong Kong Limited  
Room 4201-03, 42/F, Sunlight Tower, 248 Queen's Road East, Wanchai, Hong Kong.  
Tel: +852 2577 1922 Fax: +852 2890 5703 Web: www.servier.hk

## Lunch Symposium Series: Plastic Surgery

### Recent Advances in Plastic and Reconstructive Surgery

The first lunch symposium in 2019 was successfully held at St. Teresa's Hospital on 11 January 2019. The theme of the symposium was "Recent Advances in Plastic and Reconstructive Surgery" and we were honoured to have invited Dr Wai-man NG as the Chairman and Dr Hin-lun LIU, Dr Velda LY CHOW, and Dr Richie CL CHAN as speakers of the programme. The symposium was well attended by our Fellows with positive feedback. We are thankful for the spon-



(from left) Dr Velda LY CHOW, Dr Wai-man NG (Chairman), Dr Hin-lun LIU, and Dr Richie CL CHAN

sorship from Persona Surgical Modelling Co. Ltd. The next lunch symposium with the specialty of Neurosurgery was held at St. Teresa's Hospital on 12 April 2019. Details are posted on the College website.



Presentation Topic: Surgical treatment of secondary lymphedema (Dr Hin-lun LIU)



Presentation Topic: Application of robotic surgery in the head and neck region (Dr Velda LY CHOW)



Presentation Topic: Reanimation surgery for facial palsy (Dr Richie CL CHAN)

## Clinical Attachment Programme in the Mainland

### To: Peking Union Medical College Hospital

Peking Union Medical College Hospital (PUMCH) is a tertiary referral centre providing world-class care and groundbreaking scientific research. It is also a university hospital offering education to medical students in the Mainland. PUMCH was founded in 1921 and will be celebrating its 100<sup>th</sup> year anniversary soon. The hospital offers up to 2000 beds and has up to 17,000 outpatient visits a day.



Dr Winston WW HWANG  
Queen Elizabeth Hospital



*Front door of PUMCH*

There are two campuses, one in Dongcheng District of Beijing and another in Xicheng District. The surgical department is located in the Dongcheng District, home to the Forbidden City and Temple of Heaven. I stayed in a hotel which was only a 10-minute walk away.

During the programme, I had the privilege to attach to the Upper GI Surgical Team of PUMCH. The daily routine starts with a morning gathering of doctors and nurses in the doctor's office where there is handing over of cases. Afterwards the grand round starts, which always leads to interesting discussions and sharing of different practices in Hong Kong and Mainland China. Depending on the day of the week, I would either be at the operating theatre or at the outpatient clinics. On Wednesday afternoons, there are usually no elective surgeries, instead there is a department gathering focusing on morbidity and mortality presentations, along with teachings and department updates.

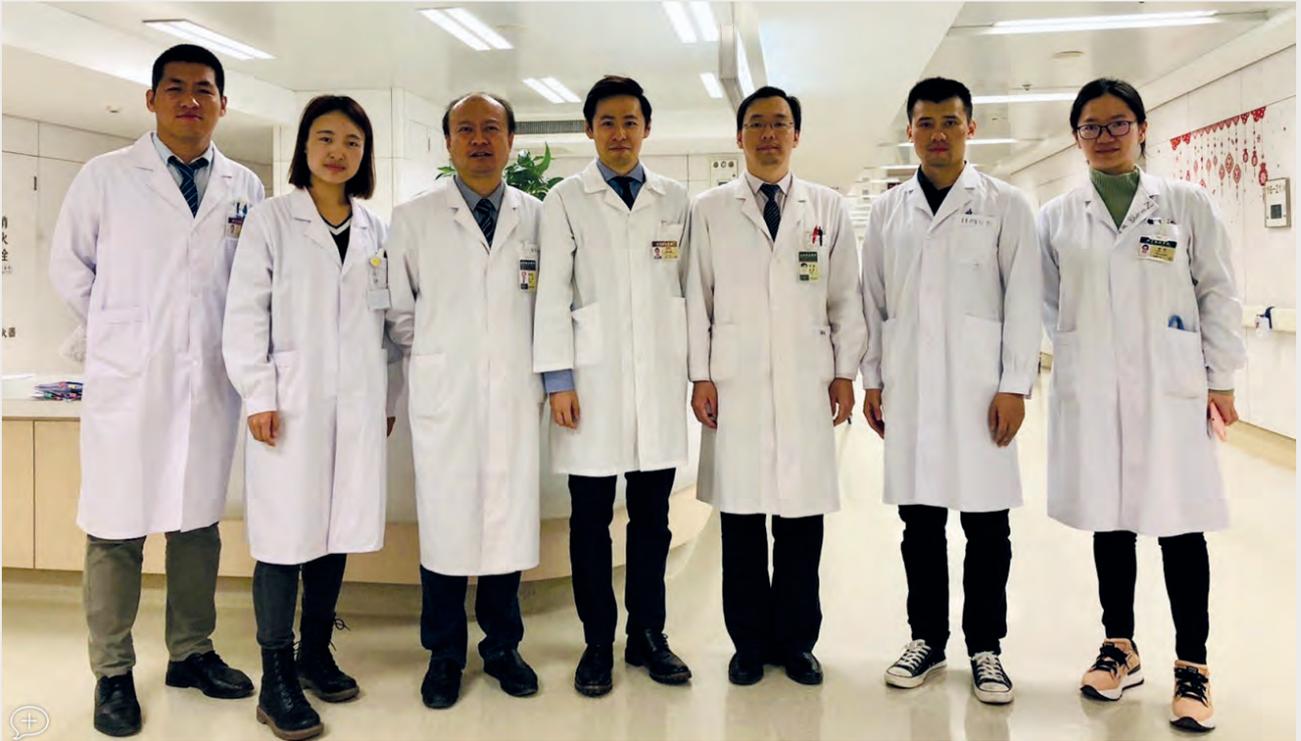
I was able to observe a large number of upper GI operations during my stay. The surgical department of PUMCH performs open, laparoscopic, and robotic surgeries.



*The new surgical building*

The spectrum of diseases that they operate on varies from gastric cancer, gastric GIST, to bariatric. I was impressed with the case load and quality of surgical care provided. They perform gastrectomy for gastric cancer almost every day and up to three cases per day in one operative session. The quality of their lymph node dissection and their persistence in maintaining their standard was admirable. Their yearning to continuously improve them-

College Express serves its purpose as a newsletter that gathers extracted information of internal activities which were organized by the College.



*Dr HWANG with the upper GI team, with Prof. KANG (third from right) and Dr YIP (third from left), along with other trainees*

selves, through literature review and conducting their own research, was inspiring.

My 2-week experience in PUMCH was definitely eye-opening. In addition to observing and learning the surgical skills and management in PUMCH, I was also able to appreciate the medical culture and

system in Mainland China. I had a great time interacting with local doctors, appreciating their work ethics and lifestyle. Last but not the least, I would like to thank the College of Surgeons of Hong Kong for providing me this invaluable opportunity to broaden my horizon.

### **To: West China Hospital of Sichuan University**

The West China Hospital (WCH) is considered to be one of the most prestigious hospitals in China. It was founded in 1892 and later merged with Sichuan University in 2000. Located in the busy province of Sichuan, it is a major healthcare provider in the region with 44 clinical departments, 4300 beds, 10,000 staffs, 243,200 inpatient visits (2017), and more than 161,200 surgical procedures (2017) per year!

WCH is one of the eight key medical universities in China training new doctors every day. It was ranked the first concerning regional science and technology influence of hospitals across the nation for 4 consecutive years from 2014 to 2017, third in the country for General Surgery, and the only Cochrane Center in Asia, along with only 15 of such centres in the world.

During my 2-week clinical attachment, I had the privilege to see the work of Prof. Zi-qiang WANG, who is a renowned colorectal surgeon and a pioneer in extended laparoscopic radical resection of low rectal tumours and anal sphincter surgeries.



**Dr Siu-man Yip**  
*Prince of Wales Hospital*



Depending on my schedule, I either shadowed their OPD sessions, or did ward or grand round. It was during these times when we shared our experiences and exchanged our ways of practice between Sichuan and Hong Kong.

On OT days, the morning started early at 7am. Though the sun just rose, these were the days I looked most forward to. Operations ran in parallel, of which the colorectal team took up two to three operating rooms, allowing WCH to handle so many cases per year. At the critical moment of each surgery, Prof. WANG would come in and perform the crucial part of the operation, displaying his vast skills and approach. This made the whole experience much more fruitful as I wasted no time and witnessed the prime of each surgery.



# Critical Care Course for Higher Surgical Trainees

As some candidates demonstrated inadequate knowledge of critical care in the Exit Examinations, the College organised its first Critical Care Course for Higher Surgical Trainees (HSTs) in November 2017. Positive feedback has been received and the course was rerun on 22-23 and 24-25 February 2019 at James Kung Meeting Room and Innovative Learning Centre for Medicine (ILCM), Hong Kong Academy of Medicine Jockey Club Building. A total of 18 instructors (6 from the UK and 12 from Hong Kong) and 32 HSTs participated, and the College is thankful to all instructors for their time and dedication to the course.

The course programme was instructed by experienced RCSEd and local trainers, and included lectures, practical workshops, and small group interactive discussions of clinical case scenarios. The course aims to improve trainees' practical management of critically ill surgical patients of all types, so that when combining with clinical expertise and appropriate attention to clinical detail, it can ultimately help prevent the development of serious complications and multiple organ failure in patients.

## *(opposite page)*

*We thank all instructors and observers for their commitment and dedication.*

### ***Instructors and observers from Hong***

***Kong:*** *Dr Wing-hang AU, Dr Allan NL CHAN, Dr Daniel TL CHAN, Dr Joyce SW CHOW, Dr Alberto CH CHU, Dr Thomas KM CHUNG, Dr Vincent CY LAU, Dr Rainbow WH LAU, Dr Gregory Ian SK LAU, Dr Heng-tat LEONG, Dr Michael WY LEUNG, Dr Eric SK LI, Dr Hon-ting LOK, Dr Calvin HK MAK, Dr Dennis CK NG, Dr Rebecca YT NG, Prof. Wai-sang POON, Dr Teresa TAN, Dr Peter YM Woo*

### ***Instructors from the United Kingdom:***

*Dr Fiona CAMERON, Dr Du Toit DE WET, Mr Peter DRISCOLL, Dr Murray GEDDES, Dr Duncan HENDERSON, Mr Bruce TULLOH*



*Gift presentation to (from left) Dr Murray GEDDES, Dr Heng-tat LEONG, Dr Michael WY LEUNG, and Mr Peter DRISCOLL*



*Scenario demonstration*



*Case scenario in Neurosurgery*



*Case scenario in Urology*



THE ROYAL COLLEGE OF SURGEONS OF EDINBURGH  
THE COLLEGE OF SURGEONS OF HONG KONG



Critical Care Course for Higher Surgical Trainees  
22-23 February 2019



THE ROYAL COLLEGE OF SURGEONS OF EDINBURGH  
THE COLLEGE OF SURGEONS OF HONG KONG



Critical Care Course for Higher Surgical Trainees  
24-25 February 2019





*Observing and interacting with participants via patient simulator from the Control Room*



*(clockwise) Group discussion with Dr DE WET (in white shirt), Dr Daniel CHAN, and Dr Peter YM Woo*



*Lecture by Dr Fiona CAMERON*

## Hong Kong Surgical Forum – Transanal TME Workshop

The Transanal TME Workshop, organised by the Department of Surgery, The University of Hong Kong, was successfully held on 10 January 2019. It was the pre-forum workshop of the Hong Kong Surgical Forum.

Transanal TME (TaTME), which is a relatively novel technique, has gained a lot of attention in recent years. It has the potential advantage of more precise dissection in the narrow pelvis. Yet it is also technically challenging. The workshop served as an excellent platform for participants to gain insight into the fundamental principles of TaTME.

The workshop was a 1-day event. Various expert speakers shared their experience during the didactic lectures in the morning. Hands-on session was held in the afternoon. It started with the practicing of purse-string suturing on simulators and was followed by cadaveric dissection, which is the best way to simulate the anatomy of TaTME dissection with high fidelity. With equipment and operation setup almost identical to the



**Dr Dominic CC Foo**

*Clinical Assistant Professor,  
Division of Colorectal Surgery,  
Department of Surgery, Queen  
Mary Hospital, The University  
of Hong Kong*

Topic on Film aims at promulgating surgically related activities in Hong Kong which are organised by bodies other than the CSHK



*Dr Masaaki Iro of the National Cancer Centre Hospital East, Japan, highlighting the importance of understanding the anatomy of TaTME dissection*



*Dr Seong-hyeon Yun of the Samsung Medical Center, Korea, talking about the technique of making a purse-string suture and the potential difficulties encountered during TaTME*

real theatre, the workshop offered an invaluable chance for participants to have an authentic first-hand TaTME experience under 3-dimensional view. The workshop was attended by over 40 local and regional participants and their feedback was extremely positive. The overall objective of promoting safe TaTME was well achieved.



*Dr Henry JOENG, Head of Colorectal Surgery of the United Christian Hospital, sharing how he started TaTME in his centre*



*Prof. Wai-lun LAW, the University of Hong Kong, speaking on the operation setup*



*Dr Dominic Foo giving an overview on the rationale, current evidence, and potential benefits of TaTME*



*Participants practising purse-string suturing on simulators*



*Cadaveric dissection with each cadaver shared by two participants*

## The 21st Chinese University of Hong Kong Surgical Symposium

This year marks the 21<sup>st</sup> anniversary of the flagship symposium of The Department of Surgery, The Chinese University of Hong Kong. The symposium showcased cutting-edge surgical innovations and technologies in various aspects of general surgery including pancreatico-biliary, metabolic, lower gastrointestinal, breast, head and neck, and robotics and innovative surgery. Over 450 surgeons and students participated in the meeting. The symposium featured state-of-the-art lectures by renowned Visiting Professors from all over the world, including Prof. Timothy PAWLAK who delivered the Arthur LI Oration on “Management of Intrahepatic Cholangiocarcinoma: The Surgeon’s Perspectives”; Prof. Jeff MARKS, the President of SAGES (The Society of American Gastrointestinal and Endoscopic Surgeons), who delivered the LI Dak Sum Visiting Pro-



**Prof. Anthony YB Teoh**  
Prince of Wales Hospital

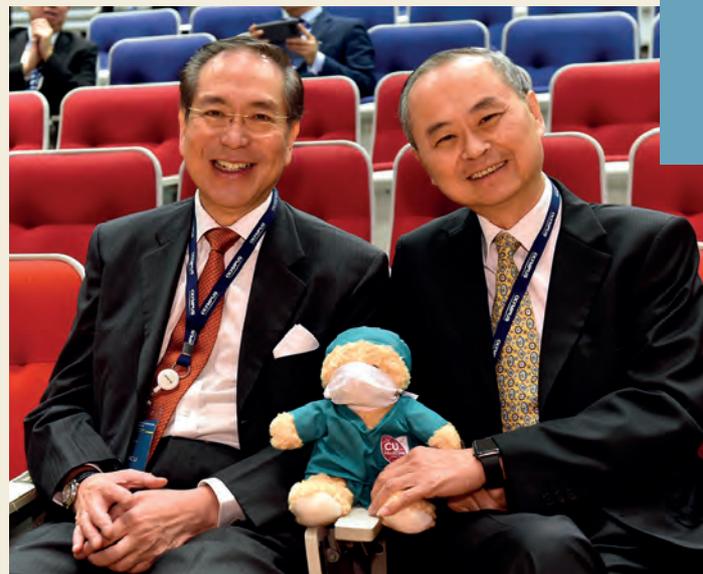


(from left) Dr Simon WONG, Prof. Jeff MARKS, Prof. Wei-jei LEE, Prof. Daniel SCOTT, Dr Michael TALBOT, and Prof. Chris HOLSINGER all giving thumbs up to the meeting



*Over 450 doctors and students participated in the symposium*

fessorial Lecture on “Update in POEM”; and Prof. Daniel JONES, the Immediate Past President of SAGES, who delivered the Anthony PC YIM Visiting Professorial Lecture in Minimally Invasive Surgery and Innovative Technology on “Bariatric Surgery: Primum Non Nocere”. Profs Jacqueline JERUSS (Breast Surgery), Jin KIM (Colorectal Surgery), Michael TALBOT (Bariatric Surgery), and Chris HOLSINGER (Head and Neck Surgery) also delivered the exciting Distinguished Professorial Lectures. Apart from lectures, we also introduced live and video demonstrations to augment the symposium, which proved to be a valuable addition for the meeting. Lastly, we sincerely thank all those who have contributed in making the symposium a great success and we look forward to the next symposium in the coming year.



*The Honourable Prof. Arthur Li and Pro-Vice-Chancellor of the CUHK, Prof. Tai-fai Fok, as guest of honour at the opening ceremony of the meeting*



*Prof. Paul Lai and Prof. Arthur Li presenting souvenir to Prof. Timothy Pawlik after the Arthur Li Oration*



*Prof. Jin Kim performing live demonstration in colorectal surgery*

THE **21**<sup>st</sup> CHINESE UNIVERSITY OF HONG KONG  
SURGICAL SYMPOSIUM

29-30 NOVEMBER 2018



*Prof. James LAU (far left), Prof. Jacqueline JERUSS (third from left), Dr Polly CHEUNG (fourth from left) and other speakers at the Breast Surgery session*

# EXAMINATION CORNER

## 1. Joint Specialty Fellowship Examination in Paediatric Surgery

Date: 23 March 2019

Venue: QMH

No. of candidates: 3 (Hong Kong)

Passing rate: 100 %

## 2. Joint Specialty Fellowship Examination in General Surgery

Date: 26-28 March 2019

Venue: HKAM (Viva) and QMH (Clinical)

No. of candidates: 26 (Hong Kong: 20;

Mainland: 2; Singapore: 4)

Overall passing rate: 80.77 %

(21 out of 26, with 17 from Hong Kong and 4 from Singapore)

## 3. HKICBSC Membership Part 3 Examination (OSCE)

Date: 30-31 March 2019

Venue: PWH

No. of candidates: 68

(Hong Kong: 65; Mainland: 3)



# Younger Fellows Chapter



**Dr Charing CC CHONG**  
*Prince of Wales Hospital*

## Pocari Sweat Run Carnival 2018

To promote work-life balance and surgeons' well-being from the hustle and bustle of daily life, the Younger Fellows Chapter solicited some complimentary quotas in the Pocari Sweat Run Carnival which was held on 30 December 2018 (Sunday) at the Hong Kong Science Park. All successful registrants were given a cus-



*Custom race bib with hashtag #CSHK\_YFC*

tom race bib with hashtag #CSHK\_YFC. A total of 27 Fellows, trainees, and their family members participated and had great fun in this healthy event.

I look forward to seeing you in the upcoming events in 2019.

Now let's see our participants' sharing of the event.

### Sharing the Feelings of Participants



**Dr Eric YF CHEUNG**  
*North District Hospital and Alice Ho Miu Ling Nethersole Hospital*

The Younger Fellows Chapter's running debut took place at the Pocari Sweat Run Carnival 2018 on a fine December morning at the Science Park.

Living in Shatin district, I am used to practising on that scenic promenade on weekend mornings. On that particular winter day, in spite of the chilly December air, the familiar faces at the race course gave me a sense of excitement. They are people who grow and fight alongside with me in daily work.



*10-km Runners from Younger Fellows Chapter*



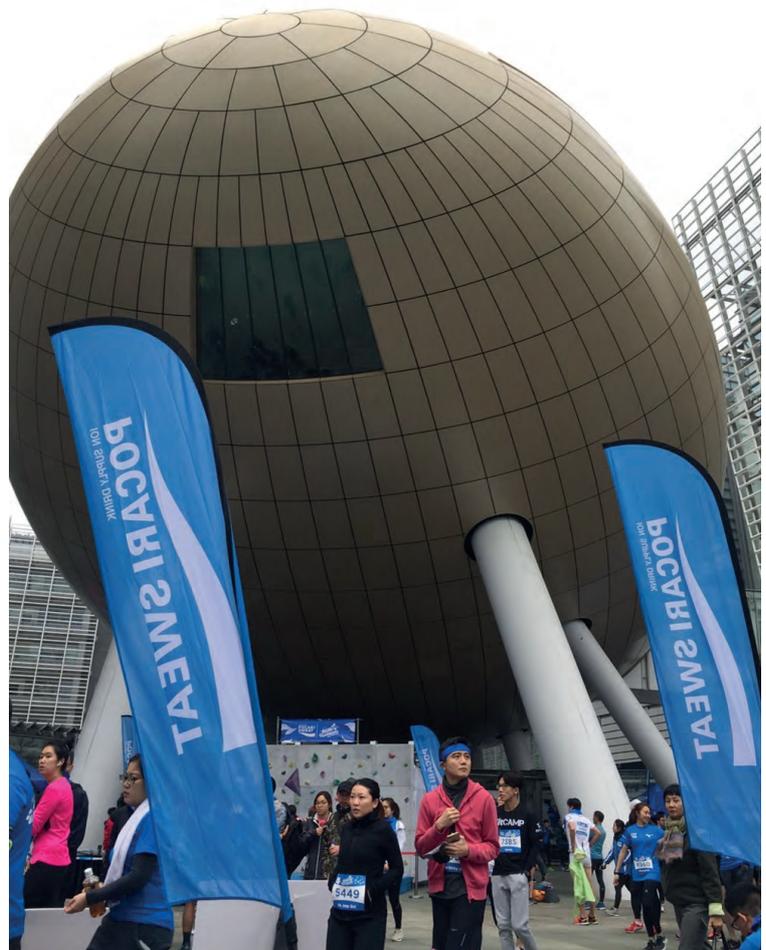
*Excited and energetic runners at the starting point*

In fact, if we give deeper thoughts, there are so many similarities between the life of surgeons and long-distance runners. As trainees, we have been training for years to enter the world of surgery. Once becoming Fellows, we continue to mature our skill and learn new knowledge. Experienced Fellows continue to develop their surgical acumen and inspire the new generations. This growing process is never ending, and at times, painful.

The process likens to the life of any serious long-distance runners. Over the course of history, sportsmen develop their own philosophy. Out of many famous quotes, “There is no miracle. Only work hard, work hard and work hard (沒有奇蹟，只有累積)” is perhaps one of the all-time favourites of runners. And it certainly applies to our profession.

Perhaps more importantly, both good surgeons and runners are dedicated and committed to a larger cause. They always see the glimpse of hope amidst the darkness. And here comes my own favourite as a surgeon-cum-runner:

Pain is Inevitable, Suffering is Optional. (痛是難免，苦卻是甘願的。)



*Pocari Sweat Run Carnival at the Hong Kong Science Park*



*Official pacers from the event*



**Dr Teresa TAN**  
*Prince of Wales  
Hospital*

**S**urgical training and marathon training are similar in many ways – you set a goal, and you work your tail off to achieve it. Along the way we face limitations and variables: some are born with natural talents and running (or doing surgery) is an easy breeze for them. Then there are personal obligations and commitments that may determine whether you are able to put extra time into training sessions or readings. Some are happy just to make it to the finish line whilst others are harsher, setting time goals for themselves.

A couple of years ago I had never have imagined myself finishing a 10-km run within an hour. With training, you

find out you can go further and faster than you think, and that you can just keep going. One step at a time, putting one foot in front of another, and once you reach the finish line, the joy of completion overtakes that exhaustion and tired feet. In many ways it mimics a surgeon in a long surgery – when we are very focused on our operations, we forget how tired we truly are.

The Pocari Sweat Run that the Younger Fellows Chapter arranged for us took place on a very cold and wet day, and to be honest, it was not an easy run. It was not only cold but the chilly sea breezes along the Science Park course sent chills down my spine. However, seeing familiar faces along the course was comforting and brought some warmth to my heart. These are people who has walked me through my surgical training days and are still walking alongside with me at work!

I am very grateful to the Younger Fellows Chapter for arranging such activities for us, and am looking forward to the upcoming events in 2019!

# Women's Chapter



**Dr Lorraine CY CHOW**  
*Private Practice*

## Goodbye 2018, Welcome 2019

Greetings from the Women's Chapter! Another year has passed and let us review the delightful activities we organised in the Year of the Dog, and preview the activities that we plan to organise in the Year of the Pig.

Even in the era of minimally invasive surgery, surgeons' fine hands are still an integral part of our practice, and it is not uncommon that surgery is considered both an art and a science. A few of us gathered in April 2018 to take on a further challenge – learning how to crochet and even aiming at completing an entire art piece in a half-day session. It was a fun-filled day and we definitely exceeded our own expectations. Each of us gave our cactuses its very own character and expressions, and we also enjoyed snacking on some take-away afternoon tea recommended by the owners of the studio. On that day, we had the company of Letty, the shopkeeper cat, who kept inadvertently disturbing the progress of all the students. Letty was diagnosed with feline immunodeficiency virus and therefore must be isolated in the studio. Soon after her adoption, she took on the role as the 'shopkeeper' perfectly. Recently we were sad to learn from our crocheting teacher that Letty passed away peacefully earlier this year.



*Crochet Cactus  
Workshop in  
April 2018*



Beer has always given people a rather masculine impression, but the Women's Chapter gave it a whole new sensation. In our beer and food-pairing workshop in July 2018, we were able to discover a side of beer that is often neglected. Apart from merely a hotpot companion, a rather economical kind of alcohol and infamously known to be associated with beer bellies, it actually brings out the flavour of certain food wonderfully. We also focused on local-brewed beers, which make this workshop even more unique.



*Beer and Food Pairing in July 2018*



*(below) Prof. Ava Kwong (middle) at the inauguration ceremony of Women's Chapter in 2008*

To follow the success of our beer workshop, we are planning for a whiskey tasting workshop in May 2019, as this has been requested by a number of our members. Apart from indoor activities, we are also planning on inviting our members to join us on a low carbon lifestyle workshop at a local farm in the New Territories, where we would be given advice on how to incorporate low carbon lifestyle into our busy schedule.

The year 2019 also has a special meaning for the Women's Chapter, as our founding chairlady, Dr Ava KWONG, became the first female surgical professor of the University of Hong Kong. A surgical career with an academic focus is never easy, particularly in this day and age when knowledge exchange is so rapid and scientific research is becoming more and more competitive. Prof. KWONG founded the Women's Chapter of the College of Surgeons of Hong Kong in year 2008 and she has inspired us with her perseverance and stamina. Behind the scene she is amiable and witty and never fails to keep everyone smiling. Inspired by Prof. KWONG, the Women's Chapter will be organising a casual gathering for female surgeons who would like to meet academic surgeons to gain more insight into the academic path.

So members, please stay tuned for the upcoming activities of the Women's Chapter!



*Prof. Kwong (middle) at a charity event for hereditary breast cancer in 2017*

## Story Behind the Medal of Honour

Dr Kwok-ki CHAN is awarded the Medal of Honour (MH) for his outstanding and dedicated community service, in particular for his contributions to the work and development of the Auxiliary Medical Service (AMS) in Hong Kong.

Dr CHAN is very enthusiastic in contributing his time in voluntary work and community services. He first joined the AMS in 1987 when he was still a medical student, starting from the lowest rank. This enabled him to serve and contribute in various departments.

Dr CHAN applied his professional knowledge in medicine and sports in planning and conducting courses related to medicine and first aid. This helped in the training of members and the development of first aid within the force. He was also responsible for the planning, organisation and implementation of the work, as well as training of young officers, nurturing high-quality officers for future development of the force.

Because of his outstanding performance, he was gradually promoted to Senior Assistant Commissioner of the AMS, and is now responsible for the development of the whole Cadet Corps. As AMS Cadet Corps was only established in 2011, there are tremendous tasks to accomplish in different areas including recruitment, training and activities, management, structure and system. Dr CHAN is highly responsible and dedicated to these tasks.

Dr CHAN is highly devoted to the works related to first aid and rescue. In addition to the AMS, he also contributed in the promotion of community first aid in other organisations. He took the lead in planning and launching Practical First-aid Certificate Course of Ruttonjee & Tang Shiu Kin Hospital Accident and Emergency Training Centre in 2009. He wrote the book *Practical First-aid* in 2010, with the aim to promote community first aid, and this certificate course suc-



**Dr Kwok-ki CHAN**  
*Private Practice*



*At the AMS Cadet Corps Officers' Mess Dinner*

cessfully obtained approval from the Labour Department as a recognised first-aider qualification. Dr CHAN is currently the chairman of First-aid Promotion Committee of Hong Kong St. John Ambulance Association.

Having obtained a PhD degree in Sports Science, Dr CHAN has much contribution in the field of sports in Hong Kong. He has been the Head of Medical Commission of Hong Kong Life Saving Society, responsible for the development and promotion of aquatic first-aid training, and upgrading the lifeguards in Hong Kong to international standard. To promote aquatic first aid in Hong Kong, Dr CHAN wrote the book *Aquatic First-aid* in 2006, which remains an important training resource for lifeguards until now.

Dr CHAN was also invited by the Emergency Medical Center (First Aid Station) Branch for the Chinese Hospital Association to serve as Aquatic Medical Rescue Professional Panel Advisor in 2014, and was responsible for the design of aquatic rescue courses. In 2016, he wrote the book, *Aquatic Medical Rescue Textbook*, which was published and distributed in mainland China, aiming to enhance the water safety and rescue knowledge of the people in China.

Dr CHAN has joined the Cycling Association of Hong Kong, China since 2014, and he is now the Vice Chairman, taking charge of the ad-

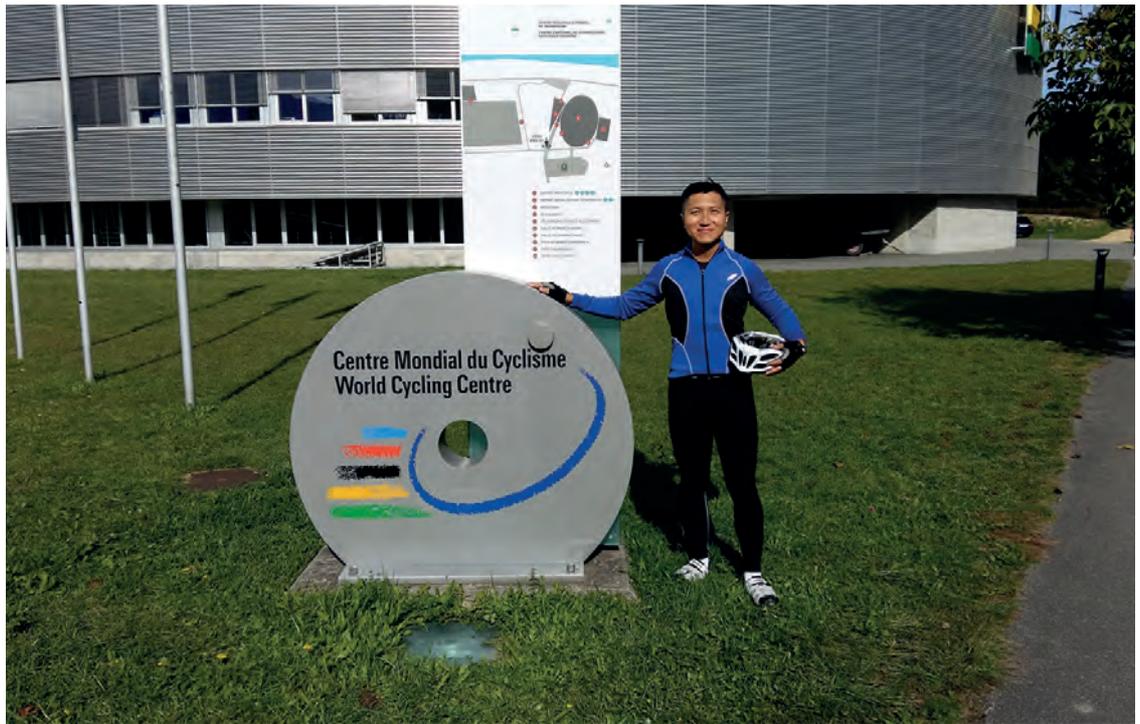
ministration of the association. As he is a diploma holder in Cycling Coaching issued by the International Cycling Union, he is also the chairman of Training Committee, and Coaching Syllabus and Development Committee, responsible for the development of cycling coaches, Hong Kong Cycling Team, elite athletes, young athletes, and also the general cycling enthusiasts.



*Officiating the AMS Ceremony*



*At the Launching Ceremony of his new book on aquatic rescue in China*



*During Coach Training at the International Cycling Union*



*As Team Manager at the Leading Cycle Sports in Asian Games 2018*

## COUNCIL OF THE COLLEGE



### President

### Vice President (External Affairs)

### Vice President (Internal Affairs)

### Honorary Secretary

### Honorary Treasurer

### Censor-in-Chief

### Council Members

Paul BS LAI

Edward CS LAI

Enders KW NG

Siu-kee LEUNG

Philip WY CHIU

Heng-tat LEONG

Kent-man CHU

Peggy SK CHU

Chiu-ming Ho

Kam-hung KWOK

Simon YK LAW

Michael WY LEUNG

Chi-fai NG

Simon SM NG

Wai-sang POON

Wing-tai SIU

Chad CW TSE

Ming-kwong YIU

Stephen WK CHENG

Prince of Wales Hospital

Private Practice

Prince of Wales Hospital

Tuen Mun Hospital

Prince of Wales Hospital

North District Hospital

Queen Mary Hospital

Tuen Mun Hospital

Private Practice

Queen Elizabeth Hospital

Queen Mary Hospital

Queen Elizabeth Hospital

Prince of Wales Hospital

Prince of Wales Hospital

Prince of Wales Hospital

Hong Kong Sanatorium & Hospital

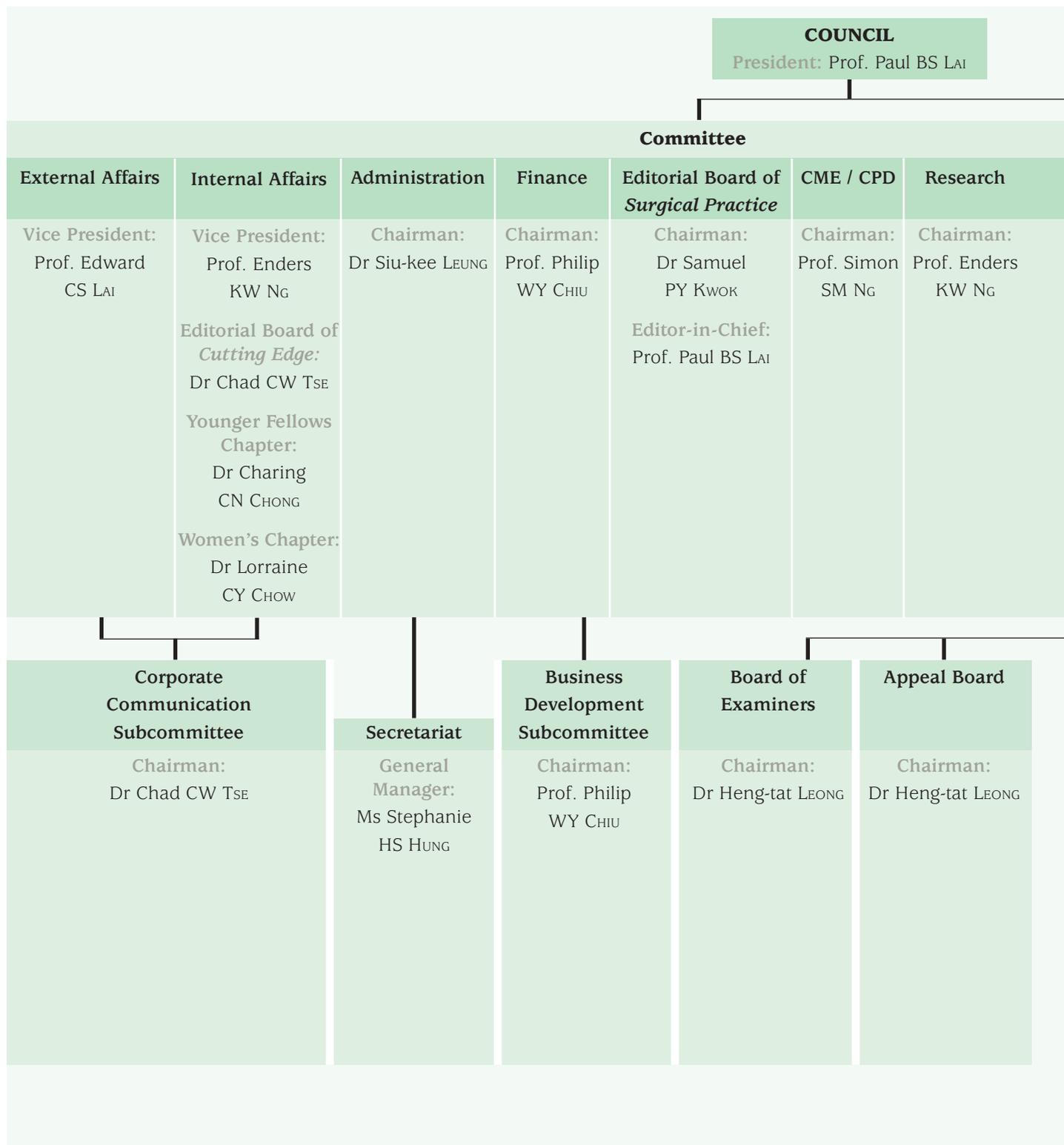
Queen Elizabeth Hospital

Hong Kong Sanatorium & Hospital

Queen Mary Hospital

### Ex officio Councillor

# MANAGEMENT STRUCTURE OF THE COLLEGE OF SURGEONS OF HONG KONG





|  |  | Department  |  |   |   |
|--|--|---|--|---|---|
| Scientific                             | Education & Examination                      | Department of China Affairs   | Department of Development  | Department of Education   | Department of Standards   |
| <b>Chairman:</b><br>Prof. Kent-man CHU | <b>Censor-in-Chief:</b><br>Dr Heng-tat LEONG | <b>Director:</b><br>Prof. Joseph WY LAU<br><br><i>To advise the College on the development of China affairs</i> | <b>Director:</b><br>Prof. Chung-kwong YEUNG<br><br><i>To advise the College on strategies for and development of simulation training</i> | <b>Director:</b><br>Prof. Kent-man CHU<br><br><i>To advise the College on the development of training courses related to examination design</i> | <b>Director:</b><br>Dr Che-hung LEONG<br><br><i>To advise the College on the matters related to standard monitoring</i> |

### Specialty Board

*The Specialty Boards are responsible for the establishment and supervision of training programmes and exit examinations, with guidelines formulated for accreditation of training and hospital inspections*

| Cardiothoracic                                 | General Surgery                              | Neurosurgery                               | Paediatric Surgery                              | Plastic Surgery                            | Urology  |
|--|--|--|---|--|--|
| <b>Chairman:</b><br>Prof. Malcolm J UNDERWOOD  | <b>Chairman:</b><br>Prof. Kent-man CHU       | <b>Chairman:</b><br>Prof. Wai-sang POON    | <b>Chairman:</b><br>Dr Yuk-him TAM              | <b>Chairman:</b><br>Dr Joseph HP CHUNG     | <b>Chairman:</b><br>Dr Chi-wai FAN   |
| <b>Program Director:</b><br>Dr David LC CHEUNG | <b>Program Director:</b><br>Dr Siu-kee LEUNG | <b>Program Director:</b><br>Dr Wai-man LUI | <b>Program Director:</b><br>Dr Michael WY LEUNG | <b>Program Director:</b><br>Dr Yu-wai CHAN | <b>Program Director:</b><br>Dr James HL TSU<br><br><b>Deputy Program Director:</b><br>Prof. Ming-kwong YIU |

### Training Subcommittee

**Chairman:** Prof. Kent-man CHU



THE ROYAL COLLEGE  
OF SURGEONS OF  
EDINBURGH



**RCSEd / CSHK**

# Conjoint Scientific Congress 2019

## ADVANCES & INNOVATIONS IN SURGERY

**21-22 September**

HKAM  
JOCKEY CLUB BUILDING  
ABERDEEN  
HONG KONG

**REGISTRATION & SUBMISSION**  
<https://csc.cshk.org>

**EARLY BIRD REGISTRATION**  
**17. May - 19. July. 2019**

**ABSTRACT & CASE**  
**SUBMISSION DEADLINE**  
**29. June. 2019**



**THE ROYAL COLLEGE OF SURGEONS OF EDINBURGH  
THE COLLEGE OF SURGEONS OF HONG KONG**

*Dear Fellows and Members,*

*You are cordially invited to join the*

***Conjoint Diploma Conferment Ceremony &  
Annual Dinner 2019***

21 September 2019, Saturday, 6:30 pm

Run Run Shaw Hall, 1/F

Hong Kong Academy of Medicine Jockey Club Building  
99 Wong Chuk Hang Road, Aberdeen, Hong Kong

For enquiries, please call College Secretariat at

(852) 2871-8793



*Cutting Edge* is printed on paper suitable for recycling.  
Please dispose of this newsletter in the recycle bin after reading.

