



Department of  
Family Medicine and Primary Care  
The University of Hong Kong

# Family Medicine and Primary Care Research Symposium

27 October 2018 (Saturday) | 14:30 – 17:30

Mrs Chen Yang Foo Oi Telemedicine Centre  
2/F, William MW Mong Block, Li Ka Shing Faculty of Medicine  
21 Sassoon Road, Pokfulam, Hong Kong

Plenary Talk:

## The Need for Primary Care Research to Provide the Evidence Base for Future Practice

Speaker:

**Professor Martin Dawes** MB.BS, MD., FRCGP

Professor, Department of Family Practice,  
The University of British Columbia, Vancouver, Canada



Professor Martin Dawes began his career in the UK, studying for his MB.BS at the London Hospital in 1978. He completed a primary care-focused postgraduate education in Bath in 1983 and then moved to Oxford where he spent the next 17 years in an office-based practice providing primary care and obstetric intra-partum care. In 1992, he completed his PhD based on studies of the effects of weight gain in pregnancy. He was recruited to be head of Family Practice at McGill and in 2010 was recruited to the same position at UBC.

Professor Dawes' current research interests include information retrieval, hypertension, and pharmacogenomics in primary care. He is an active participant with several funded research projects including a national Pharmacogenetics study.

In addition to his research and practice interests, Professor Dawes has considerable expertise and passion for the development of training programs that allow clinicians to engage in Masters level research.

# Programme

14:15 – 14:30	<b>Arrival and Registration</b>
14:30 – 14:35	<b>Welcome Address</b> Dr William Wong   Clinical Associate Professor and Chief of Research, Department of Family Medicine and Primary Care, HKU
14:35 – 15:20	<b>The Need for Primary Care Research to Provide the Evidence Base for Future Practice</b> Professor Martin Dawes   Professor, Department of Family Practice, UBC
15:20 – 15:35	<b>Presentation 1: A Clinic-Based Patellar Mobilization Therapy for Knee Osteoarthritis: A Randomized Clinical Trial</b> Dr Regina Sit   Clinical Assistant Professor, Division of Family Medicine and Primary Healthcare, JC School of Public Health and Primary Care, CUHK
15:35 – 15:50	<b>Presentation 2: Primary Care Nurse Led Self-Care Management Program to Empower Type 2 Adult Diabetic Patients with Poor Glycemic Control in General Out Patient Clinic</b> Ms Ching-Yee Chan   Advance Practice Nurse, Department of Family Medicine and Primary Healthcare, Kowloon West Cluster, Hospital Authority
15:50 – 16:05	<b>Presentation 3: Help Seeking for Psychological Distress in Primary Care</b> Professor TP Lam   Professor, Department of Family Medicine and Primary Care, HKU
16:05 – 16:25	<b>Coffee Break</b>
16:25 – 16:40	<b>Presentation 4: White Coat Effect can be an Illusion that may possibly result in Suboptimal Blood Pressure Control?</b> Dr Stephen Chou   Resident Specialist, Department of Family Medicine and Primary Healthcare, Hong Kong West Cluster, Hospital Authority
16:40 – 16:55	<b>Presentation 5: Cost-effectiveness of the Risk Assessment and Management Programme for Patients with Hypertension</b> Dr Esther Yu   Clinical Assistant Professor, Department of Family Medicine and Primary Care, HKU
16:55 – 17:10	<b>Presentation 6: Therapeutic Inertia in the Management of Proteinuria among Type 2 Diabetes Patients in the Primary Care: Prevalence and Associated Risk Factors</b> Dr Catherine Chen   Associate Consultant, Department of Family Medicine, Kowloon Central Cluster, Hospital Authority
17:10 – 17:25	<b>Presentation 7: Treating Subthreshold Depression in Primary Care: A Randomized Controlled Trial of Behavioral Activation With Mindfulness</b> Professor Samuel Wong   Professor and Head, Division of Family Medicine and Primary Healthcare, JC School of Public Health and Primary Care, CUHK
17:25 – 17:30	<b>Final Remarks</b> Professor Cindy Lam   Danny D B Ho Professor in Family Medicine Head, Department of Family Medicine and Primary Care