



December 2019

二零一九年十二月號

刀緣

CUTTING EDGE

www.cshk.org

New Councillors of the College

Spotlight New Councillors

by Dr Tan-to CHEUNG, Dr Dacita TK SUEN, Dr Alfred CC WONG & Prof. George KC WONG

Off the Scalpel Windsurfing by Dr Chad CW Tse



About the Cover..

世上本來只有黑白色，只有繼續活著才可呼吸到彩色的空氣。我們會繼續緊守崗位，以專業、不偏不倚的態度，在超越任何顏色的心態下，繼續以慈悲的心和善巧的手守護著屬於我們的這片天，加油！



Dr Alfred CC Wong

*Photo Editor
Queen Mary Hospital*

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Update of Personal Particulars for CSHK Fellows and Members

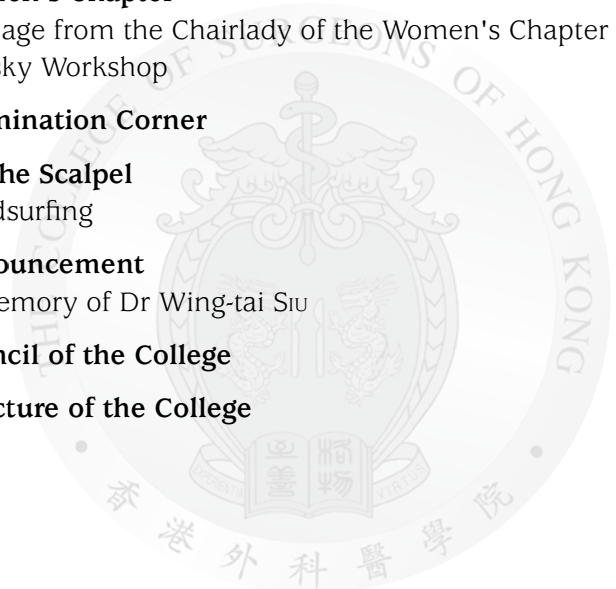
It is important for Fellows and Members, especially for those who reside overseas, to update the College on their contact information. The information is vital to ensure that Fellows and Members will receive the most up-to-date information and to be informed of the College's developments, examination information, revision of regulations and guidelines, CME programmes and activities, and other issues that they may concern.

Should Fellows and Members have any updates on their personal particulars, please visit the College website at <http://www.cshk.org>, click "Download Centre" to fill out the form "Update of Personal Information" and submit to us via email at info@cshk.org or by fax at (852) 2515 3198.



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EDITORIAL

Time Flies When You are Having Fun!

I cannot believe that I have served *Cutting Edge* as Chief Editor for 10 years already. All along my mission has been to position it as a magazine rather than merely a newsletter, as reading magazines is always fun and enjoyable. I am not sure if this mission has been achieved or not, but I do know that I am slowly running out of ideas. The publication is becoming a routine task for me and hence it is time for something new. Thanks to Dr Alfred CC WONG for taking on the daunting role as the new Chief Editor from 2020. We are all familiar with his front-page photographic contributions in the past and now he will have the whole platform to perform. I am sure *Cutting Edge* will thrive further in his capable hands.

Besides the new Chief Editor, our College also has the new President Dr Heng-tat LEONG, and four new Council Members, who are introduced in the “Spotlight” section in this issue of *Cutting Edge*. Dr LEONG is going to tell us his vision about our profession and how he is going to lead us to overcome the challenges. The new Council Members will share with us something about themselves as well. Fellows are encouraged to contact them for matters related to the Council.

Succession is always a key topic in our profession. In this issue Fellows who have completed overseas training share with us what they have learnt and give us an insight into future surgical practice.

It is my honour to present to you this issue’s article in “Off the Scalpel” - WINDSURFING! I cherish my hobby and have been cautiously keeping it since childhood, despite my exhausting surgical career. It is not only about fun but about work-life balance, which is of fundamental importance in our profession. I hope that after reading this article more Fellows can share with us how you keep this balance when you are “Off the Scalpel”.

I must thank Dr Cliff CC CHUNG, the former Chief Editor and all the Presidents I have worked with in giving me the opportunity of serving *Cutting Edge*. The valuable contributions from all the Editorial Board Members and secretariat staff over the years are very much appreciated as well. Finally, a magazine would be meaningless without readers; I am very grateful for your support all these years.

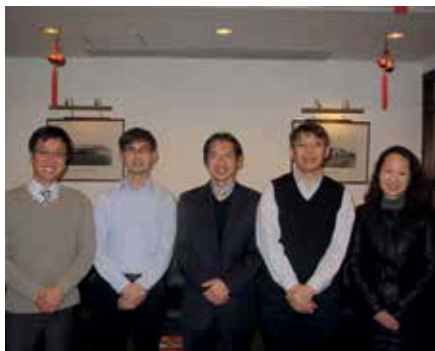
“Gratitude makes sense of our past, bring peace for today, and create a vision for tomorrow!”
~ Melody Beattie

Dr Chad CW Tse

Chief Editor, Cutting Edge

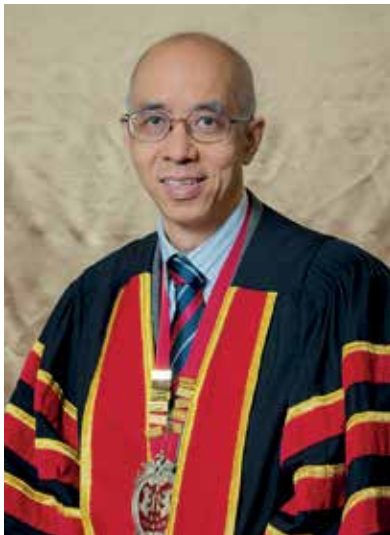


(left) Cutting Edge in 1994. (right) Cutting Edge in May 2011 when I became the new Chief Editor



Editorial Board Members in different phases of the newsletter development

Message from the President



“The College is built on a solid foundation by former Presidents and Councillors.”

Dr Heng-tat LEONG

President, CSHK;

North District Hospital & Alice Ho Miu Ling Nethersole Hospital

I would like to take this opportunity to thank Fellows and Councillors for their trust in me, as I humbly take on the role of President. The College is built on a solid foundation by former Presidents and Councillors. Through all the years, we maintain close ties with sister colleges in South-East Asia as well as the Royal College of Surgeons of Edinburgh with which we have over half a century of friendship.

Apart from international networking, the College also has other strengths, such as a robust and transparent training system with fair and open assessment and examinations as well as quality assurance through external examiners. However, with an overloaded public health care service, only limited training capacity can be allocated. As a result, trainees with great potentials need to compete for training posts. Exodus of trainers to private sector also makes the situation worse through lost training opportunities which may lead to a vicious cycle of worsening working conditions in training units, thus causing further brain drain.

The direction of more integration in the Greater Bay area opens up opportunities for the College to establish training programmes with hospitals in the area and offer training options for our trainees and Fellows. However, the issue of doctors' registration may hinder the actual exchange of trainees between Hong Kong and the neighbouring areas. The recent social incidents had also led to postponement of examinations and cancellation of scientific meetings. This may severely tarnish the image of Hong Kong as the hub for medical education and conferences.

The College is extending collaboration with mainland centres. In late September, we had joint accreditation visit with RCSEd to two hospitals in Beijing. Although the final inspection report is still awaited, it is very likely that their Basic Surgical Training programme will be recognised, allowing their trainees to take the Membership examination. Depending on the progress, re-inspection will be conducted in 2 to 3 years with a view



Photos taken at the AGM 2019 and Annual Dinner 2019 (bottom) with Prof. Paul BS LAI, Immediate Past President of the College

to accredit higher training programme. Part I/II Membership examinations were held in Guangzhou in October, with 11 candidates taking part I and nine taking part II. This was the second time simultaneous Part I/II examination was held in the mainland, with me personally invigilating the examination, using the same paper as in Hong Kong.

The College started a new Basic Surgical Training curriculum this year. All specialty boards are now in the process of reviewing the Higher Surgical Training curricula. It is likely that bedside imaging, critical care course for surgical trainees, formative workplace-based assessment and training agreement will be introduced. Furthermore, written components in the Exit Examination will also be included to provide an assessment of a wide sampling of trainee's knowledge. We aim at introducing the new curricula in July 2020. Both the Basic and Higher Surgical Training curricula will be reviewed every 5 years, and interim review may be conducted when necessary.

The College is also looking forward to more international collaboration in surgical training. We are discussing with the Joint Committee on Specialist Training (JCST) of Singapore to host a conjoint Membership examination, which will probably start in 2021 or 2022. Conjoint Exit Examination in Cardiothoracic Surgery will also take place in 2021/2022. We will continue to explore more opportunities of cooperation with other sister colleges in South-East Asia.

Finally, I would like to express my deepest condolences to my family friend, Dr Bonita LAW, for the loss of her beloved husband, Dr Wing-tai SIU, who served the Council for more than a decade and was well respected by many of our colleagues.

May God bless Hong Kong and heal the wound inflicted over the past few months.

Message from the Honorary Secretary



Dr Siu-kee LEUNG

*Honorary Secretary, CSHK;
Tuen Mun Hospital*

“Growing proliferation of AI
has sparked an interest in the
field of endoscopy.”

Artificial Intelligence in Health Care

Artificial intelligence (AI) is defined in dictionary as a branch of computer science dealing with the simulation of intelligent behaviour in computers or the capability of a machine to imitate intelligent human behaviour. The use of AI in healthcare is increasingly reported. The coverage includes algorithms for aiding clinical diagnosis, programmes for analysing radiological images, identification of skin lesions, triage systems for allocation of operating rooms for emergency surgeries, infographics for knowledge transfer, etc., to name but a few. Growing proliferation of AI has sparked an interest in the field of endoscopy. The concept of deep learning is emerging. The machine may get smarter when more data and more frameworks are being inputted. Deep learning is useful for endoscopy as it has high performance when compared with human and it is relatively easy to develop using frameworks.

In colonoscopy, adenoma detection rate is a key quality indicator. Computer-aided diagnostic models in real time have been developed. By using big data, high-quality images and videos were used to generate the prototype of detection model. This is usually refined with a second set of data. The model is validated with a third dataset as the last step. They reported a better detection rate compared with human, with high sensitivity and specificity. The AUC (area under the curve) was higher than 0.95 in some studies. However, their ability to detect large lesions is not shown to be better. They only excel in detecting small adenoma (which are often having a lower risk). Another AI model is developed in Japan for characterisation of endoscopic lesions. Coupled with high-definition magnification endoscope, the machine can detect early cancerous lesions with a high success rate.

These AI models are not yet perfect. They are based on high-quality still images or videos. In the real world, the quality may not be so ideal and other factors come to play, like the status

“AI is already playing a role in healthcare. Is it definitely better than human in making diagnosis?”

of bowel preparation. The big data were usually drawn from the local population where the algorithm was developed. It has specific demographics and hence the applicability to another ethnic group or population will need further validation. Moreover, the number of randomised controlled trials or prospective studies on these AI models is still small.

AI is already playing a role in healthcare. Is it definitely better than human in making diagnosis? This needs further research. AlphaGo won South Korea Go master Lee Sedol in 2016 by learning from big data of human moves. The new AlphaGo Zero has mastered the game on its own. As clinicians, it's high time we prepared ourselves for the new era.



Cardiothoracic Surgery

Prof. Malcolm J UNDERWOOD
Prince of Wales Hospital

The Exit Examination will be conducted at Queen Mary Hospital on 24-26 April 2020. Templates for learning agreement and procedure-based

assessment (PBA) are on the CSHK website and the Board has deemed that 6-monthly learning agreements and six PBAs per year are now mandatory for Cardiothoracic Surgery trainees in Hong Kong.

The format of the examination will stay the same and descriptors are 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' are 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. Any candidates wishing to discuss these changes are welcome to approach any Board Member.

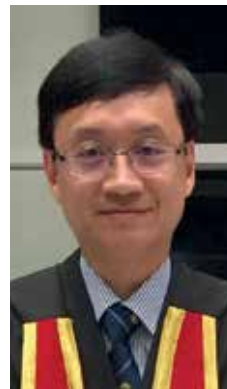
Introducing a written component to the Exit Examination has been endorsed by Hong Kong, Singapore, Malaysia and RCSEd. These bodies will work together to form a joint question bank suitable for use in Asia. It is anticipated that 'structured questions' for the oral component of the Exit Examination will be available for the next examination session.

To oversee examination and training development, a Quadripartite Board has been established with two representatives each from Hong Kong, Sin-

gapore, Malaysia and RCSEd. Prof. MJ UNDERWOOD and Dr Timmy Au will represent Hong Kong and Prof. MJ UNDERWOOD will chair the Interim Board.

The Board has re-written its constitution to ensure equal representation from all training units in Hong Kong as well as open posts elected by ballot.

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



General Surgery

Dr Siu-kee LEUNG
Tuen Mun Hospital

With the formation of the new Council of the College of Surgeons of Hong Kong, I am honoured to be elected as Chairman of the General Surgery Board. It is fortunate to be able to work with a group of brilliant surgeons from the public and private sectors that form the Board. In the coming year, we are working towards the reform of the curriculum for Higher Surgical Trainee and a task force has been formed. I hope we can enhance the current curriculum by:

1. Adding new elements to the syllabus.
2. Using procedure-based assessment for the index operations, which will also be revised.
3. Reviewing the current training courses.
4. Revising the current research requirement.

With concerted efforts from members, colleagues in different hospitals and secretariat, we are preparing the Fellowship Preparatory Course and the

Fellowship Exit Examination. These will be held in February and March 2020 respectively. It will be a busy year ahead!



Neurosurgery

Dr Kwong-yui Yam

Tuen Mun Hospital

The latest Neurosurgery Exit Examination was conducted at the Singapore National University Hospital on 26-27 April 2019. Eight candidates sat for the examination with a passing rate of 87.5%. The Board would like to congratulate Dr Jason Ho (TMH), Dr Joanna Ho (KWH), Dr Natalie Ko (KWH), Dr Kevan SHAM (QEH) and Dr James ZHUANG (PWH) who successfully passed the examination, and wish them a bright future and successful professional career development.

The Neurosurgery Board assembled in the Hong Kong Academy of Medicine to review the training cur-

riculum on 9 November 2019. A refined and detailed training curriculum will be prepared before long, with time-based training schedule summarised in one single page. In addition, Principles of Neurosurgery, Medical Management & Surgical Treatment of Neurosurgical Diseases and Surgical Anatomy will all be covered. The Board planned to implement the new syllabus in July 2020.

After thorough deliberation, the Board decided to increase the annual Higher Surgical Trainee (HST) intake from four to five, to reckon with the escalating neurosurgical service demand from both private and public sector. Such change was also triggered by an unexpected high dropout rate of HSTs. Moreover, a mentorship programme will be implemented again to strengthen the bonding of the HSTs with the neurosurgical community. Mentors will be appointed from Hospital Authority and specialists from the private sector.

The Board will organise the second Neuro-rehabilitation Diploma programme in 2020. The training content, syllabus and assessment format have been discussed. Young neurosurgery specialists are encouraged to participate and recruitment procedures will commence shortly.



Photo taken at the Neurosurgery Board meeting on 9 November 2019

Last but not least, the Board would like to express its gratitude to Prof. Wai-sang POON for his dedication and unreserved devotion to the neurosurgical training in Hong Kong. Prof. POON is applauded for establishing a prudent and successful training programme, a solid foundation for the neurosurgical development in Hong Kong.



Plastic Surgery

Dr Josephine YW MAK

Tuen Mun Hospital

The last Fellowship Examination in Plastic Surgery was hosted at Kwong Wah Hospital on 12 October 2019, with two candidates taking part this year. I would like to congratulate Dr Melody WONG (QMH) on her success in passing the examination. I wish her all the best in excelling further as a plastic surgeon.

Review of the Higher Surgical Curriculum is under way. Procedure-based assessments will commence in 2020, which will provide an objective assessment of knowledge and surgical skills in the field of Plastic Surgery. Aesthetic and reconstructive training has been further consolidated and will be integrated into the new training programme in 2020. We are also formulating a two weekend preparatory course for Higher Surgical Trainees in Plastic Surgery, with objectives of refining their knowledge and clinical skills, preparing them for the Exit Examination and readiness to become a Plastic Surgeon.

We have invited Prof. Michael GRANT from the University of Maryland School of Medicine in Baltimore to give us a talk on 12 October 2020. Prof. GRANT is a double board-certified Ophthalmologist and Plastic Surgeon. He is currently Chief of the Division of Plastic and Reconstructive Surgery and Director of the Maxillofacial Trauma Service at the R Adams Cowley Shock Trauma Center. He is specialised in reconstructive and aesthetic eyelid, orbital and facial surgery. Details will be announced in our regular CME circular in due course.

Election of Plastic Surgery Board Office Bearers (2019-2022)

Chairman	Dr Josephine YW MAK
Vice Chairman	Dr Chiu-ming Ho
Programme Director	Dr Joseph HP CHUNG
Secretary	Dr Terence TL POON



Urology

Dr Peggy SK CHU

Tuen Mun Hospital

The new Urology Committee that takes office on 22 October 2019 consists of Dr Peggy SK CHU (Chairlady), Dr Pak-ling LIU (Vice Chairman), Prof.

Anthony CF NG (Honorary Secretary), Dr James HL TSU (Programme Director), Dr Bill TH WONG (Honorary Advisor), Dr Chi-wai FAN (Immediate Past Chairman), and Dr Wing-hang AU, Dr Eddie SY CHAN, Dr In-chak LAW, Dr Hing-shing SO (Committee Members). A new Board of Examiners has been proposed and Dr Chi-wai FAN will be the Chief Examiner. The Committee would like to thank Prof. Po-chor TAM and Dr Chi-wai MAN for their hard work and contributions to the Urology Board over the past years.

As our Edinburgh examiners could not come to Hong Kong as originally planned, the Exit Examination scheduled for September 2019 has been postponed to February 2020. Accordingly, virtual inspection of training centres in Hong Kong has also been postponed to the same period.

Dr Peter KF CHIU and Dr Wai-kit MA delivered talks in the College Conjoint Scientific Meeting in September this year. Advanced Laparoscopic Workshop was held in November 2019 and Cadaveric Dissection Workshop will be conducted in Spring 2020.

In December 2019, a team of three young urologists and three Committee Members started working on the Curriculum Review for Higher Surgical Training in Urology.

Lunch Symposium Series: General Surgery

Hot Topics in Colorectal Disease Management

The third lunch symposium in 2019 was successfully held at St. Teresa's Hospital on 23 August 2019. The theme of the symposium was "Hot Topics in Colorectal Disease Management". We were honoured to have invited Prof. Simon SM NG as the Chairman and Speaker, and Dr Tony WC MAK and Dr Ka-lau LEUNG as speakers of the programme. The symposium was well attended by our Fellows with positive feedback. We are thankful



(from left) Prof. Simon SM NG (Chairman), Dr Tony WC MAK and Dr Ka-lau LEUNG

for the sponsorship from A. Menarini Hong Kong Ltd. The next lunch symposium will be held in February 2020 and details will be posted on the College website in due course.



Presentation topic: Advances in Lower GI Endoscopy (Dr Tony WC MAK)



Presentation topic: Robotic TME vs Transanal TME (Prof. Simon SM NG)



Presentation topic: Cytoreductive Surgery and HIPEC for Peritoneal Metastases (Dr Ka-lau LEUNG)

RCSEd/CSHK Conjoint Diploma Conferment Ceremony 2019 and CSHK 30th Anniversary Opening Ceremony cum Annual Dinner

The Conjoint Diploma Conferment Ceremony 2019 and CSHK 30th Anniversary Opening Ceremony cum Annual Dinner were blessed to be held as scheduled on 21 September 2019 (Sat) at Run Run Shaw Hall, Hong Kong Academy of Medicine Jockey Club Building. The event was graced with the presence of

numerous renowned figures including Prof. Sophia SC CHAN, Secretary for Food and Health and Prof. John CY LEONG, Chairman of the Hospital Authority, etc. as stage guests. Together with all our awardees, diplomates, Fellows and Members from different hospitals, as well as friends from the Edinburgh College

and accredited centres in the mainland, over 350 guests joined the occasion to share the memorable and joyful moments. This year, three Honorary Fellows were conferred in the evening in recognition of their significant contributions to international surgery and surgical development in Hong Kong. They were Prof. Michael KW LI, Prof. Patrick Ronan O'CONNELL and Prof. Liang-fu ZHOU (in absentia). The Honorary Fellowship is the highest honour our College can bestow. Once again congratulations to all the Honorary Fellows!

The College was grateful to have invited Prof. Patrick Ronan O'CONNELL, one of our Honorary Fellows and Vice-President of the Royal College of Surgeons in Ireland, to deliver the Arthur LI Oration titled "Publish, Perish or Podcast" as the finale of the Ceremony.

To mark the start of the 30th Anniversary Opening Ceremony, we have invited Dr the Honorable Edward CH LEONG, our Founding President and Dr Heng-tat LEONG, our newly elected President to officiate the eye-dotting ceremony of the lion dance performance. One of the highlights of the performance was undoubtedly the moment when everyone was surprised to see our Immediate Past President, Prof. Paul LAI, taking off the mask of Datoufo (big-head Buddha)! It is believed that a place paraded by the "lion" will have good fortune



*Presidents on stage
(top) Prof. Michael GRIFFIN OBE
and (bottom) Prof. Paul BS LAI*



College Council and guests on stage

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

and we wish the College will grow and prosper in the years to come.

At the Annual Dinner, on behalf of the College Council Prof. Paul LAI expressed his gratitude to the Councillors who have served the College for over 10 years for their enduring and dedicated service. Awarded Councillors included Prof. Edward CS LAI and Prof. Simon YK LAW, who were presented with the Medal of Appreciation on the occasion.

Gifts of appreciation were also presented to Prof. Michael GRIFFIN, President of the Edinburgh College and Dr Valerie RUSCH, now President of the American College of Surgeons and the Representative of International Presidents. Souvenirs were also presented to Prof. Paul LAI who would step down from the Presidency this year for his devoted and sterling service to the College. We wish him happiness and another great success in the years ahead.

The year 2020 will be the 30th Anniversary of the College of Surgeons of Hong Kong and a series of events will be held throughout the year. Please join us in giving our best wishes to the College.



Fellowship in Dental Surgery ad hominem
Prof. Song-ling WANG

Honorary Fellowship
(top) Prof. Michael KW LI and (bottom)
Prof. Patrick Ronan O'CONNELL



Fellowship without Examination
(left) Dr George G LIM and (right)
Dr Victoria WY WONG



Conjoint MRD RCSEd/FCDSHK (Int) Medal for 2017 & 2018

(left) Dr Ada CW Lo (2017) and (right)
Dr Wing-lam WONG (2018)



GB ONG Medal & LI SHIELDS' Medal
(from left) Dr Stephen KK Ng (GB ONG Medal
and LI SHIELDS' Medal)



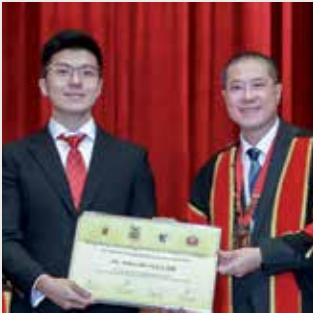
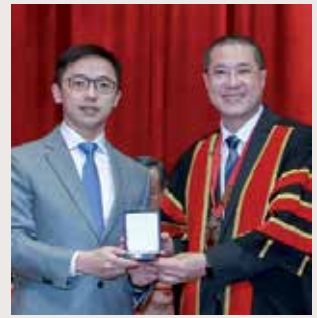
China Medal
Mr Shing-wa YEUNG



CH LEONG Medal & Scholarship 2018
Dr Yun-sang CHAN



J Douglas MILLER Medal 2019
(left) Dr Natalie MW Ko and (right)
Dr Tin-fong ZHUANG



HKICBSC Membership Examination Award
(left) Dr Allan HK LAM (Autumn 2018) and (right)
Dr Ho-wai Ip (Spring 2019)



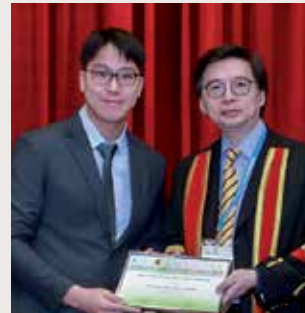
The Best Research Award
(left) Dr Adrian HK Yu (1st Prize) and (right)
Dr Chi-fung CHIA (2nd Prize)



The Best Original Paper Award 2018
Dr David YC CHAN
(Co-authors: Dr Steve SK CHAN, Dr Emily KY CHAN, Dr Amelia YJ Ng, Dr Aaron CL YING, Dr Ara CY Li, Dr Candy CP CHIU, Dr Ning CHEUNG, Dr Wai-kit MAK, Dr David TF SUN, Dr Cannon XL ZHU and Prof. Wai-sang POON)



The CSHK Award
Dr Sze-yuen Yu



The Best Motion Picture Award
Dr Tom CM CHOW



The Best Poster Award
Dr Andrea JT LEE



Arthur LI Orator
Prof. Patrick Ronan O'CONNELL



Dinner MC: Dr Peter KF Chiu and Dr Grace YL Liu



Lion Dance Performance



Eye-dotting Ceremony



A touch for good luck



Surprise! Prof. Paul Lai as Datoufo!



The College Founding President and the New President



The College Presidents (past and new)



Medal of Appreciation

(left) Prof. Edward CS LAI – served on the College Council for 10 years from 1999-2002 and from 2012 till present. He has been the Vice President (External Affairs) since 2013. (right) Prof. Simon YK LAW – served on the College Council for 10 years since 2009 and undertook Chairmanships in various Committees



Toasting

Dr Valerie RUSCH, now President of ACS



Souvenir exchange

(left) Dr Valerie RUSCH and (right) Prof. Michael GRIFFIN OBE



Souvenir exchange

(left) Corporate souvenir from RCSEd to CSHK, (middle) personal gift from RCSEd to Prof. Paul LAI, and (right) step-down souvenir from CSHK to Prof. Paul LAI

RCSEd/CSHK Conjoint Scientific Congress 2019

Co-organised with The Royal College of Surgeons of Edinburgh, the Conjoint Scientific Congress has come to a successful conclusion with the support from numerous parties. This 2-day event was held on 21-22 September 2019 at the Hong Kong Academy of Medicine Jockey Club Building and was well-attended by over 500 delegates.

With the theme “Advances & Innovations in Surgery”, over 100 local, mainland and international faculty members were invited to speak and lead discussions at the lectures in different disciplines. It was encouraging to receive around 100 submissions of abstracts, in which the finest were selected for Plenary Free Paper, Extra Free Paper, Motion Picture Session, and Poster Round. We are thankful for and sincerely appreciate the unwavering support from the faculty members and presenters.



Opening Address



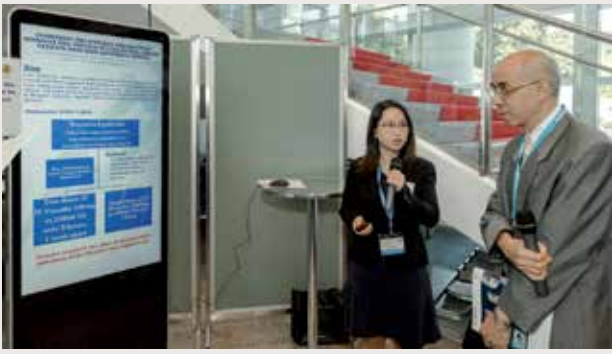
Plenary Free Paper Session sponsored by FUJIFILM Hong Kong Limited

The Surgical Volunteerism and Younger Fellows Forum, which were disrupted last year due to the inclement weather, were held successfully on the second day. At the Surgical Volunteerism Forum, two of our brave and selfless colleagues shared with audience their enlightening experiences of serving in less-developed areas. At the Younger Fellows Forum, our young surgeons recounted their personal experience of physician burnout by performing an interesting drama followed by a stimulating discussion session.

Your support is indispensable to make our Congress a successful one. We would like to share with you the memorable moments again with the following photos and we look forward to meeting you in the Conjoint Scientific Congress again on 19-20 September 2020.



Keynote Lecture – Development of Laparoscopic Colorectal Surgery in Hong Kong



Poster Round

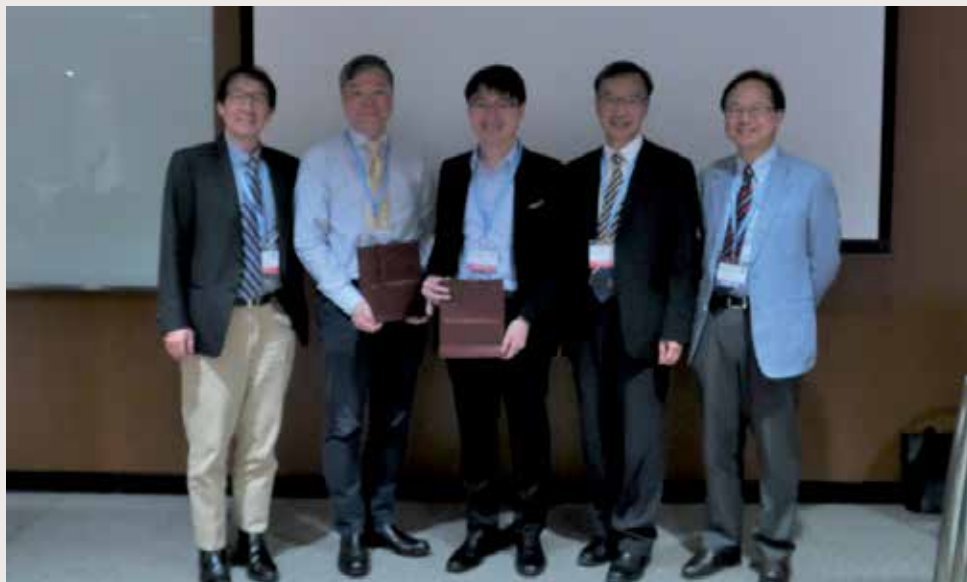


Colorectal Surgery





Vascular Surgery



Neurosurgery

Extra Free Paper Session I





Breast Surgery



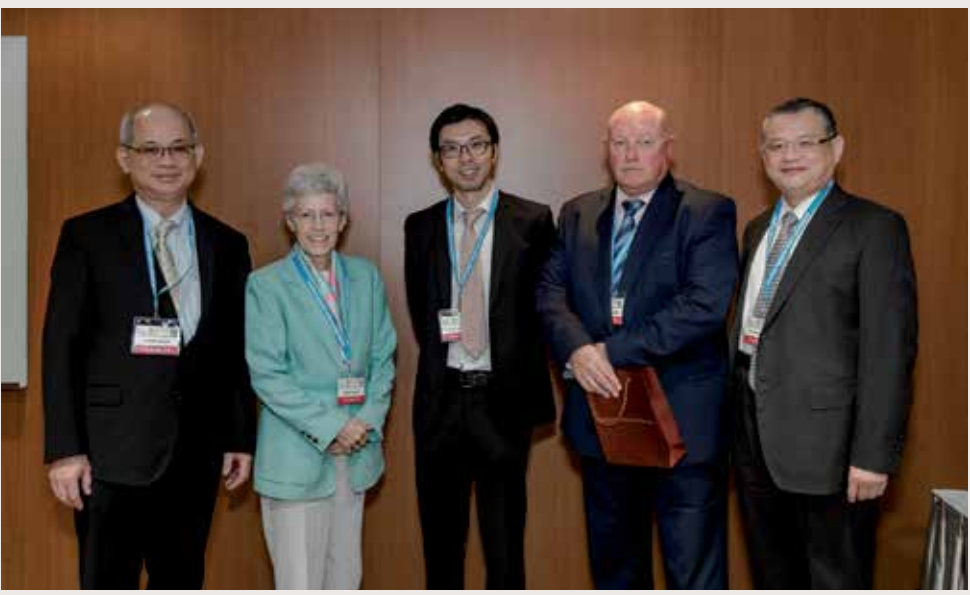
Head & Neck Surgery



Paediatric Surgery



General Surgery



Cardiothoracic Surgery



Upper Gastrointestinal Surgery





Urology



Motion Picture Session



Extra Free Paper Session II



Endocrine Surgery



Hepatobiliary & Pancreatic Surgery



Plastic Surgery





Surgical Grand Round



Surgical Volunteerism



Keynote Lecture - Towards Better Patients' Outcome with Patient Blood Management



*Younger Fellows Forum
2019*

Exhibition & tea break



Lucky draw winners

A big THANK YOU to delegates who participated in the lucky draw of the Congress! The prizes were drawn during the Council Meeting on 26 September 2019. Winners of the lucky draw prize "Amazon Kindle Paperwhite (4th Gen) WiFi 32GB E-reader " and "Bose SoundLink Revolve Bluetooth Speaker " are (left) Dr Chung-ching LEE and (right) Dr Lorraine WY MA respectively. Congratulations to them!

Clinical Attachment Programme in the Mainland

To: West China Hospital of Sichuan University

The West China Hospital of Sichuan University (四川大學華西醫院), located in Chengdu, Sichuan, was first founded in 1914 and later merged with Sichuan University in 2000. In 1910, five Christian missionary groups from the United Kingdom, Canada and the United States founded the private university West China Union College (華西協合大學), and subsequently, the university medical school in 1914. The West China Hospital is the largest hospital in China and is consistently ranked one of the top three hospitals in China. It is a tertiary referral centre for the whole of West China. Accredited as a 3A hospital (top rank in China) in 1990, the hospital has 4300 beds, with more than 7000 staff serving 3.5 million outpatients and 173,000 inpatients annually. The hospital has been involved in a great variety of international exchange activities, and has organised over 70 large international meetings. On the weekend of my arrival, there was an international hepatobiliary conference taking place!



Dr Jennifer HF CHIU
Kwong Wah Hospital



Self-service kiosks outside the Outpatient Department

(left) The Second Inpatient Building



My 2-week visit took place in late March 2019. I stayed in a serviced apartment in Raffles City, located one subway station away, 20 minutes by foot or 10 minutes by bike, and was able to experience the hustle and bustle of locals getting to work in the morning. The hospital is extremely large with many buildings and blocks, where one can easily get lost within. The division I attached to was Gastro-intestinal (GI) 2 (胃腸外科2), which is within the department of Surgery led by Prof. Zongguang ZHOU (周總光), and performing more than 3200 surgeries annually. Under GI-2, there are 11 teams, of which each team is led by one to four professors. I was assigned to Prof. Lie YANG (楊烈), under the team

Location of the West China Hospital of Sichuan University

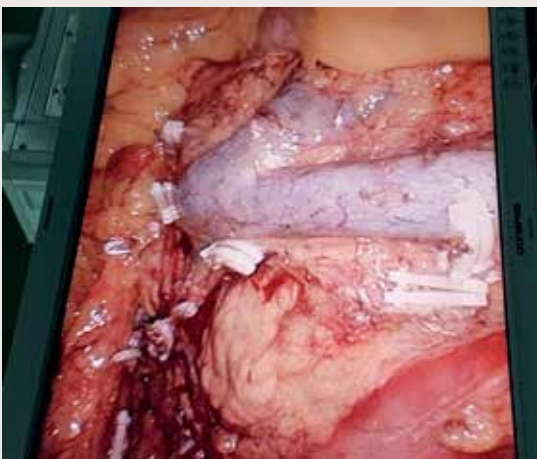
(bottom left) Relatives waiting for doctors outside the meeting room

(bottom right) Residents on-call room





序号	手术日期	科室	开始时间	结束时间	手术名称
4	12-19	7	2019/3/26 8:00	2019/3/26 9:00	手部腱鞘松解术
5	12-19	8	2019/3/26 8:00	2019/3/26 9:00	骨性连接的多指切除术
6	12-20	1	2019/3/26 8:00	2019/3/26 11:0	结肠癌根治术(结肠部分切除术)
7	12-20	2	2019/3/26 8:00	2019/3/26 11:0	腹腔镜胃术
8	12-20	3	2019/3/26 8:00	2019/3/26 11:0	腹腔镜胃术
9	12-20	4	2019/3/26 8:00	2019/3/26 11:0	根治性远端胃切除术+D2+D3
10	12-21	1	2019/3/26 8:00	2019/3/26 11:0	腹腔镜阑尾切除术+腹腔镜探查术
11	12-21	2	2019/3/26 8:00	2019/3/26 11:0	腹腔镜阑尾切除术+腹腔镜探查术
12	12-21	3	2019/3/26 8:00	2019/3/26 10:0	腹腔镜胃术
13	12-21	4	2019/3/26 8:00	2019/3/26 11:0	腹腔镜胃术,根治性远端胃切除术
14	12-22	1	2019/3/26 8:00	2019/3/26 10:0	腹腔镜阑尾切除术
15	12-22	2	2019/3/26 8:00	2019/3/26 10:0	左手切除术
16	12-22	3	2019/3/26 8:00	2019/3/26 10:0	左列肝局部切除术
17	12-22	4	2019/3/26 8:00	2019/3/26 10:0	腹腔镜阑尾切除术
18	12-22	5	2019/3/26 8:00	2019/3/26 10:0	腹腔镜阑尾切除术
19	12-22	6	2019/3/26 8:00	2019/3/26 10:0	腹腔镜阑尾切除术
20	12-23	1	2019/3/26 8:00	2019/3/26 10:0	肝右叶肝血管瘤切除术,腹腔镜探查术
21	12-23	2	2019/3/26 8:00	2019/3/26 10:0	右列肝局部切除术
22	12-23	3	2019/3/26 8:00	2019/3/26 10:0	腹腔镜阑尾切除术
23	12-23	4	2019/3/26 8:00	2019/3/26 12:0	经皮穿刺肝脓肿射频消融治疗术
24	12-24	1	2019/3/26 8:00	2019/3/26 10:0	腹腔镜阑尾切除术
25	12-24	2	2019/3/26 8:00	2019/3/26 10:0	腹腔镜阑尾切除术
26	12-24	3	2019/3/26 8:00	2019/3/26 10:0	腹腔镜(野道)探查术,术中肠癌
27	12-24	4	2019/3/26 8:00	2019/3/26 10:0	腹腔镜探查术
28	12-24	5	2019/3/26 8:00	2019/3/26 10:0	腹腔镜探查术



led by Prof. Yongyang Yu (于永扬). Some teams specialise in gastric surgery, whereas some in rectal surgery; however most teams have a mix of both upper and lower GI patients.

Daily routines started with residents finishing ward rounds before 7.45 am, and department meeting from 7.45-8.30 am to summarise the overnight emergency admissions and which surgeries had been performed. The meeting room was often so packed with professors, residents, local and international visiting fellows, interns, medical students, nurses, etc that I could not even squeeze in! After the meeting, each team would perform their morning rounds, seeing both preoperative and postoperative patients, and explaining necessary information to patients and relatives at bedside. The norm in China is that one relative is allowed to accompany the patient 24 hours, and also perform nursing routines including body temperature charting, drain emptying and charting, mobilisation exercise, chest physiotherapy etc. If the patient does not have an available relative, he can opt to employ a nursing worker (護工). As conversations were mostly conducted in Sichuan dialect, I relied on simple translation by the residents.

We then moved to the Elective Operating Theatre located on 11-13/F of the Second Inpatient building (第二住院大樓). There are a total of 44 theatres for elective general surgery and neurosurgery; whereas Orthopaedics, O&G, Cardiothoracic Surgery etc have their own OT block elsewhere. It was a great experience as there were so many parallel sessions going on every day. The typical day may comprise three to five cases of laparoscopic hemicolectomies / rectum / distal gastrectomies. I have observed a vast number of these operations in the form of mainly laparoscopic, but also open and robotic within the 2 weeks. I am particularly impressed with their routine complete mesocolic excision for right-sided colonic cancer. Unfortunately, there is no well-established follow-up protocol for the postoperative patients, thus only limited data on outcome and survival are available. One of the observed difficulties is that some patients are coming from very rural regions, and financially not viable to travel all the way back for follow-up, nor can they afford the surveillance imaging or colonoscopy.

From chatting with the local residents, I gained more understanding about the local medical culture. Almost all residents graduating from West China Hospital of Sichuan University have a PhD degree, which is important in cultivating interest in clinical research and hence future development.

(top) Humidifier for postoperative patients
 (middle) A screen-cap of (part of) the daily elective OT list
 (bottom) The complete mesocolic excision for laparoscopic right hemicolectomy

Unlike in Hong Kong, currently there is no recognised structured training programme for surgical residents. Residents often spend most of their time as assistants and busy themselves with ward duties, and the only hands-on opportunity is during emergency operations. Only a small proportion of the residents end up having had a chance to becoming chief (主刀醫師).

This 2-week clinical attachment at West China Hospital has opened my eyes to the surgical practice in Mainland China, and widened my perspectives from daily practices to surgical skills to cultural and ethic differences. I wish to thank the College of Surgeons and the Academy of Medicine for the opportunity, and I would highly recommend future young Fellows to join this programme!



With Prof. Lie YANG outside the connecting bridge between First Inpatient Building (一住) and Second Inpatient Building (二住)



Public bicycles (共享單車) outside the hospital and subway station

To: The Peking Union Medical College Hospital

The Peking Union Medical College Hospital (PUMCH) (北京協和醫院) was founded in 1921. It was a major national tertiary referral institution in China. I spent 2 weeks in the Department of Breast Surgery. Before I arrived, the hospital already arranged a schedule of outpatient clinics, operating theatre and ward round sessions everyday with an assigned doctor.

The breast service in PUMCH moved from the West to the East campus a few months ago due to a construction project. The operating theatre was located at the International Medical Services Building. The head of department, Prof. Qiang Sun (孫強) performed around 1400 cases per year (which was 4-5 times the case volume of my hospital!). I was also allowed to scrub in as an assistant and appreciate how he operated efficiently. We also exchanged our views on sentinel lymph node biopsy experience. Since radioisotope is not readily available in China, they perform sentinel lymph node mapping using combined method with blue dye and indocyanine green.

In the outpatient setting, patients with new referral or simple or benign breast diseases will be managed in the general breast clinic first. Besides, there are dif-



Dr Angela WC Kong
Princess Margaret Hospital



Patients' waiting area at the PUMCH

ferent subspecialty breast clinics, such as Genetic Clinic for patients who fulfil the criteria for genetic counselling, Breast Cancer Screening Clinic for asymptomatic women, Surveillance Clinic for breast cancer survivors, Lymphedema Clinic etc. I had the opportunity to observe in the subspecialty breast clinics. I was particularly amazed at the Surveillance Clinic, where they formulated the management plan with the patient within minutes, including adjuvant chemotherapy and hormonal therapy prescription, clinical examination and review of surveillance imaging. The role of breast surgeons in PUMCH is more than just surgeons. It was more appropriate to describe them as surgical oncologists rather than breast surgeons.

Every breast surgeon has his/her own interest and research area. Prof.



Main entrance of the PUMCH

SUN conducted his research on breast cancer management on elderly patients, which is currently a controversial issue. His trial found that axillary staging would not affect the survival of elderly patients with breast cancer. As a result of the study, axillary nodal evaluation would be omitted in selected patients with advanced age and major co-morbidities.

Dr Xin HUANG (黃欣), who dedicated her research in breast cancer genetics, shared with me her knowledge on familial breast cancer genes and insights on how to start a genetic counselling service from scratch after her overseas training in the University of Cambridge. She provided counselling services in the Genetic Clinic and would draw a pedigree diagram for every patient.

I would like to thank the College of Surgeons of Hong Kong for this precious experience. This was definitely an eye-opening experience. Not only did I gain hands-on experience and practical knowledge, I also made new friends and no doubt significant improvement in my Mandarin proficiency!



(top) A photo with Prof. SUN

(middle) Case discussion and sharing

(bottom) Enjoying traditional Beijing cuisine

To: West China Hospital of Sichuan University

It was a cold morning of spring in Sichuan when I first stepped into one of the hundred operating theatres of the West China Hospital, one of the best tertiary referral centres and university hospitals in South West China.

Although in a totally unfamiliar workplace, surgery, the common language for surgeons, still worked as usual. I am so glad that Prof. Ziqiang WANG (王自強), who is an expert in the field of colorectal and gastric cancer surgeries, generously shared with me his experience and opinions of performing laparoscopic complete mesocolic excision (CME) for right-sided colon cancer and total mesorectal excision (TME) for low rectal cancer. They preferred using 3D laparoscopic setting for all colorectal surgeries, believing that it would enhance the surgical speed and accuracy. In general, a laparoscopic CME or TME surgery could be finished in 2 hours. Despite the speed, in a team that routinely performed four ultramajor colorectal surgeries in 1



Dr Yin-yu Siu

*North District Hospital
& Alice Ho Miu Ling
Nethersole Hospital*



Main entrance of the West China Hospital, stroke unit



A photo with Prof. Ziqiang WANG



In the middle of 3D laparoscopic TME; the operating theatre is basically similar to those in Hong Kong

day, leaving the operating theatres near midnight time seemed to be their routines. There were also two to three other colorectal teams working in the hospital, contributing to the high case load in one single centre.

Another impressive experience is the widespread application of smartphone Apps in hospital workflow. From clinic appointment booking, payments, to imaging arrangement and even report printout, patients simply get everything they need by swabbing fingers to scan a QR code. I remember how surprised I was when I first came across a CT report printing machine (which just looked like a vending machine) outside the CT suite and patients queuing to scan with smartphones to get their own reports. The culture and working style is totally different from Hong Kong.

As a young Fellow of surgery, I believe in keeping an open mind and willingness for exploration will help broaden my view and sharpen my skills. This valuable visit to the West China Hospital undoubtedly increase my exposure and maximise my experience.



The imaging report printout machine outside CT suite, allowing patients to get their report by scanning the QR code

spotlight

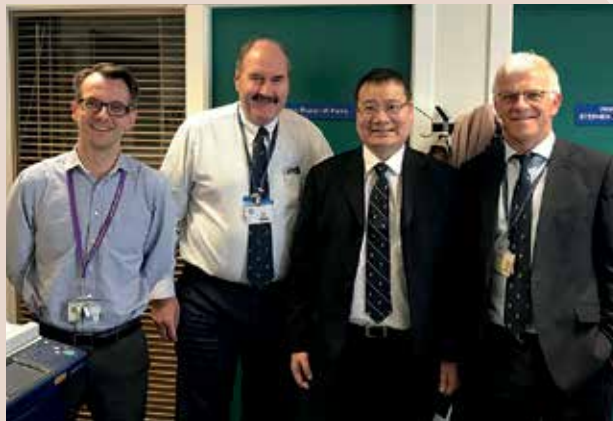
New Councillors

It is my honour to be elected as Council Member of the College of Surgeons of Hong Kong in 2019. I would like to take this opportunity to express my sincere gratitude to the Fellows who have voted for me and I thank for their trust and support. I am currently serving as the division chief of HBP surgery at Queen Mary Hospital and I am also serving as a trainer on the HBP Subspecialty Board for the College.

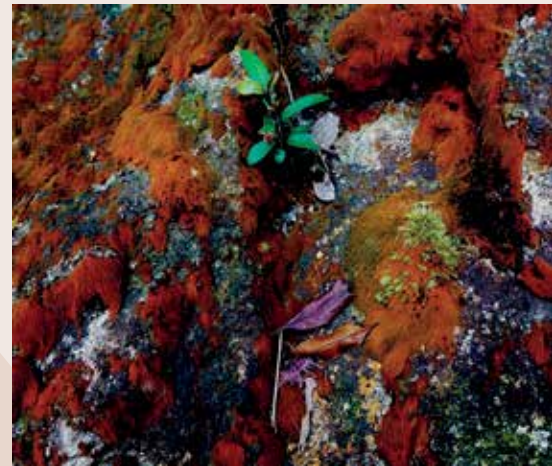
I graduated from the University of Hong Kong in 1999 and I have been working at Queen Mary Hospital for the past 20 years. The College offers a lot of training opportunities for its Fellows including myself. Every year the College provides training courses, conducts mock examinations and organises examinations for the trainees. It also provides ample training opportunities outside Hong Kong to let younger surgeons to broaden their horizons and explore the world.



Dr Tan-to CHEUNG
Queen Mary Hospital



Visiting Royal Infirmary of Edinburgh during the trip of the James IV Travelling Fellowship



The beautiful fine details of Mother Nature (photos taken during a Sunday hike in Hong Kong)



Operating with my team at Queen Mary Hospital



I believe the key components of a good surgical career depend on craftsmanship and friendship. Visiting surgeons around the world undoubtedly enable us to learn new skills from other surgeons and enhance the connection between people and different centres.

I was very honoured to receive the GB Ong Travelling Fellowship in 2013 and James IV Travelling Fellowship in 2017. The latter trip gave me a good opportunity to visit Prof. James GARDEN and Prof. Stephen WIGMORE at Royal Infirmary of Edinburgh. Prof. Rowan PARKS also showed me around in the Edinburgh College including the Surgeons' Hall Museum. This award-winning museum has been renovated lately, and has a very comprehensive collection that represents the highs and lows of the world's medical history. There is also a

newly renovated college-owned hotel which provides accommodation for intercollegiate board surgeons including members from the College of Surgeons of Hong Kong.

In my leisure time, I like to go hiking with my friends and family. Although Hong Kong is a very busy city where hustle and bustle is unavoidably part of our life, there are very nice country parks and hiking trails that conveniently provide us with transient quiescence from the city life. Whenever there are friends from abroad, I would bring them on a hike. Whilst rooftop bars have their own charms, there is nothing quite like a hike to get away from the hubbub. It is a unique way to explore the beautiful beaches, the city's jagged skyline and the stellar view of islands. Hiking also provides physical training to improve stamina. I usually bring a small camera along with me so that I can take pictures of the beautiful landscape of Hong Kong and the fine details of Mother Nature. I believe this combination of hiking and photo taking is a good way to keep my mind sharp and to train my stamina.

As the going gets tough, the tough gets going. A balanced and peaceful mind is essential in critical moments of surgery and in daily life.



Dr Dacita TK Suen
Queen Mary Hospital

Fellow surgeons, I would like to sincerely thank you for your trust and confidence in electing me as one of the Council Members. I am honoured and humbled to represent you in the Council.

Many of you probably know me well as a mellow individual. Honestly, being a surgeon or running for the Council election is what I have never dreamed of.

I was born into a working class family and my father believed I would become a factory worker when I grew up. Admission to a medical school had far exceeded his expectations.

When I was an undergraduate, I never imagined I would pursue Surgery as my specialty as training for and practising surgery are stressful endeavours to me as a medical student. My passion for surgery grew during internship when the surgical team

shows the traits of intelligence, professionalism, conscientiousness, creativity, courage, and perseverance; these inspired me to choose surgery as my career. I love the hands-on experience, the interaction with patients, the teamwork environment, and the satisfaction of helping people get better – these are all so exciting.

Like most others, I have been working hard as a surgeon all along. Sometimes we may have to sacrifice, although most of the time we live a fulfilling and rewarding life as a surgeon. Yet I had not considered thoroughly my surgical career could have impacted on my personal life. I am a mother of two children. To strike a balance between work and family, living a purpose-driven life and being flexible is



Cheery surgeons



Wonderful team

important. Success is usually the result of teamwork. I am fortunate to work with capable people who can share my duties, both at work and at home (I am referring to my husband of course).



Supportive family – photo taken at a cake workshop organised by the Women’s Chapter

I like to play golf in my leisure time. To me, golf is not only a physical game but also a mental one. I have to know myself well. I could not be overly ambitious, otherwise I will hit the ball over the green. When I hit the ball into a bunker, I have to exercise my patience and never give up as I may still hit a strong “up-and-down” and make a par. And the same also applies to my work.

Several years ago, I have been invited to join the Scientific Committee of the College when I got to know more about our College. Surgery is, indeed, one of the noblest of professions. Over centuries, the surgical profession has set the standards of ethical and humane practice. Surgeons have made magnificent contributions in clinical care and education. Generations of surgeons have developed their craft and passed on to succeeding generations, as they have to me and to each of you, to take into the future.

However, profound changes are taking place at all levels and at a dizzying pace, providing both challenges and opportunities to the surgical profession. On one hand, we should be united to



Happy golf

safeguard our profession. On the other hand, we need to evolve with the times to retain our leadership position in innovation.



Dr Alfred CC Wong
Queen Mary Hospital

It is indeed a great honour for me to be elected as Council Member of the College. The opportunity to serve the College will definitely be a fruitful and invaluable experience for me in the coming years.

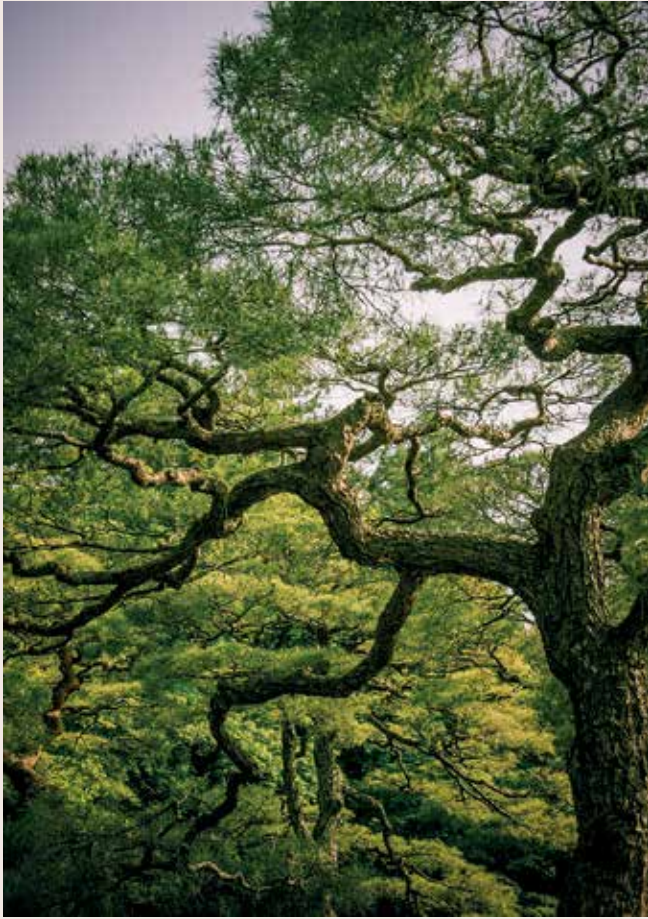
I remember vividly when I was a vascular surgical intern in 1995 in Queen Mary Hospital under the leadership of Prof. Stephen WK CHENG, assisting all sorts of challenging open ultra-major aortic and arterial reconstructive surgeries like abdominal aneurysmorrhaphy, lower limb bypass surgery, carotid endarterectomy, etc. It was really eye-opening for me and although I was a “small potato” at that time, my dedication in pre- and post-operative patient care

made me feel I was also a team player, not only enjoying the satisfaction of management success but also undergoing all those emotions when our high-risk patients succumbed to complications.

In my subsequent surgical career, I witnessed all those development and changes implemented by the College, to name a few, like the transition from traditional one-off FRCS examination to AFRCS and then MRCS examination, with a revised systematic and structured surgical training with 2-year Basic Surgical Training followed by 4-year Higher Surgical Training which leads to a conjoint FRCS Exit Examination. In addition, the sub-specialisation of Cardiothoracic Surgery, Neurosurgery, Paediatric Surgery, Plastic Surgery and Urology also aligns with the world trend of surgical training development.

After my overseas Vascular and Endovascular Surgical Fellowship at Royal Perth Hospital in Western Australia in 2007, I kick-started the endovascular surgical service in Hong Kong East Cluster with Dr Ren-yi LC YIEN. In 2008, I continued my career development in Hong Kong West Cluster and I now serve as Consultant Vascular Surgeon in Queen Mary Hospital. With advancement of technology, Vascular Surgery has evolved rapidly. Complex and advanced aortic and arterial reconstruction can be performed endovascularly with minimal blood loss, yet it requires a different surgical mind and skill set. It is technically demanding, requiring both open surgical and radiological endovascular skills. For training-wise, currently “Vascular Surgery” is under the umbrella of “General Surgery Board” in the College. Practising vascular surgeons in Hong Kong are general surgical specialists under the Hong Kong Academy of Medicine, without a recognised sub-specialisation status. For junior specialists who would like to pursue a career in Vascular Surgery, the College offered a 2-year post-Fellow sub-specialised training in Vascular Surgery in a dedicated training centre. Provision of vascular surgical services in public sector in Hong Kong are fragmented in the past decades. Uneven distribution of manpower is noted in various hospitals; some senior surgeons need to be on-call daily to make the service sustainable, yet without a formal recognised roster. Sustainability of the services is still at stake in public hospitals after the re-organisation of services to a “hub and spoke” networking model since 2016 as Vascular Surgery remains unpopular among trainees and junior specialists due to its unique technical demand and a relatively steeper learning curve compared with other





surgical sub-specialties, which usually take place after the General Surgery Exit Examination.

Currently, as a member of Hospital Authority Subgroup in Vascular Surgery, I am working closely with Prof. Stephen WK CHENG towards specialisation in Vascular Surgery in the College, formulating training syllabus for Higher Surgical Trainees and working out the logistics. Together with re-organisation of services, specialisation of Vascular Surgery is necessary to move forward for future development which aligns with the global trend. There will be a career path for our trainees with prospect and recognition of status through specialist examination in the near future.

Despite my hectic schedule, I am also an Honorary Clinical Associate Professor in Medical Ethics and Humanities at the University of Hong Kong (HKU). I continue the work laid down by the late Prof. LC CHAN, running Mindfulness workshop for year 1 and 2 medical students, sharing scientific means of cultivating compassion, enhancing awareness and building resilience in this ever-changing and chaotic social environment. In addition, after completion of my Master of Science in Health Services Management degree in the Chinese University of Hong Kong in 2018, currently I am reading my second part-time Master degree in Buddhist Studies in the HKU, in search of sustainable happiness in life and studying the Rule of the Universe in a scientific manner.

In leisure time, I am an amateur photographer. I am one of the disciples of renowned photographer, Mr Alain YIP (now Venerable Changlin). I am the photo editor of the *Cutting Edge*, sharing my work on its cover since 2012. You can know more of my photography journey in my article in “Off the Scalpel” column in the May 2011 issue of *Cutting Edge*.

I would like to thank you all once again for electing me. As a new Council Member of the College, I am very much looking forward to learning from, and serving all the Members and Fellows of the College whole-heartedly.

Cover photos of various issues of Cutting Edge: (pages 38-39, counterclockwise) December 2013, July 2014, May 2018, and 25th Anniversary Special Edition (April 2016)



A Surgeon's Enneagram – CSHK 20th Anniversary Calendar photo selection



Prof. George KC Wong

Prince of Wales Hospital

CS: College staff

GW: Prof George WONG, a neurosurgery specialist and academic neurosurgeon, with special interest in endovascular and vascular neurosurgery

CS: Why are you running for the Council election of the College?

GW: I have been actively taking part in the Hong Kong Academy of Medicine Innovative Learning Cen-

tre for Medicine, playing different roles as deputy director, chairman of education subcommittee, operational committee member, research and development subcommittee member, faculty member of the Comprehensive Simulation Educator Course, faculty member of the Crisis Decision Making Course, faculty member of the Debriefing Skills for Simulation Instructor Course, and Boston Center of Medical Stimulation Scholar. On reflection, developing education programmes have indeed always been my passion and I serve the College of Surgeons of Hong Kong in the sedation safety course intercollegiate working group, education committee, research committee, CME committee, simulation working group, acute abdomen module working group, communication module working group, basic surgical skill training course trainer, and neurosurgery specialty board examiner. I am also privileged to be the first (and the only one at the moment) Certified Healthcare Simulation Educator (CHSE) of the Society of Simulation in Healthcare in Hong Kong.

I am grateful for the opportunities to serve as Council Member of the College and I am aspired to contribute to the development of the College especial-



A joyful ending of the Annual Scientific Meeting dinner (photo with CSHK secretariat colleagues)

ly in the direction of Simulation Education, Sedation Training, Surgical Skill Training, endovascular specialisation, and enhancement of our communities of practice. I thank the College's kind support for simulation educational development via conducting courses and overseas visiting scholarship programme, and am determined to devote myself by assisting the College and Fellows to move forward in these directions.

CS: What are your expectations or vision towards the future growth of the College?

GW: The growth of the College is always exciting and amazing, in not only the number of Fellows but also the breadth of the specialty. With upcoming adjuncts came with artificial intelligence, big data, technology and robotics, treatment and management philosophy are expected to change rapidly in the coming years. Simulation and new educational tools are destined to make training more and more efficient and will form a new and more convenient platform for training and assessments in the near future.

CS: What are your hobbies? How do you spend your leisure time?

GW: My serious hobby is reading. I like to see how others see the world and tackle their problems. The reflection on these issues often shed light on how to overcome the obstacles in front of us. The lighter one is selfie. Selfie is different from taking pictures by a third person in an amazing way. People quickly and easily display their emotions of expressing their mind and our interaction in an exaggerated way while taking selfie. Quite an addictive activity. It's difficult to have adequate time for leisure but I always remind myself to do a short period of exercise regularly and running for good health, often late at night.

CS: How do you balance your work and family life?

GW: I am grateful to have the support and love from my wife, Eva, and my two lovely children, Philip and Michelle. They often, without hesitation, adjust their dinner arrangements and work plans because of my hectic schedule. They always come with wise words during stressful time and are considerate with my demanding work schedule and devotions.

CS: Any comment to the College for improvement?

GW: I would say I am privileged to be part of the family of surgeons and surgeons embrace change. It would be a good opportunity to connect further across specialties and sub-specialties and meet up the change for the better for us surgeons, patients, and the surgery as a whole.

CS: Anything you wish to share with young surgeons (or with all the readers?)

GW: I hope to take this chance to invite all young and senior surgeons to voice out their needs. I am always grateful by the determination of our surgeon Fellows to devote their time and share their wisdom. See you all soon in various college activities and let's be connected!



Selfie of international faculty of Summer Stroke School



Fun photo of the above selfie taking

The Hong Kong Society of Vascular Surgery Meeting

The first meeting of the Hong Kong Society of Vascular Surgery (HKSVS) was held at the Sheraton Hotel on 31 May 2019. More than 30 surgeons from both public and private sectors attended the meeting. During the meeting, participants from different hospitals presented cases with complicated vascular diseases, and shared valuable experience with each other.

Prof. Stephen CHENG announced the formation of the HKSVS, and expressed that Vascular Surgery in Hong Kong has entered a challenging era. He encouraged the vascular surgeons to participate more in the future activities of the Society. The academic discussion was followed by a delicious dinner. All participants had a meaningful and enjoyable evening.



Prof. Stephen CHENG, President of the HKSVS





Active discussion during the meeting



An enjoyable and meaningful evening with active participation from the vascular surgeons in Hong Kong



Presenters at the meeting

Asia Thoracic Cancer Care Summit 2019 (ATCCS 2019)

The Asia Thoracic Cancer Care Summit 2019 and 3rd Asia-Pacific Advanced & Novel Approaches to VATS Animal Wetlab, organised by the Department of Surgery, The Chinese University of Hong Kong was successfully held on 4-6 July 2019. The theme of this year's meeting was "Innovative Personalized Therapies for Thoracic Malignancies", which was reflected in the topics with their diverse approach to pre-treatment planning and tailored approach to treatment across different specialties.

Of note, uniportal VATS, robotic digital surgery, non-invasive endobronchial lung cancer therapy, 3D printing, customised pulmonary nodule localisation and chest reconstruction were some of the new exciting areas presented and discussed during this meeting. Fifteen overseas faculty from leading institutes across the US, Europe and Asia on thoracic cancer management generously supported us. Through lec-



Prof. Calvin SH Ng

*Professor & Honorary Consultant,
Department of Surgery, Prince
of Wales Hospital, The Chinese
University of Hong Kong*



(from left) Prof. Punnarerk THONGCHAROEN (Thailand), Dr CM CHU (Hong Kong), Dr Harish MUTHIAH (Singapore), Prof. Calvin Ng (Hong Kong), Prof. Diego GONZALEZ-RIVAS (Spain), Dr Tony RAMOS (Philippines), Prof. Jianxing HE (China), Prof. Chris FERNANDO (USA), and Prof. Shiyue LI (China) all giving thumbs up for the meeting

tures, discussions and drylabs, the meeting showcased the future of thoracic cancer treatment and provided a platform for participants to gain insight and training into advanced VATS techniques and endobronchial lung ablation. On the last day through operating on live porcine lungs in wetlab, participants were able to put into practice advanced VATS techniques, bleeding control, and perform segmentectomy using 3D ICG cameras. The event was attended by over 120 local and regional participants with positive feedback, and we look forward to next year's event in May 2020.



(from left) Prof. Diego GONZALEZ-RIVAS from Spain, and Prof. Tony MOK and Prof. Calvin Ng from Hong Kong

(below) Over 120 local and overseas participants took part in the meeting





The drylab session on using titanium plates and screws to reconstruct chest wall defects. Participants were able to perform the procedure on 3D printed rib prostheses



Prof. Calvin Ng demonstrating the latest techniques of microwave ablation for lung tumours in the drylab session



Prof. Diego GONZALEZ-RIVAS teaching participants advanced uniportal VATS skills on live porcine lungs in the wetlab session

Younger Fellows Chapter



Dr Charing CN CHONG
Prince of Wales Hospital

Younger Fellows Forum 2019

The first Younger Fellows Forum conducted by the Younger Fellows Chapter was successfully held on 22 September 2019 during the Conjoint Scientific Congress 2019. The theme of the forum was “Physicians Burnout.”

The forum was run in a “forum-theatre” format. It started with a drama followed by a panel discussion. We were happy to have some Younger Fellows and trainees to play as actors and actresses. The drama presented a usual post-call day of a Younger Fellow, who was trying to strike a balance between work and family life. This interesting drama was followed by a panel discussion with representatives from Younger Fellows Chapter and Women’s Chapter of the College of Sur-

geons of Hong Kong. We were also honoured to have the script writer of Forum Theatre of Medical Humanities – Doctors Burnout (燃竭好醫生), Dr Dana Lo, to participate as advisor and moderator of this forum. The discussion between the panel and the audiences was realistic, practical and down to earth. I am sure those who attended the forum would find the discussion useful as it offers a different angle for us to deal with daily difficulties.

In May 2019, burnout is included in the 11th Revision of the International Classification of Diseases (ICD-11) as an occupational phenomenon and is defined in ICD-11 as follows:

“Burn-out is a syndrome conceptualized as resulting from chronic workplace





stress that has not been successfully managed. It is characterized by three dimensions:

- Feelings of energy depletion or exhaustion;
- Increased mental distance from one's job, or feelings of negativism or cynicism related to one's job; and
- Reduced professional efficacy.”

The available literature clearly demonstrates the threat posed by physician burnout on the entire healthcare system. As surgeons, we all have a responsibility to one another to look for signs of burnout or depression in our colleagues and to offer support. I hope this forum will raise the awareness of burnout among not only the young Fellows, but also all the sur-





geons. I would like to thank all the participants including the audiences, the actors/actresses, the panel discussants, and Dr Dana Lo for their support to this Younger Fellows Forum.

Time flies. My 2-year term as the Chairlady of the Younger Fellows Chapter of the College is coming to an end. Over the past 2 years, we had organised educational events (e.g. emergency surgery course) as well as recreational events (e.g. Pocari Sweat Run Carnival). I hope you enjoyed the events as much as we do and it has been my distinct honour to serve as the Chairlady of the Younger Fellows Chapter. I wish the next Younger Fellows Chapter all the success and I will continue to support at my full capacity.



Women's Chapter



Dr Peggy SK CHU
Tuen Mun Hospital

Message from the Chairlady of the Women's Chapter

The newly elected Executive Committee Members of the Women's Chapter for the term 2019-2022 include: Dr Peggy SK CHU (Chairlady), Dr Violet YK Tsoi (Vice Chairlady), Dr Xina Lo (Honorary Secretary), Dr Sally WY LUK (Honorary Treasurer), and Dr Wing-yan CHAN, Dr Tiffany HW CHIU, Dr Kylie JY SZETO (Committee Members). The Committee represents a good mix of lady surgeons and lady Higher Surgical Trainees from different specialties.

The Committee aims to provide information and guidance to lady medical students to promote their aspirations for a surgical career in future. We will assist members of our Chapter to hone their leadership skills for them to excel in their profession. We also aim to provide charity services to our community. Members are welcome to forward any ideas they have about their preferred activities or ways for our Chapter to move forward. Please feel free to contact any one of our Committee Members.



Dr Lorraine CY CHOW
Immediate Past Chairlady of Women's Chapter
Private Practice

Whisky Workshop

"The water was not fit to drink. To make it palatable, we had to add whisky. By diligent effort, I learned to like it." — Winston CHURCHILL

As some of you may recall, we had an overwhelming attendance at our beer and food tasting workshop last year. After the refreshing experience, many members raised their interest in whisky tasting and what would be more appropriate when we





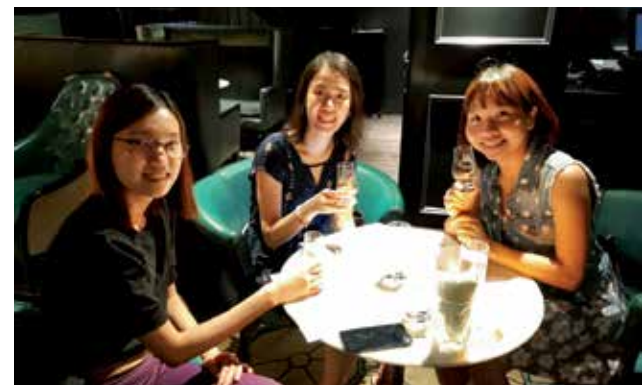
have a whisky expert among us! Dr Xina Lo is an endocrine surgeon who developed a special interest in whisky. She even earned herself an ambassador qualification and is undoubtedly the most eligible instructor for our event!

Thanks to local Karaoke boxes, whisky may sometimes be misinterpreted as a spirit that only adds alcoholic taste to soda. But the uniqueness of this spirit can truly be appreciated with the help of someone knowledgeable in this field.

On 25 May 2019 (Sat), members and friends of the Women's Chapter gathered together at Bar 001 in Central to learn more about the history of different types of whisky. Bar 001, a members-only bar and normally opens during the evening, has kindly accepted our afternoon reservation for the event. The ambient atmosphere was a perfect match with those amber-coloured whisky in the glasses.

Dr Lo has arranged four types of whisky for the tasting session – or may we call it almost a lecture, as we were provided with lecture handouts which indicated positions of the tulip glasses so they would not be mixed up during tasting! Dr Lo started by making a thorough introduction of the history, the manufacturing process, the ingredients used, and the distinct features and taste of each whisky brand. We all practised the steps in whisky tasting – sight, smell and taste. She also demonstrated the way to bring out different properties of the whisky – such as by patting them on the back of our palms to allow some of the alcohol to evaporate off, and smelling it prior to tasting. Never realised the same beverage could have such different tastes when appreciated differently! We also gained the knowledge of whisky etiquettes, which is more than just sipping it on-rock. Some of our thoughtful participants also bought finger snacks to embellish our event, which definitely helped us keep our sobriety as well.

Last but not least we also showed our appreciation to our dear ambassador by surprising her with a small birthday celebration!



EXAMINATION CORNER

1. Specialty Fellowship Examination in Plastic Surgery

Date: 13 September 2019 (Written Exam)
12 October 2019 (Viva & Clinical Exam)

Venue: HKAM (Written Exam)
KWH (Viva & Clinical Exam)

No. of candidates: 2

Passing rate: 50% (1 out of 2)

2. MHKICBSC Part 3 Examination

Date: 24-25 September 2019

Venue: QMH

No. of candidates: 27

Passing rate: 44% (12 out of 27)



“It is not only about fun, ...but challenge and adventure!”

off the scalpel



Windsurfing

Dr Chad CW Tse

Every time I walk towards the ocean with my gear, it's a challenge to my body and soul.

There is always some uncertainty and risk, but when you are able to master it, this is where joy and satisfaction comes from! It's a passion! It's addictive.

Hold the wind, and ride the waves!

It's all about knowledge and skill. Understanding the physics of wind and waves, knowing your gear, and mastering the necessary skills are essential for sailing in such extreme weather conditions. It is likened to performing major operations.



I have been windsurfing since childhood.

I loved going to the beach when I was a kid, but usually not for swimming as I found it too ordinary and boring. Instead, I enjoyed water sports a lot, like canoeing, yachting and windsurfing. Every school holiday, I would enrol in the training courses in the public water sports centres. I even got a lifeguard licence in my teens. However, windsurfing is the only water sport that remains to adulthood.

When I started working, one of the first things I did was to buy my own windsurfing gear and find a car big enough to fit them in! This makes me possible to windsurf in different locations depending on the wind direction. It was so fun and relaxing. Especially after a sleepless night on-call in the hospital, it was a great escape. It helps keep my body and mind fit and sharp!



I spend many hours in Stanley Main Beach, which is the basecamp of windsurfing in Hong Kong.

There the wind is usually light to moderate, but when the monsoon and typhoon comes, it can be very windy! This is also the training venue of the Hong Kong Windsurfing Team. If you watch the windsurfers on a windy day, you can certainly feel the excitement of the sport!



Windsurfing vacation is, to me, one of the most enjoyable experiences in life!

Once the advanced skills are mastered, traveling to high-wind locations around the world to windsurf is a natural progression. However, this becomes too much a luxury for me in terms of time, when I am deeply engaged in my busy surgical career and the demanding family activities.

Nevertheless, I still try my best to do this captivating sport with my windsurfing buddies once a year, in order to take my mind off of everything else for a while.

Maui in Hawaii is the holy land for windsurfing, where we visit from time to time. Recently, we discovered a very windy island in Taiwan, which is much more convenient to visit. Even a weekend getaway is possible!





I was so serious in windsurfing that I even became a qualified windsurfing instructor.

It was a childhood dream came true. However, it turned out that teaching a course is too time demanding for me. As I could not fulfil the requirement for continuous licensing (similar to the CME of surgeons), my license was expired 10 years ago. Nothing last forever, but I am happy with having loved and lost!



Buddies are from all walks of life, with one common interest – windsurfing!



Windsurfing is considered one of the X-Games. Falling is just part of the game!

Accepting the failure and learning from the fall is the path to improvement. The key is to take adequate precaution to prevent injury, and have a contingency plan when things go wrong.

Safety always comes first!

There are always some risks associated with the game, but life would not be fun without risk. Dedication and commitment with a rational attitude are important. Taking calculated risks is very different from being rash!

“Accept the challenges so that you can feel the exhilaration of victory.”

~George S. Patton

I’m grateful that I could enjoy the sport!



Dr Chad CW Tse

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Besides having fun, it also helps maintain work-life balance, and prevent burnout resulting from our exhausting work.

Today, I don’t sail as much as before, and I’m not as fit as before. There are more and more engagements in life, leaving me less time to windsurf. However, when the wind is blowing hard, I could still hear my inner voice, urging me to head towards the beach.

ANNOUNCEMENT



Dr Wing-tai Siu (1964 – 2019)

In Memory of Dr Wing-tai Siu

It is with the heaviest of hearts that I relay the sad news of the passing of Dr Wing-tai Siu, our beloved colleague and friend, and our immediate past Councillor. Dr Siu passed away peacefully at Hong Kong Sanatorium & Hospital a little before midnight on 29 September 2019, surrounded by his family and those dearest to him.

Dr Siu had served on the College Council for 12 years since 2007. He undertook various roles in the College committees and workgroups. He was a member of the Department of Standards and joined the Court of Proctors of the Proctorship Programme on Basic Laparoscopic Procedures in 2010. He also served on the Editorial Board of the *Surgical Practice* and *Cutting Edge* for many years.

Outside of the College, Dr Siu contributed greatly to the development of surgical techniques of minimally invasive surgery, and became a leading practitioner and teacher in this major extension of surgical care. He also held numerous positions in professional societies, including the Presidency of the Hong Kong Society of Minimal Access Surgery and the Hong Kong Society of Upper Gastrointestinal Surgeons.

Dr Siu was an exemplary model to the younger generations. He contributed extensively to his alma mater, The Chinese University of Hong Kong, where he fostered alumni development by leading fundraising activities and launching medical buddy programmes for the medical students and young practitioners.

With his resilience and determination for 'just want to be a good doctor', Dr Siu has a true heart for patients. Having a warm and approachable character, he is a man of great integrity and genuine gentleness who did not seek any recognition or reward. We are heartbroken by Wing-tai's passing. He will always be remembered dearly as a close friend, a distinguished surgeon and a great mentor. He will be greatly missed by all of us.

May he rest in peace.

Dr Heng-tat LEONG

*President, The College of Surgeons of Hong Kong
On behalf of the College Council*



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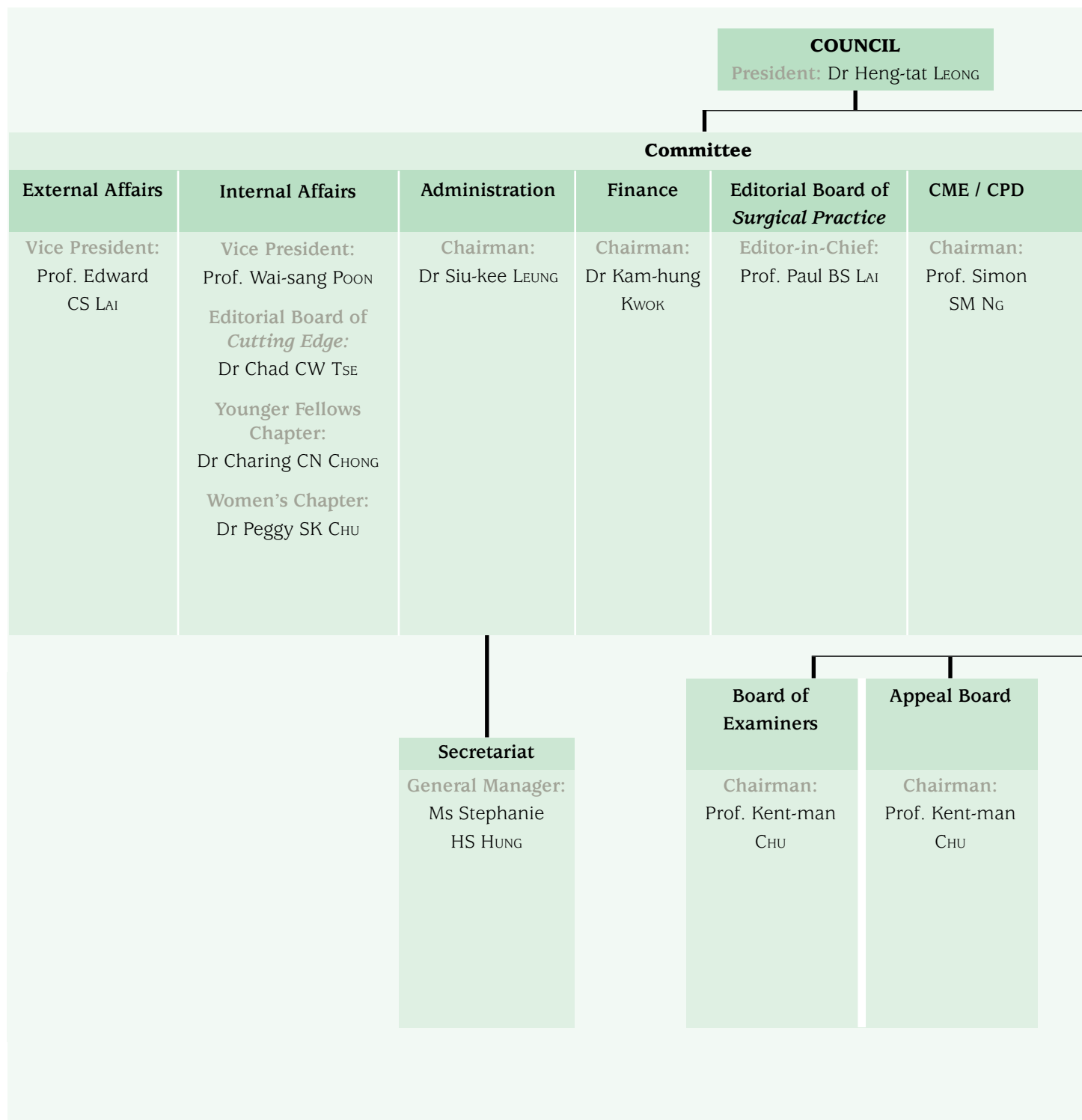
Ex officio Councillor



Back row (from left): Dr Peggy CHU, Dr Michael LEUNG, Dr Alfred WONG, Dr Tan-to CHEUNG, Prof. Ming-kwong YIU, Prof. Simon LAW, Dr Dacita SUEN

Front row (from left): Mr Chi-chuen TANG (Honorary Legal Advisor), Dr Siu-kee LEUNG, Prof. Kent-man CHU, Prof. Wai-sang POON, Dr Heng-tat LEONG, Prof. Paul LAI, Prof. Edward LAI, Dr Kam-hung KWOK, Mr Revson YAM (Honorary Auditor)

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