

For Immediate Release

Hong Kong Academy of Medicine Young Fellows Chapter & JCIMED Successful Conclusion of the Sports and Exercise Medicine Summit



(15 December 2024, Hong Kong) – The Hong Kong Academy of Medicine (HKAM) Young Fellows Chapter is pleased to announce the successful conclusion of the Sports and Exercise Medicine Summit, which took place on 15 December 2024 at the Lim Por Yen Lecture Theatre of the HKAM Building. This event organized in collaboration with the Academy’s Jockey Club Institute for Medical Education and Development (JCIMED), convened over 90 healthcare professionals and sports and exercise medicine experts to engage in critical discussions surrounding the latest advancements in sports medicine.

The summit featured a comprehensive programme including a sharing session featuring Hong Kong elite athletes Ms. Wan-yu Choi and Mr. Wai-hung Shek, and a panel discussion focused on several main-theme topics, such as on:

- 1. Introduction to Sports and Exercise Medicine:**

Speakers provided insights on the principles of sports and exercise medicine, emphasizing its significance for elite athletes and the community.

- 2. Management of Sports Injuries:**

Sessions centered on evidence-based approaches to injury prevention and management, incorporating case studies and best practices from leading professionals in the field.

3. Evidence-Based Medicine in Exercise Prescription:

Focused discussions explored the role of evidence in developing effective exercise prescriptions, ensuring that healthcare providers are equipped to support patients in achieving their fitness goals safely.

4. Sports Medicine for Individuals with Health Risks:

Presentations addressed tailored strategies for managing sports medicine in individuals with pre-existing health conditions, highlighting the importance of inclusivity and safety in physical activity.

The summit also echoed the collaboration with Hong Kong Sports Institute (HKSI), further to a MOU recently signed between the Academy and HKSI for development of sports and exercise medicine. Representatives from HKSI shared and reiterated the importance of sports medicine which significantly relates to the performance of athletes. The summit also underscored the imperative of promoting healthy lifestyles beyond elite sports, acknowledging the growing participation of individuals in physical activities. Through these deliberations, attendees were encouraged to advocate for comprehensive healthcare services that support both athletes and recreational participants. Participants had the opportunity to engage with relevant professionals, fostering connections that may lead to innovative practices in sports medicine. The summit served as a platform for the exchange of best practices and the encouragement of interdisciplinary cooperation.

Aligned with the objectives of the JCIMED, the summit established a foundation for future training programmes and initiatives that will address the evolving needs of sports medicine in Hong Kong and the Greater Bay Area.

The HKAM Young Fellows Chapter and JCIMED extend their sincere gratitude to all guests and participants for their support and contributions, which were instrumental in the successful execution of this event.

Photo Captions

Photo 1



Prof. Gilberto Ka-kit Leung, Convenor of the Task Force on Sports and Exercise Medicine, expressed that this summit provided an opportunity to enhance our understanding of sports medicine and its application in both elite and community sports. The aim is to build a collaborative platform to improve healthcare for both athletes and general public.

Photo 2



Dr. Eric Hui-lun Lau, Chairman of the Academy's Young Fellows Chapter, made a remark in the summit.

Photo 3



Prof. Patrick Shu-hang Yung, Chairman of the Department of Orthopaedics and Traumatology, The Chinese University of Hong Kong, discussed the current state and future directions of sports medicine in Hong Kong.

Photo 4



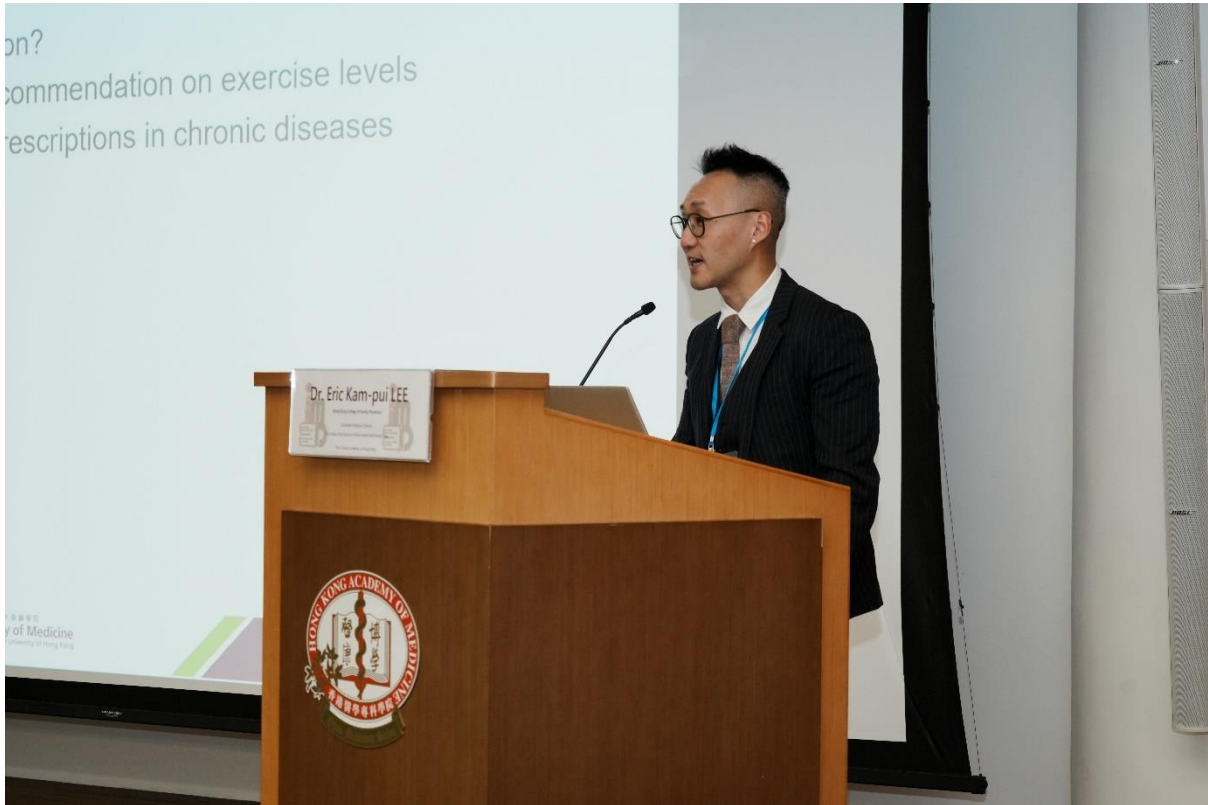
Dr. Debbie Kit-ying So, representative from the Hong Kong College of Emergency Medicine, emphasized the critical role of emergency physicians in managing sports injuries.

Photo 5



A discussion panel, including Dr. Bryan Siu-fung Lau, Director of Sports Medicine, Hong Kong Sports Institute, and elite athletes, Ms. Wan-yu Choi, Hong Kong karateka, and Mr. Wai-hung Shek, Hong Kong Artistic Gymnast, shared insights on enhancing sports medicine services.

Photo 6



Dr. Eric Kam-pui Lee, representative from the Hong Kong College of Family Physicians, presented innovative approaches to exercise prescriptions based on current evidence.

Photo 7



Dr. Fei-chau Pang, President of Hong Kong College of Community Medicine, highlighted the importance of integrating exercise into health management for high-risk populations.

Photo 8



Dr. Lobo Hung-tak Louie, Senior Lecturer I, Department of Health and Physical Education, The Education University of Hong Kong, discussed the significance of exercise as a preventive and therapeutic intervention. He also stressed the inadequacy of recreational and sports facilities in Hong Kong, with 85 HK citizens sharing 1 m² of public pool swimming area, according to the Hong Kong Planning Standards and Guidelines issued by the Hong Kong Planning Department.

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