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Submissions

In future issues, **academyfocus** may feature work submitted by Fellows, for example, conference or seminar reports, books reviews, or photographs. If you would like to share your work in **academyfocus**, please contact the Editorial Board at focus@hkam.org.hk.

All submissions are subject to editorial review and approval. Information supplied, whether or not included in **academyfocus**, may be posted on the Academy website.

Deadline

The deadline for contributions for the next issue of **academyfocus** is 1 March 2022. Please send any submissions by e-mail to focus@hkam.org.hk.

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ACADEMYFOCUS

WELCOME MESSAGE

PROF. GILBERTO KA-KIT LEUNG PRESIDENT, HONG KONG ACADEMY OF MEDICINE

Dear Fellows and colleagues,

I wish you all a Happy New Year 2022! 2021 was another busy year for the Academy, culminating in the Conferment Ceremony on 17 December 2021. In addition to bestowing Honorary Fellowships on Professor Chak-sing Lau and Professor Joseph Lau, we also welcomed new Fellows and presented awards to BORT, BOPA, and BORYF winners and Distinguished Young Fellows. Details of the <u>event</u> and <u>awards</u> can be found on the <u>Academy website</u>.

On 21 October 2021, the Medical Registration (Amendment) Bill 2021 was passed by the Legislative Council. The Academy will actively participate in future discussion with the Government and relevant stakeholders on the implementation details, so as to ensure that only those non-locally trained doctors who are suitably gualified will be allowed to practice in Hong Kong through the new pathway, in order to alleviate the local shortage of doctors. In consideration of the public interest, the Academy will review and modify where appropriate the relevant vetting mechanisms of Certification for Specialist Registration and/or Limited Registration, to fulfil its statutory role in upholding the standards of specialist medical and dental training and certification in Hong Kong, in order to ensure that Hong Kong citizens get the best medical and dental care they need and deserve.

As previewed in the last issue of **academyfocus**, the Academy has promulgated a <u>Well-being</u> <u>Charter</u> committed to cultivating and promoting well-being of Academy Fellows and specialist trainees of Academy Colleges. We pledge to acknowledge the importance of well-being, to take actions, and to advocate policy changes for the benefit of doctors' wellness and patient safety. In line with the Charter, the Academy commits to act, following an incremental ASAP (Awareness, Self-care, Ask for help, Promotion of well-being) approach, as detailed on the dedicated <u>Well-being</u> <u>page</u> on the Academy website.

In the past year, the Academy has been improving and enhancing digital services for Fellows, including the redesigned website, newly launched Well-being page, and various workshops and other events that have been offered with online attendance. The **academyfocus** has also become online-only, and I am pleased to introduce a new eye-catching design. This new and more modern look is designed to be more accessible to Fellows on both desktop and mobile browsers, as well as to better showcase other content and initiatives from the Academy, to keep Fellows up to date with what the Academy and other Fellows are doing.

The Task Force on Genetics and Genomics (G&G) under the Academy's Professionalism and Ethics Committee has developed a set of guidelines on G&G medicine for medical and dental practitioners in Hong Kong. The aim of these guidelines is to provide a clear ethical framework for the sound adoption and application of G&G technology and the many benefits it brings. Fellows may download the Best Practice Guidelines on Genetic and Genomic Medicine from the <u>Academy website</u>.

If you have any comments or suggestions, or if you would like to contribute to the **academyfocus**, please contact the Editorial Board at focus@hkam.org.hk.



Climate change and the health system

DR. TERRILYN CHUNG-TING PUN

Climate change, which has been called the greatest global health threat facing the woorld in the 21st century, is upon us. In Hong Kong, apart from the warmer weather, it is difficult to see the effects of climate change. The truth is, <u>climate change is already</u> making a huge impact on our health and our health system.

The <u>World Health Organization</u> estimates that between 2030 and 2050, climate change will cause approximately 250,000 additional deaths every year, from heat stress, infectious diseases, and malnutrition. Although developing countries are more vulnerable to certain effects, developed countries also suffer morbidity and mortality caused by heat stress, increased air pollution, and more frequent extreme weather events.

In addition to directly causing trauma and deaths, extreme weather events can disrupt health infrastructure. In 2012, Hurricane Sandy caused flooding and power outages, leading to four hospitals in New York being closed and equipment being damaged. Patients were evacuated to nearby hospitals, using their capacity to the limit.

GLOBAL TEMPERATURE RISE

- Disrupts medical services by raising humidity and preventing adequate sterility
- Directly contributes to cardiovascular events
- Exacerbates respiratory disease by raising pollutant and aeroallergen levels
- Lengthens transmission seasons of vector-borne diseases and alters geographical range

•

Heat stress



Sea level rise



Extreme weather events (super typhoons, wildfires)

- Increases risk of water-borne diseases
- Creates breeding ground for disease-spreading insects
- Causes trauma and deaths
- Damages healthcare facilities
- Overwhelms capacity of health systems
- Damages city infrastructure essential to delivering health services, including power, communication, and transport networks

Physicians are sworn to 'do no harm'; however, healthcare activities that are intended for good can contribute to greenhouse gas emissions. Let's look into the carbon footprint of healthcare activities, and discover the many opportunities for change. Surely then, we can find ways to save both human lives and the planet.

According to the <u>Health Care Climate Footprint</u> <u>Report</u>, greenhouse gas emissions attributable to healthcare activities constitute 4.4% of global net emissions in 2014. This is equivalent to the emissions from 514 coal-fired power plants.

Carbon footprint of healthcare activities

Examining the whole value chain of the healthcare industry, we can see that carbon emissions are generated from upstream activities, on-site operational activities, and downstream activities.



Upstream activities

Greenhouse gas emissions are generated along the supply chain, which involves manufacturing and pharmaceutical transporting products and medical devices. Transporting staff in and out of the hospital, and manufacturing and distribution of textile products also contribute. Catering services may seem irrelevant, but are definitely included in the value chain assessment, and contribute to through producing emissions livestock and crops, changing land use, and transporting products.

02

Operational activities

Energy use accounts for the majority of operational emissions, including heating, ventilation, air-conditioning, lighting, sterilisation, and powering medical devices and life support systems. This is problematic because over 70% of electricity consumed in Hong Kong is generated by combustion of fossil fuels. Anaesthetic gases and meter-dosed inhaler propellants are gases with potent heat trapping properties, up to >2000 times more potent than CO₂. Other sources of greenhouse gases include patient transportation and fugitive emission of hydrofluorocarbons from refrigeration and air-conditioning units.

03

Downstream activities

Throwing rubbish into the bin is easy, but the subsequent transport, landfill, chemical treatment, and incineration of hazardous waste produce substantial amounts of greenhouse gases and toxic chemicals. Investing in carbon intense companies can finance and thereby encourage greenhouse gas emissions.

Global green movement

With countries making pledges to become carbon neutral and racing to meet the targets of the Paris Agreement, healthcare providers all over the world are doing their part in combating climate change.

UK

OPERATION TLC

• In 2013, a staff engagement program was initiated at Barts Health NHS Trust:

- ► Turn off equipment
- ▶ Lights out
- ► Close windows and doors

• Excessive noise and light pollution were reduced and room temperatures better regulated

- Patient wellbeing was improved by having 33% fewer sleep disruption
- >£100,000 and 800 tons of CO₂ emission were saved in the first year

NET ZERO NHS

• Target is to reduce carbon footprint to net zero by 2045

• Various measures were employed, including decarbonising supply chain, new green buildings, retrofitting old buildings, changing hospital vehicles, switching to renewable energy, and developing lean service models

SWEDEN

N2O CAPTURE AND DESTRUCTION

• Since 2011, double face masks have been introduced at 12 hospital units in Sweden to capture waste N₂O and destroy it by catalytic splitting

• Total emission of N₂O from medical use in Stockholm County Council region decreased by 52%, equivalent to a reduction of 5,200 tons of CO₂-equivalent

US

REPURPOSING SINGLE-USE DEVICES 💥

• Reprocessing single-use devices is approved and regulated by the US Food and Drug Administration

• >100 types of device can be reprocessed, including ultrasonic scalpels and trocars

• Reprocessed single-use devices are discounted by 49% on average at resale without compromising quality

• Emissions are cut by reducing mining of new metals and production of new plastics

• From 1997 to 2007 in the US, >50 million devices were processed, and >10,000 tons of medical waste was diverted from landfills

GREEN PURCHASING

• Greener products are selected during procurement of medical supplies, reducing financial cost and greenhouse gas emissions through waste minimisation, improved energy efficiency, and energy conservation

• Standardised questions are used to assess environmental attributes of products that healthcare providers wish to buy

• From 2009 to 2011, annual savings of US\$63 million were realised through green purchasing at Kaiser Permanente, as well as reductions of 87 million kWh of energy consumption, 12,000 tons of waste generation, 118 million gallons of water usage, and 457,000 gallons of fuel consumption

Gerwig K. Greening health care: How hospitals can heal the planet. Oxford University Press; 2014 Jul 24.

How we can be part of the green team

AS DOCTORS

- Start environmentally responsible procurement
- Reformulate surgical kits, so they contain only the required instruments and products
- Advocate for reprocessing single-use equipment
- Initiate conversation on energy conservation
- Use reusable scrub caps and eye shields
- Advocate for stringent waste segregation
- Advocate for decentralised models of care
- Lobby for regular monitoring and disclosure of institutional environmental footprint
- Lobby for establishment of governance on sustainable practice
- Advocate for sustainable healthcare to be included in medical education

AS CITIZENS OF HONG KONG

- Advocate for a societal transition to clean renewable energy
- Lobby for a commitment from the government to minimise the impact of healthcare on climate change



AS INDIVIDUALS

- Use reusable cups and cutlery
- Use public transport
- Read articles online instead of printing them
- Consume less meat



Greening the healthcare industry requires action from each and every one of us. Let's work together to heal our patients and our planet!

YOUNG FELLOWS CHAPTER



DR. JEREMY YUEN-CHUN TEOH CHAIR, YOUNG FELLOWS CHAPTER

Chicken Soup for the Doctor's Soul (心靈雞湯)

Chicken Soup for the Doctor's Soul features a collection of interesting life experiences, professional anecdotes, and inspirational personal stories from Academy Fellows. Since the inception of this program in 2020, five episodes have been disseminated to Fellows

All episodes are available on the <u>Academy website</u>





Young Fellows Chapter **Chicken Soup for the Doctor's Soul**

Is there **someone** in your life who has **inspired** you? Are there **life experiences** that have **motivated** you?

> Please share your stories, smiles and tears from your professional and daily life

Be a source of **POSITIVITY** for all!



Submit <u>NOW</u> to get your story included in our upcoming **publications** and **audio productions**!

Submissions welcome all year round ! Simply email your article or audio recording to yfc@hkam.org.hk

Indicate "Chicken Soup for the Doctor's Soul" in the email title, and leave your name and contact information.

Enquiries: Ms. Christine Kuai 28718727



1st episode: 病人的禮物



Special edition: 打疫苗



2nd episode: 若有所思



3rd episode: 茁壯成長



4th episode: 最後的道別



HKJCDPRI



Be Ready Before a Disaster Strikes

Wearing a face mask has indisputably become the "new normal" in life during the COVID-19 pandemic. Referencing figures recorded by HKJCDPRI in a recent online awareness campaign held in July and August, participants voted for daily habits that have become part of the "new normal" and the most common was "wear a mask", with 42% of the votes.

In view of this, HKJCDPRI organised two campaigns promoting "Be Ready Before a Disaster Strikes" on <u>Facebook</u> and <u>Instagram</u>. Winning participants were rewarded with a box of 30 limited-edition HKJCDPRI-themed face masks. Two hundred boxes of face masks were snapped up in minutes after the campaigns were launched. Together with the 600 boxes given away as part of the online awareness campaign, a total of 800 boxes of face masks have reached loyal supporters in just 2 months.



Limited edition HKJCDPRI-themed face masks (BFE PFE VFE > 99%, ASTM Level 3).

Disaster preparedness training in the wild

With a view to educating young children about disaster preparedness and response, HKJCDPRI partnered with HK Discovery to organise the Disaster Preparedness Training in the Wild programme. In August 2021, two whole-day outdoor training sessions were held for 40 secondary school students. The educational experience took place "in the wild" in a remote area of Sai Kung district, rather than in the classroom, allowing students to get fully immersed in the role-play activities designed to teach them about responding to disasters.





Group role play during the Disaster Preparedness Training in the Wild programme.

COPE storytelling activity

The COPE disaster education books are a series of fun, innovative, and beautifully illustrated children's books intended to increase the disaster resilience of children. Between July and October 2021, 60 COPE storytelling activity sessions were organised for kindergartens, primary schools, and other non-governmental organisations, free of charge. The digital versions of different books in the COPE series can be found on the HKJCDPRI website.



Kindergarten students practising earthquake drills during a COPE storytelling activity.

HKJC ILCM

Hong Kong Jockey Club Innovative Learning Centre for Medicine

Learning OnLine Educator Course (LOL)

Following the HKJC ILCM Planning Retreat in November 2021, HKJC ILCM has developed the Learning Online Educator (LOL) course. e-Learning offers unique advantages in postgraduate medical education, and is especially important because of the current COVID-19 pandemic.

The objective of the LOL course is to empower learners with essential knowledge and skills to facilitate effective online and blended training programmes using an approach based on social constructivism.

The LOL course comprises four consecutive phases. It starts with 1 week of pre-course study, during which learners have to complete an assignment using different e-learning methods. This provides the experiential basis for the 1-day synchronous learning. Learners then use learned knowledge and skills in the third phase to design and implement a short online course. The final phase is facilitated reflection of the online teaching experience.

A pilot course for members of the eHKAM Task Force started on 12 December 2021, the 1-day synchronous learning was completed on 19 Dec 2021 and the facilitated reflection is scheduled for 17 January 2022.





HKJC ILCM UPCOMING COURSES

Course Title	Course Date	Registration
Comprehensive Simulation Educator Course (CSEC) – 4 days	26-27 February & 5-6 March 2022	Full
Debriefing Skills for Simulation Instructor Course (DSSI) – 2 days	19-20 March 2022	Registration will open in due course

Debriefing Skills for Simulation Instructor

"A way to build up your teaching capacity with good debriefing techniques!"

Focus on learning and applying Debriefing & Feedback techniques as a tool in adult teaching Understand the basic concept of experiential and learner-centred education

Areas covered include:



COMPREHENSIVE SIMULATION EDUCATOR COURSE

CSEC - Learner-orientated, helps participants:

- Understand the principles and methods of simulation education

detac

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Pathatic

- Acquire scenario design and debriefing skill
- Integrate individual experience with simulation & education enhancement

Partient

understanding

knowledgeable



Endorsed by CENTER FOR MEDICAL SIMULATION

COURSE DATE (4-DAY COURSE) 26 – 27 February, 5 – 6 March 2022 (Sats & Suns)

> Next Batch : 14 – 15, 21 – 22 May 2022 16 – 17, 23 – 24 July 2022 6 – 7, 13 – 14 August 2022 19 – 20, 26 – 27 November 2022 (Sats & Suns)

Course Fee:

HKD \$31,250 for Sim Alliance Members HKD \$25,000 for Hospital Authority Staff & *Group of Sim Alliance Members

(*Group of 3 or more subscribing together)

This Course is recognised by HKJC ILCM as a basic simulation-based education instructor course



Registration:

Please complete the application form (downloadable from our website) and submit on or before **application deadline** Medium of instruction will be in Cantonese CME/CNE Accreditation Pending

experience

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 Hong Kong Jockey Club Innovative Learning Centre for Medicine,
 Hong Kong Academy of Medicine





Hong Kong Jockey Club Innovative Learning Centre for Medicine

NEW COLLEGE COUNCIL MEMBERS

The following Academy Colleges have held annual general meetings and formed new Councils. Congratulations to all new College Office Bearers and Council members. For lists of other College Councils, please refer to the <u>Academy</u> <u>Colleges</u> section on the Academy website.



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香港病理學專科學院

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