

# Med

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# Told



Dr. Anson CHAN



Dr. Allan LUI



Dr. Landon CHAN



Dr. Charlotte LAU

## Surviving Housemanships



香港中文大學  
The Chinese University of Hong Kong



香港中文大學醫學院  
Faculty of Medicine  
The Chinese University of Hong Kong



40th Anniversary  
四十週年

CUHK Medical Alumni  
Newsletter



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ARTICLE AND  
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### Dr. Siu Wing Tai Memorial Scholarship

In recognition of Dr. SIU's tremendous contributions to the Faculty and remarkable achievements, the Faculty of Medicine has established the Dr. Siu Wing Tai Memorial Scholarship to provide financial aid for students with outstanding performance and with the intention of pursuing surgical training overseas.

*Those who wish to contribute to the scholarship, please make cheques payable to "The Chinese University of Hong Kong" and write your name, graduation year and "Donation to Dr. SIU scholarship" on the back.*

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# CONTENTS

## NEWS BRIEF ..... 01

- » Update Your Information
- » Article and Photo Contribution
- » Call for Donations
- » CU Medicine 40<sup>th</sup> Anniversary

## WELCOME MESSAGE ..... 04

- » Welcome Message by Professor Simon NG  
Associate Dean (Student Affairs)

## FEATURES ..... 05

- » Healing and Heartbreak:  
A Day in the Life of a Houseman
- » Honing Physician Leadership Skills with Heart

## SPECIAL FEATURE ..... 09

- » Pioneering a Partnership Approach  
to Healthcare in Hong Kong

## LATEST UPDATE ..... 12

- » Priming to be Better than the Best

## EVENT HIGHLIGHTS ..... 13

- » CUHKMAA SFL Intern Survival Workshop
- » Faculty Reception 2020
- » O-Camp Meeting with Medical Alumni
- » Career Workshop on Surgery



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# Come join us in building our 40<sup>th</sup> Anniversary Memory Wall

Rummage through your treasure chest and send photos of your cherished moments... what better way to reminisce with friends and family the glorious times you had at the Faculty.



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## CU Medicine 40<sup>th</sup> ANNIVERSARY KICK-OFF CEREMONY and MEDICAL ALUMNI HOMECOMING DAY 2021

中大醫學院40週年院慶啟動禮暨校友日

SUCCESSION · INNOVATION · DEDICATION 傳·新·全心

### HIGHLIGHTS 活動亮點

- CU Medicine 40th Anniversary Kick-off Ceremony 醫學院40週年院慶啟動禮
- Sports Pavilions & Photo-taking Booths 攤位遊戲及動感照相館
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2:30pm to 6:00pm

Science Centre and Choh-Ming Li Basic Medical Sciences Building (BMSB), CUHK  
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SAVE THE DATE

敬請預留時間出席

All MBChB alumni and families, faculty staff and students are welcome!

歡迎中大醫科校友及親友、職員及學生參與!

To safeguard our participants' health, CU Medicine will implement precautionary measures against COVID-19. Event premises, facilities as well as materials will be sanitised periodically. Event details may be subject to change due to the COVID-19 pandemic situation. Please refer to our website for updates.

為保障所有參加者的健康，醫學院將採取防疫措施，並全面消毒處所、設施及所有活動物資；本活動可能因應新冠肺炎疫情而作出更改，詳情將於網頁更新，敬請密切留意。

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40th Anniversary  
四十年慶





## Professor Simon NG

吳兆文教授 MBChB (Hons) 1995, MD (CUHK) 2013

Associate Dean (Student Affairs)  
Director, Global Physician-Leadership Stream,  
MBChB Programme  
Professor, Department of Surgery

**I**t is indeed a privilege to be given the opportunity to write a few heartfelt words in *Med Tolo*. As the Associate Dean of Student Affairs of CU Medicine and an alumnus of MBChB, I always feel so proud whenever our fresh graduates, after five or six years of medical studies, begin their journey of medicine as housemen. Internships are never easy but they can leave us with bittersweet memories, and lessons, to last forever. I believe our alumni would share the same feeling.

In this issue, we will hear about the internship adventures of two young alumni - I am sure their stories would reflect many of ours. Two other alumni who graduated from the Global Physician-Leadership Stream (GPS) will share with us how the programme had inspired and helped them pursue their dreams. Since the programme was launched in 2013, over 300 students have undergone additional training in global perspectives in medicine and leadership competencies. Being the Director of the Programme, I am eager to see these compassionate future leaders spread their wings to advance healthcare for the betterment of society.

The Chief Operating Officer of CUHK Medical Centre, Professor Justin WU, will share with us the Centre's latest developments and the possibilities of future collaborations between it and our alumni. The Centre is an important milestone for CUHK as well

as the Faculty of Medicine and I urge you to read this illuminating article.

The Faculty of Medicine is approaching its 40<sup>th</sup> Anniversary in 2021 and I am honoured to be part of it. An array of celebratory activities is being planned for this significant and momentous event. Do not forget to check in with the Faculty from time to time to see what is being planned for next year's festivities.

I would also like to take this opportunity to extend my heartfelt appreciation to our alumni in crafting, building and contributing to the development and continued success of the Faculty. Your efforts over the years have helped shape our Faculty of Medicine.

Writing this message amid the COVID-19 pandemic brings me mixed feelings. While looking forward to next year's anniversary celebrations, many of our fellow alumni are toiling day in and day out to keep us safe. Every day they are facing unprecedented challenges and risks posed by this global health crisis. No matter how difficult, we will strive to overcome it. As South Africa's Archbishop Desmond Tutu once said:

**“Hope is being able to see that there is light despite all of the darkness.”**

So my dear fellow alumni, let's march on together with hope!

# Healing and Heartbreak: A Day in the Life of a Houseman...

## 苦甜交集的實習日誌

**Dr. Anson CHAN**

陳萱欣醫生 (MChB 2020)

**Dr. Allan LUI**

呂祖榮醫生 (MChB 2019)

**After** years of burning the midnight oil at the Faculty of Medicine of CUHK, two young aspiring doctors left campus life behind and embarked on a new journey as housemen. Donning a white coat and experiencing both physical and mental challenges they are determined to become, not just highly-skilled doctors, but who are also empathetic to the pain of patients.

### Infusing daily rounds with warmth

"A patient's gratitude is my greatest encouragement," says Dr. Allan LUI, who completed his internship in June this year. Dr. Anson CHAN, who started her internship in July, nods in agreement: "I try to remember every patient. I usually greet them by name and wish them good morning during my rounds. Seeing their cheerful response is very satisfying."

As a new houseman, Dr. CHAN is very grateful that she was able to join the coveted surgical division at the outset. "There are a large number of patients to deal with, so I am very busy. Every day, I visit the ward once by myself and then go on rounds with the consultant doctor. After that, I help prescribe

medication and according to the consultant doctor's instructions, arrange for patients to undergo computer diagnostic imaging, X-ray or other tests. Sometimes, I need to draw blood, set up drips and suture small wounds."

Dr. LUI, who hopes to be an oncologist in the future, jokes: "When I was a houseman, I sometimes felt like a senior clerk because I often had to focus on the computer system to follow up on the consultant doctor's orders."

### Rigorous schedule

"The working hours are indeed very long, at least 80 to 100 hours a week," Dr. LUI says. "Our on-call days are especially intense. I've worked continuously for more than 36 hours." Dr. CHAN adds: "Usually every three to five days, we get a 'call'. For example, we might start work at 7 am on the first day and be called immediately afterwards. On busy days, there is no time to sleep; we might have to work until 7 or 8 pm the next night."

While they may recount their schedule matter-of-factly, to the average person, it could resemble the training schedule for the Ironman challenge. Both of them, however, emphasise that their passion for what they do overrides the long

working hours and onerous duties.

### Challenging yet inspiring experiences

Dr. LUI shares that setting priorities was particularly important during his internship. "Often, there are multiple patients who need to be dealt with simultaneously. The only feasible option is to deal with the seriously ill and life-threatening cases first."

Dr. CHAN recounted an unforgettable experience. "On one very busy night, as I was looking forward to having a meal because I hadn't eaten until midnight, a nurse reported that an elderly woman with cognitive impairment had recovered quickly following a sudden slight drop in her blood oxygen level. Despite starving, I decided not to eat but examine the woman first. I then discovered she was having a heart attack. I learnt from the case that even if a patient's blood oxygen level goes up soon after a drop, the underlying problem might be more serious. Fortunately, I had decided to skip that meal!"

The two fledgling doctors repeatedly stressed the importance of establishing a good relationship with patients.





“Some patients once said that seeing my smile helped them relax,” Dr. LUI recalls: “In response to the COVID-19 pandemic, public hospitals are not allowing patients to have visitors, but sometimes exceptions are made because oncology patients can take a sudden turn for the worse. Therefore, we must be empathic towards the family.”

### Nothing like hands-on experience

Dr. CHAN likens herself to a sponge which absorbs information and experience because practicum is

在中大醫學院苦讀數載後，兩位年輕校友終於踏出校園，來到實習的階段。披上白袍，經歷身心的磨鍊，他們立志成為醫術精湛的醫生；同時，以仁心細細體會病者的苦。

### 為每一天注入暖意

「病人的一聲感謝，對我而言是莫大鼓勵。」於6月完成實習的呂祖榮醫生一臉笑意。而7月開始實習的陳萱欣醫生說：「我會記住每位病人的名字，看見他們開心回應，我就感到非常滿足。」兩位初出茅廬的醫生強調要與病人建立良好關係。

陳醫生實習首階段便加入心儀的威爾斯親王醫院外科：「由於病人眾多，十分忙碌。日常工作大致是巡房、開藥，安排病人做電腦素描、X光等檢查；有時也要抽血、『打豆』和縫補小傷口等。」計劃日後專攻腫瘤科的呂醫生則打趣說：「實習期間，有時覺得自己像高級文員，經常要埋首電腦系統，跟進顧問醫生的指示。」

呂醫生坦言實習醫生工作時間的確很

completely different from theoretical studies. “Patients come from diverse backgrounds and therefore need to be managed appropriately. We can’t just go by the book when it comes to diagnosis and treatment.”

Dr. LUI wholeheartedly agrees: “By dealing with different diseases directly and interacting with each patient, one can learn more effectively than in the classroom.”

The most important lesson he has learnt is deciding between optimising treatment for cure or for comfort. “I had a patient whose cholangiocarcinoma had spread throughout the body and she was severely jaundiced due to biliary obstruction. She also had intra-abdominal abscesses and was extremely weak. The aggressive treatment option providing her with the highest chance of survival was an invasive procedure. Ultimately, after discussing with the attending doctor, the patient’s family decided they didn’t want to prolong her suffering from a progressive, incurable disease.” Dr. LUI is still moved by how the patient’s son grasped his mother’s hand to comfort

長：「一星期至少80至100小時，『on call』的日子尤其艱辛，曾經連續工作超過36小時。」陳醫生補充：「忙碌時根本沒時間睡覺。」對一般大眾來說，這鐵人般的生涯匪夷所思；他們卻輕描淡寫，只因對行醫的熱誠超越一切。

### 從困難中尋獲鼓舞

陳醫生憶起一段難忘經歷：「一個繁忙的晚上，我近午夜仍未吃飯，姑娘報告有位患有認知障礙的婆婆，突然血含氧氣輕微下跌，但很快已回復正常；我放心不下，於是忍著飢餓先去幫婆婆檢查，發現原來她是心臟病發！」陳醫生感嘆道：「還好我沒吃那頓飯！」

回顧實習的日子，呂醫生學懂最重要的一課，是何時要進取、何時該放手。「我有位病人，膽管癌擴散全身，出現黃疸情況和腹膜炎，人已極虛弱。我們雖可置入喉管，放走膽汁，但此程序畢竟具侵入性；最終主診醫生與病者家人商討後，家人決定不讓病者太辛苦。」他猶記得，病人兒子捉緊母親的手依依告別，那一幕的哀傷與感動，教他至今未忘。

her in her final hours. It was a poignant, bittersweet moment for all present that day, he adds.

### Bright future

Asked about where she envisages herself after the internship, Dr. CHAN says, “Before talking about what I gained from the experience, I want to talk about what I can give. I hope to be a competent houseman who follows instructions, works well with everyone and helps reduce the burden of attending doctors.”

Having completed his internship, Dr. LUI is heading to the University of Cambridge for a doctoral degree. He says he plans to return to Hong Kong after his PhD and become a clinician-scientist. “I like connecting with and treating patients, but I also love doing research, so I hope to do both!”

It is clear from their experiences that both Dr. CHAN and Dr. LUI are highly motivated and intend to channel their enthusiasm, care and professionalism into practising medicine at the highest level.

### 奔向未來日子

對於完成實習後的憧憬，陳醫生正色道：「在談收穫之前，我想說自己可付出甚麼，我希望當一個稱職的實習醫生，減輕主診醫生的負擔。」

呂醫生將遠赴英國劍橋大學修讀博士課程，立志成為一位醫生科學家：「我喜歡接觸、醫治病人，但同時熱愛做研究，希望兩者兼顧！」

一年的實習時間，晃眼而過；然而，深信這兩位醫生會憑藉熱誠和魄力，仁愛與專業，走上遠大的行醫之道。



Scan to enjoy interview video:  
[http://bit.ly/feature\\_story](http://bit.ly/feature_story)

## Honing Physician Leadership Skills With Heart

以心承教，  
醫學領袖才能

**Dr. Landon CHAN**  
陳瓏醫生 (MBChB 2017)

**Dr. Charlotte LAU**  
劉可瑩醫生 (MBChB 2018)

**While** students of CUHK's prestigious Global Physician-Leadership Stream (GPS) are often feted for their academic excellence and outstanding resumes, these two young alumni, through their humility, sincerity and empathy, embody the true spirit of the programme.

Dr. Charlotte LAU and Dr. Landon CHAN both say they benefited enormously from the workshop opportunities, overseas internships and student exchanges, as well as one-on-one mentorship under GPS.

Dr. CHAN was among the first batch of GPS graduates. "The spirit of GPS is now a part of me. I have deeply imbibed the lessons learnt during the programme - leadership skills, conflict resolution, research and clinical experience," he says.

A key part of the GPS training is mastering people-to-people skills, in particular, how best to communicate with patients and their family, says Dr. LAU. "You need to be understanding and compassionate" she adds. Dr. CHAN agrees: "While conducting scientific and clinical researches are deeply satisfying to me, it is the direct impact that these researches have on

patients that matter the most. Ultimately, you need to look at the perspectives of the patients and their families and help them understand the risks and benefits of different treatment options."

### Profound experiences

This humanistic approach is evident in the unforgettable memories they share. Dr. LAU's voice trembles as she recalls an incident at the Prince of Wales Hospital. "While I was on call overnight, a patient who was to be discharged the next day, suddenly went into cardiac arrest. Although I was very nervous, the lessons I learnt during GPS workshops helped me stay calm."

Despite the medical team's efforts, the patient did not regain consciousness. The family had decided not to proceed with tracheal intubation or any kind of treatment in the intensive care unit. "I was emotionally affected by what the patient's son said. He explained that his father was a good man and he would have wanted to leave in peace and without pain." The episode taught Dr. LAU the importance of taking the wishes of the patient and family into account when making decisions.

Dr. CHAN, now an oncology resident at Princess Margaret Hospital, has also had many poignant experiences at work. "Many of our patients are already terminally ill so they have to return to the hospital frequently. So I have become a familiar face to the patients' families and eventually, a bond develops between us."

He also recalls a patient from Nepal, whose condition was deteriorating rapidly and who did not want to die in a foreign country. "We helped arrange for oxygen bottles for her flight home and were all so relieved when she eventually made the flight."

### Nurturing mentors, enriching opportunities

As they develop into confident yet empathetic doctors, Dr. LAU and Dr. CHAN are inspired by their mentors.





“I chose Professor Justin WU from the Department of Medicine & Therapeutics as my mentor because I was intrigued by his research on the integration of Chinese and Western medicine. He has been like a father to me,” Dr. LAU shares. She also praises other supportive mentors such as Professor Vincent MOK, Assistant Dean (Admissions) and Professor Simon NG, Associate Dean (Student Affairs) and the Director of GPS.

Dr. CHAN says working on a research project supervised by Professor Dennis LO, Associate Dean (Research) and the Director of the Li Ka Shing Institute of Health Sciences, was “an extremely rewarding learning experience” as it introduced him to the highest state-of-the-art research in non-invasive diagnosis. Another mentor was Miss Janet WONG, former Commissioner for Innovation and Technology. “She helped me improve my interpersonal skills and career planning. She has also



advised me on other aspects of life - it was a truly holistic mentorship.”

Both doctors went abroad after winning the Innovation and Technology Scholarship. Dr. LAU joined a summer exchange programme at the University of Toronto and participated in a research project on integrated medicine. Dr. CHAN went to Yale University and took part in a major bioinformatics project.

GPS's focus on research has inspired Dr. LAU to aim higher after graduation. “I hope to do clinical research in addition to my duties as a doctor.”

### 香港中文大學醫學院環球醫學領袖培訓專修組別(GPS)課程的學生，憑藉卓越成績和亮麗履歷，綻放光芒；兩位年輕的校友，以謙遜、真誠和同理心，刻劃出GPS的真正精神。

劉可瑩醫生和陳瓏醫生均從GPS的工作坊、海外實習交流以及從個人導師的學習啟蒙，獲益不淺。「GPS的精神，已植入我腦海，當中的領袖培訓、衝突調解以及研究和臨床經驗，與我融為一體。」作為首批GPS畢業生，陳醫生直言。

如何與病患者和家屬好好溝通，更是GPS培訓中重要的一環。劉醫生說：「醫生須理解他們的心情和要有同理心。」陳醫生補充：「這提醒我，科學終歸只是科學；最後醫生要面對的，始終是病人或家屬。」

他們分享的經歷體現了對病者及家屬的人道關懷。劉醫生憶述驚心動魄的一幕：「那晚我在威爾斯親王醫院『on call』，一位準備出院的病人突然心臟停頓，儘管醫護團隊用盡方法搶救，病人仍陷入昏迷。」最後，家

屬決定不送病人到深切治療部插喉。病人兒子說：「以爸爸的個性，相信他想走得風風光光。」這番話讓劉醫生明白到，了解病人和家屬的想法很重要。

陳醫生現為瑪嘉烈醫院腫瘤科的駐院醫生，他憶述：「我遇過患有乳癌的尼泊爾人病情迅速惡化，只盼在過身前能回鄉；於是我們盡力助她解決攜帶氧氣樽乘搭飛機的難題。最後她能順利抵達，大家都極為安慰。」

### 全人啟導

一路走來，兩位醫生深受多位導師啟發。劉醫生說當時選擇胡志遠教授為導師，是因為對他有關中西醫學結合的研究很感興趣。她指胡教授不僅提供了許多寶貴的建議，亦會像慈父般鼓勵她。而莫仲棠教授和吳兆文教授，也對她照顧有加。

陳醫生當時跟隨盧煜明教授見識了最尖端的研究，這契機驅使他畢業後選擇腫瘤科；談及另一位導師前創新科技署署長王榮珍女士，陳醫生不諱言心存感激：「她為我的職業規劃提供意見，亦教我做人處世，提供名副其實的全人指導。」

Dr. CHAN says GPS exposed him to the different aspects of a medical career, including research and administration. He views the programme as a launching pad. “I don't think GPS ends after graduation. If the goal is to reach Mars, we are only just starting our journey.”

The profound experiences the two GPS alumni encountered during their medical journey have shed invaluable insights into how to better serve the community as doctors as well as humanitarians. But more importantly, combined with the GPS spirit, they have learnt the true meaning of life.



「行醫以外，我希望能做臨床研究方面的工作。」劉醫生說，GPS令她把未來目標放得更遠大。陳醫生則認為GPS猶如搭建一個平台：「目標是送我們飛上火星。至於最終能否到達目的地，就要靠我們自己的努力。」

行醫路上種種深刻的經歷，啟迪兩位校友的視野，讓他們領悟人生的真諦；於GPS精神的驅動下，彰顯仁心仁術，成就造福社會的仁醫。



## Professor Justin WU 胡志遠教授 (MBChB 1993)

Chief Operating Officer, CUHK Medical Centre  
Professor, Department of Medicine & Therapeutics

# Pioneering a Partnership Approach to Healthcare in Hong Kong

## 為香港醫療保健，開闢一片天

**“Open up the mountains, open up the land, our sacred work is to pioneer.” This one-liner from the CUHK Student Union song has inspired generations of young scholars to strive for new heights of achievement. Professor Justin WU, Chief Operating Officer of the CUHK Medical Centre (CUHKMC), says the lyrics perfectly encapsulate the pioneering spirit which he, and the CUHKMC as a whole, embody.**

The Centre will break new ground in Hong Kong’s medical history by exploring essential elements between private and public healthcare sectors. Using cutting-edge technology to provide high-quality, one-stop, affordable and transparent medical services, CUHKMC aims at becoming a leading academic medical centre in the region.

When Professor WU was offered the position of Chief Operating Officer, he jumped at the chance. He had longed to be one of the “pioneers” of this trailblazing project. However, even though he stepped down from his post as associate dean of the Faculty of

Medicine of CUHK, he is still continuing with his teaching and active clinical practice, including weekly clinic sessions in Prince of Wales Hospital. “I am grateful for these tasks as they remind me I am still a teacher as well as a clinician,” he says. “Through these opportunities, I can have a deeper understanding of the needs of patients and public hospitals, and the difficulties they face.”

As Hong Kong’s population ages and the incidence of chronic diseases rises, the demand for healthcare has increased exponentially. At the same time, the growing complexity of medical care has led to the increase in the cost of medical services. This has resulted in many people flocking to public hospitals, putting them under severe strain and increasing the waiting times for non-urgent medical services.



“As the queues get longer and longer, you can see the heavy pressure on the hospitals,” Professor WU says. “This situation has become my driving force, inspiring me to think about how to use the CUHKMC model to try to solve the problems.”

CUHKMC meticulously-designed fixed price package services will “give people peace of mind when seeking medical care” through price certainty and transparency, Professor WU explains. In addition to boasting state-of-the-art technology, the hospital is also designed to best serve the needs of all users – patients, visitors and staff. In particular, detailed attention has been geared towards enhancing patient experience such as streamlining services to eliminate unnecessary waiting time and transfers.

### Health companion of Hong Kong people

Professor WU has watched CUHKMC grow and blossom over the years from its initial construction on a rugged piece of land to a fully-equipped building which is due to start trial operations in early 2021.



A complete range of medical services, on a larger scale, is expected by the middle of the year.

Whenever Professor WU passes by the sleek and modern hospital building with its clear glass curtain wall, he would smile and ask himself: “If I were a patient or when I grow older and am retired, what would I expect from this hospital? I would definitely wish for it, not just to treat illnesses, but to become a partner in managing my health, teaching me and helping me take good care of my body.”

“Apart from providing medical services, CUHKMC also hopes to promote personalised wellness programmes, raise public health awareness and improve population health. Do not wait to see a doctor until you are sick. Instead, start with your lifestyle and eating habits. Take care of your health as soon as possible,” he emphasises.

He believes this will help people identify and manage the suboptimal health or disease at the earlier stage, which will, in turn, reduce medical expenses and alleviate the pressure on overall medical services.

### Forging kinships with Faculty of Medicine

As the first private teaching hospital in Hong Kong, CUHKMC enjoys a close partnership with CUHK’s Faculty of Medicine. “CUHKMC’s philosophy and services are closely linked to the Faculty. Apart from providing medical services to the public, CUHKMC also shoulders the mission of education and research,” Professor WU explains.

In terms of nurturing the next generation, Professor WU stresses: “We have the most advanced research and technology, which will now be at the service of the public. CUHKMC is also a teaching platform, which offers medical students learning opportunities that are completely different from those in public hospitals. Here, students will gain a deeper understanding of the importance of

‘patient-centred’ care, which will be of immense help in their future careers.”

On the research front, the CUHKMC model will be used to connect Hong Kong with medical innovators worldwide to introduce new technologies for the benefit of patients. “For example, CUHKMC can use CUHK’s ‘faecal microbiota transplantation’ technology to treat gastrointestinal patients,” he says. “The academic excellence of the Faculty of Medicine’s renowned disciplines, such as cancer, sports medicine, diabetes and endocrinology, can be translated into patient benefits.”

### Strong support from alumni network

Given that CUHKMC is an innovative concept for Hong Kong in that it is a not-for-profit private teaching hospital operating on a commercial model, various stakeholders – citizens, the government, the medical community and alumni – have high expectations.

“Dealing with everyone’s expectations and seeking common ground are extremely important,” Professor WU says. “I have done a lot of communication work because setting up a hospital is by no means easy. There are many challenges at every stage.”

He has been liaising actively with various stakeholders, especially alumni who work in the private sector. “I teach at CUHK’s Faculty of Medicine and, though I have private practice sessions under university regulations, I really can’t say that I have extensive experience in providing private medical services. I am very grateful for our alumni’s resourcefulness and generosity in sharing with me their valuable operational experiences in the private healthcare sector.”

In the process of setting up CUHKMC, Professor WU has reconnected with senior alumni, his former classmates and former students. “I have now become their student,” he muses. He says alumni working in the private sector have offered guidance and advice on fixed-fee packages and have stressed the importance of diversity and flexibility.



Through his interactions with them, Professor WU acknowledges the difference between the public and private medical sectors. "For example, if imaging examinations are arranged within a week in public hospitals, it's already considered very fast, but in private hospitals, patients expect to get this done the next day."

While benefiting profoundly from the advice of CUHK alumni, Professor WU hopes to build on the robust bonds he has established and further strengthen cooperation.

He is firmly convinced that the Centre will provide alumni with excellent opportunities for professional and career development.

### Space for healing

Apart from forming a medical team

**「開了山，闢了地，我們的神聖工作是拓荒」。中大學生會會歌中悠揚的一句，砥礪了多少代的莘莘學子，奮發上進、力闖高峰；香港中文大學醫院（中大醫院）營運總監胡志遠教授更直言，這正是他自己以及中大醫院開拓精神的最佳寫照。**

作為「拓荒者」，胡教授肩負中大醫院營運總監的重任；同時堅持威爾斯親王醫院的臨床教學及診治工作。「這讓我更『貼地』了解病人需要，以及公立醫院面對的困難。」

香港人口老化，醫療需求急升。胡教授見證公立醫院的「人龍」，明白公營醫療系統壓力沉重。此情此境，亦成為其推動力，思考如何在公私營醫療系統中

and establishing a close collaborative relationship with the CUHK Faculty of Medicine, Professor WU has also been involved in business developments and has connections with commercial institutions.

"Since graduation, I have been serving in public hospitals. I have been teaching and researching at the university for over 10 years. Now I have established relationships with business partners or alumni serving in the private medical sector and have been involved in many business discussions. This sometimes makes me feel like a 'businessman', but at heart, I am still a teacher and a doctor."

Thus, it is not surprising that when asked to name his favourite part of the Centre, Professor WU smiles shyly: "As a

尋求出路。中大醫院正好為香港醫療歷史開創嶄新局面，引入最頂尖技術，並推出可負擔及具透明度的定額收費套餐醫療服務，讓病人安心求醫。

### 香港人的健康伙伴

每次經過那美麗方正的醫院大樓，胡教授總問自己：「當將來年邁或患病時，對這醫院有何期望？」他肯定在治病外，冀盼醫院能成為自己的健康伙伴：「中大醫院希望推廣健康服務計劃，提高市民保健意識，別等到生病才求醫。」這不單減少罹患嚴重疾病的風險，亦可避免複雜的醫療程序，降低醫療成本，從而減輕整體醫療服務的壓力。

### 與中大醫學院唇齒相依

作為全港首間私營教學醫院，中大醫院與中大醫學院乃是唇齒相依。他解釋：「中大醫院在服務市民之際，亦承載教學及科研角色，為醫學生提供與公立

gastroenterologist, I would have to say the endoscopy centre. It is of very high standard and the place is spacious."

He believes that the Centre's prime location – close to Tolo Harbour and overlooking Ma On Shan and Pat Sin Leng – is a key asset. "Many of the rooms have open sea views. This will improve patients' moods and promote healing."

Professor WU says he is looking forward to CUHKMC's next milestone when it finally opens its doors to patients and begins serving the Hong Kong community. He is confident that, through the efforts of its dedicated team of pioneers and the support of the wider community, CUHKMC will become a proud brand in the minds of every Hong Kong person.

醫院截然不同的學習機會。」而藉著中大醫院平台，可連結香港、海外醫療創新機構，引入新技術；中大醫學院著名學科，例如癌症、運動醫學、糖尿內分泌等創新研究成果，也能直接造福病人。

### 校友網絡全力支持

中大醫院背負著市民、政府、醫學界及校友等各方期望，胡教授坦言求同存異至為重要，須與各持分者溝通無間。「感激於私營系統服務的校友，與我分享營運心得和對定額收費套餐的建議。」他笑言，在校友面前自己猶如一個學生。他也深信，中大醫院將為校友帶來良好的發展機會。

此外，胡教授須聯繫不同商業機構與合作伙伴。他笑指偶爾頓感變成生意人，需時刻提醒自己，緊守老師和醫生的本份。

### 絕佳的復健空間

醫院臨近吐露港，景緻絕佳，教病人心情舒坦，有助痊癒。當說到最喜歡的中大醫院位置，胡教授泛起靦腆笑容：「作為腸胃科醫生，我當然選擇內窺鏡中心，規劃水平高、地方又寬敞。」

中大醫院將於2021年初試業，胡教授期待憑藉其專業團隊的努力和社會各界的支持，成就一個香港人引以為傲的品牌。



Scan to enjoy interview video:  
<http://bit.ly/specialfeature>



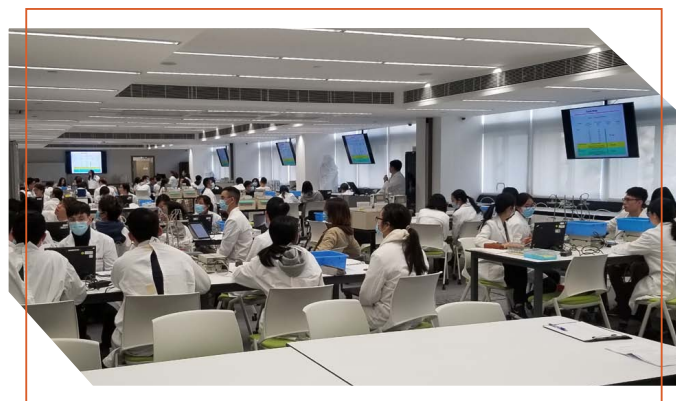


## Priming to be Better than the Best...

**If** you had heard loud drilling, knocking, banging or a whole host of other noises emanating from within the Choh-Ming Li Basic Medical Sciences Building (BMSB) in the past year, it was because major renovations had been taking place.

In fact, if you were observant, you would have noticed that some of the classrooms and teaching laboratories, as well as the nursing simulation ward, have all been modernised. Even the dissection laboratory - one of the world's finest - has been upgraded and expanded as has the pre-clinical teaching space. One of the 2019 refurbishment project highlights was a rooftop garden on the third floor.

Another round of renovation works is due to commence sometime in the summer of 2021 - depending on certain factors. More classrooms and teaching laboratories will be given a facelift and the information technology infrastructure, central air conditioning and ventilation systems will be upgraded.



### Makeover par excellence for beloved icon

The BMSB is an iconic building within CUHK campus and was the first to be constructed in 1980 for the then-new Faculty of Medicine. Dedicated solely for the teaching and learning of medicine, it has since expanded its facilities to include another five undergraduate programmes: Biomedical Sciences, Nursing, Chinese Medicine, Pharmacy, Public Health and Community Health Practice.

The last time the building was refurbished was some six to seven years ago.

With cutting edge technology, modernistic and state-of-the-art amenities in the historical BMSB, medical education and research at CU Medicine will be on par with or even eclipse, the other world-class academic institutes of medicine.



## CUHKMAA SFL Intern Survival Workshop

Even the COVID-19 pandemic could not stop the SFL Survival Workshop from going ahead as planned. Using Zoom webinar, the event was held on 23 June 2020. This is the first time, since its launch, the survival workshop had used live interactive means to communicate. More than 100 medical interns participated in the webinar where they were given tips and advice on what to expect as interns and also how to communicate effectively with other healthcare practitioners.

As usual, there was strong support from the CUHK Medical Alumni Association (CUHKMAA). The online event was moderated by its Treasurer, Dr. Zenon YEUNG (MBChB 2009) from United Christian Hospital's ENT Department. Other alumni who participated in the interaction included Infectious Disease Specialist, Dr. Bonnie WONG (MBChB 2002); Dr. Gloria WONG (MBChB 2009) from the Department of Radiology, Princess Margaret Hospital; Dr. Sze Ho MA (MBChB 2009) from the Department of M&T, Prince of Wales Hospital; Dr. Catherine CHAN (MBChB 2015) from the Prince of Wales Hospital's ENT Department; Dr. Yuen Cheuk WONG (MBChB 2019), a current intern and Mr. Wilson CHIANG, Deputy Ward Manager in the Department of M&T, Prince of Wales Hospital.



Dr. Xina LO (MBChB 2005), President of CUHKMAA, also made an appearance to show her support to the new interns. Thankfully, the webinar proceeded smoothly to the delight and relief of all.

At the same time, three alumni also pitched in to help the new interns plan for their career development by video recording their experiences and giving advice on the different specialties, and uploading all of it on the web. The "Career Talk" doctors included Dr. Edmund FONG (MBChB 2002), Dr. Eric CHEUNG (MBChB 2009) and Dr. Johnny LAM (MBChB 2011). Another three doctors - Dr. Catherine CHAN, Dr. Gloria WONG and Dr. Sze Ho MA - who were involved in the SFL Survival Workshop webinar also participated in the video-sharing on Career Talk.

## Faculty Reception 2020

Prospective students eye-ing CU Medicine's MBChB and Global Physician-Leadership Stream (GPS) programmes were given the opportunity on 19 July 2020 to "catch up" with our Faculty Dean, Professor Francis CHAN.

Professor CHAN explained to them, via Zoom webinar, the Faculty's vision. The students were also connected with other professors and alumni who briefed them about the programme features. Medical students, participating in the 75-minute "Faculty Reception 2020", shared their experiences as undergraduates.

There were numerous questions and answers during the interactive session and needless to say, it was a fulfilling webinar experience overall.

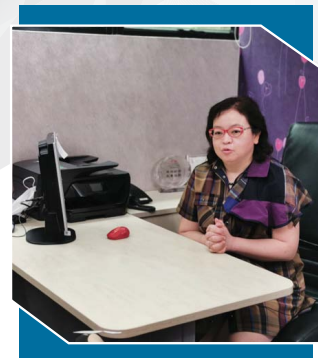




## O-Camp Meeting with Medical Alumni

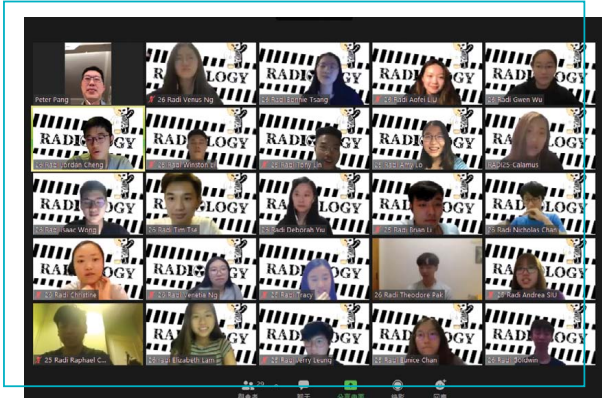
It was a sign of COVID-19 times...social distancing meant the CU Medical Alumni Buddy Programme's O-camp had to be done online, without the end-of-event traditional dinner.

Undaunted by it all, organisers set up a two-day Zoom programme, beginning 26 August 2020, for about 450 medical students and freshmen so they would not miss out on the annual fun, yet important, event.



Some 46 alumni buddies “zoomed” in during a sharing session which was kicked-off by Dr. Bonita LAW (MBCChB 1992), Director of Breast Centre, Union Hospital, with an introduction of the Buddy Programme. Buddies shared their experiences as a doctor and had an invigorating chit-chat with the students.

Topics were wide-ranging, from how to choose a specialty, getting on well with heads and colleagues to coping with pressure and balancing life with study.



## Career Workshop on Surgery

Even a pandemic could not stop some CUHK alumni from helping out medical students with much-needed advice. At least nine physicians from different hospitals held a Career Workshop on Surgery, via Zoom webinar, on 11 September at the Prince of Wales Hospital. Dr. Bonita LAW, Director of Breast Centre at Union Hospital, was the moderator.

During the three-hours, the students were briefed on training programmes, selection criteria and how to plan for their internships. They also heard about the experiences some of the surgeons had gone through.

The students, on their part, responded with numerous probing questions, from how to choose training centres to how medical students with eczema or who suffers from hand tremors can prepare themselves for surgical practice. There were also many questions on the different subspecialties as well as how one copes with the demands of being a surgeon.

About 170 students participated in the interactive workshop.



