

YOUNGER FELLOWS CHAPTER



Dr Jeremy YC TEOH
Prince of Wales Hospital

Younger Fellows Chapter as an Entity to Inspire Our Next Generation

The College of Surgeons of Hong Kong (CSHK) Younger Fellows Chapter (YFC) was first chartered in 2005 under the leadership of Dr Chad TSE, and a solid foundation has been laid for subsequent cabinets to follow. Since then, various activities such as visiting tours, training courses, career talks and social activities have been organised for our Younger Fellows.

When I first became the Chairperson of the YFC two years ago, my goal was very simple: to serve our Younger Fellows to my fullest capacity. The real question is, what do our Younger Fellows actually need? How can the YFC and the College support our Younger Fellows to achieve their goals in life?

‘Younger Fellow’ is defined as a fellow who has obtained Fellowship within the last 10 years – this means that most Younger Fellows are within their thirties. After becoming specialists, Younger Fellows are mostly independent in their clinical and surgical practices. Reaching this stage of life, it is actually not uncommon for Younger Fellows to lose hold on the directions in their careers. On the other hand, this is perhaps the best time



The CSHK YFC Session 2019-2021



Our first YFC webinar on humanitarian work



Younger Fellows Forum at the RCSEd/CSHK Conjoint Scientific Congress 2021

to prepare our Younger Fellows to become future leaders within or even beyond the surgical field.

Although the COVID-19 pandemic has severely disrupted our planned YFC activities, we still managed to organise a series of webinars and invite speakers to talk about humanitarian work, innovations in surgery, healthcare systems around the world, administrative and management roles in hospitals, etc. In the Younger Fellows Forum at the RCSEd/CSHK Conjoint Scientific Congress 2021, we also organised talks about the burnout situation among doctors in Hong Kong, how we can maintain physical and mental well-being as a surgeon, how we can adopt healthier dietary habits, and how we can have better life and financial planning. Dr Tiffany CL WONG and Dr Eva YY SIU also represented the College to attend and speak at the Younger Fellows Forum of the Royal Australasian College of Surgeons 2021. Through these activities we hope our Younger Fellows can have some personal and professional development, and hopefully gain some insights and inspirations on what they want to achieve beyond their Fellowships.

Apart from our Younger Fellows, I also start thinking whether the YFC can serve those who are on their ways to become specialists, i.e. our surgical trainees. Passing the Fellowship Examination is no way an easy task. Hence, we decided to conduct a series of tutorials to prepare our General Surgery candidates for their Fellowship Examinations. The tutorials were conducted in the form of viva questions and our trainees were able to learn and familiarise themselves with the examination format. We received excellent



YFC tutorial for General Surgery trainees

feedback from our trainees, and we certainly hope this can be considered one of the flagship YFC activities to be organised annually for our trainees in the future.

Time really flies! Two years passed too quickly and it is time for me to say goodbye. I believe our next YFC Chairperson, Assistant Prof. Shannon CHAN, can do a much better job than me. A big big thank you to my cabinet, our Younger Fellows and the College for your continuing support over the past two years!



Dr Samuel TW LO
Queen Mary Hospital

New Faces, Same Mission

After an action-packed year of activities organised by the Executive Committee of Younger Fellows Chapter Session 2019-2021, our newly elected cabinet is hoping to follow in their footsteps with an array of activities. There is something for everyone!

You will find many familiar faces in our cabinet.

First and foremost is our Chairlady: Assistant Prof. Shannon M CHAN, who works in the Division of Upper Gastrointestinal and Metabolic Surgery of the Department of Surgery at the Chinese University of Hong Kong. She is the Vice President of Médecins Sans Frontières–HK and was awarded the Hong Kong Humanity Award in 2021.



(from left) Dr Samuel TW LO, Dr Delon LIM, Dr Man-fung HO, Assistant Prof. Shannon M CHAN, Dr Patricia PC YAM, Assistant Prof. Hon-chi YIP and Dr Samson YS CHAN

Our Vice Chairman is Assistant Prof. Hon-chi YIP, who also works in the same Division as Assistant Prof. Shannon M CHAN. He is active in many prominent groups and committees in Asia Pacific and is a reviewer for several surgical and endoscopy journals.

Dr Delon LIM is the treasurer. He is an Associate Consultant in the Colorectal team of the Department of Surgery, United Christian Hospital. He is also actively engaged in medical students affairs and education.

Our secretary, Dr Samson YS CHAN, is an Associate Consultant in North District Hospital and Honorary Clinical Assistant Professor of the Chinese University of Hong Kong. He is involved in conducting service improvement projects and is a member of various hospital quality and service subcommittees.

In charge of Internal Affairs is Dr Patricia PC YAM. She is an Associate Consultant in the Upper GI team of the Department of Surgery at Tuen Mun Hospital. She has also been involved in medical humanity projects overseas. Dr YAM is a board member of the Hong Kong Society for Metabolic and Bariatric Surgery and the Hong Kong Society of Minimal Access Surgery, and is a reviewer for many international journals.

In charge of publication is myself, Dr Samuel TW LO. I work in the Division of Vascular Surgery at Queen Mary Hospital, and am also sitting on the Editorial Board of *Cutting Edge*.

Dr Man-fung HO is in charge of research. He is an Associate Consultant in the Division of Colorectal Surgery of the Department of Surgery at the Chinese University of Hong Kong. He is a trainer of open, laparoscopic and robotic colorectal surgery and general surgery, and is a board member of the Hong Kong Society for Coloproctology.

A Younger Fellow is a surgeon who has acquired Fellowship of the College within the last 10 years. Our cabinet is a mixture of both university and peripheral hospitals, and in different subspecialties. We hope we can represent the Younger Fellows and endeavour to serve their interests.

Although in-person gatherings have been limited by the pandemic, we hope we can continue organising popular events including webinar talks on issues relevant to Younger Fellows such as medical litigation, personal finance, cryptocurrency, and tutorials for trainees.

We encourage Younger Fellows to serve the community. We lead by example, collaboration, participation or organisation of outreach medical service and community talks. These opportunities will be made open to all interested Younger Fellows.

In addition, to further promote surgery to the next generation of doctors, we are venturing into collaboration with medical students through the Student Surgical Association of Hong Kong.

As in the past, during the annual Conjoint Scientific Congress we will discuss issues relevant to the life of a young surgeon. Participation in overseas Younger Fellows Forum such as The Royal Australasian College of Surgeons or The Royal College of Surgeons of Edinburgh will be open to all, albeit only virtual participation is anticipated. We will also have Executive Committee members in the Young Fellows Chapter of the Hong Kong Academy of Medicine.

Under the College Council, we also represent the interests of Younger Fellows. We want to support you in the best way possible. Should you have any ideas, opinions, questions or comments, please feel free to get in touch.

With easing of restrictions on social gatherings, we hope we are able to offer and organise more in-person events. In the meantime, we wish everyone good health, and hope to see each other soon.