

Master of Family Medicine (Full-time and Part-time)

Postgraduate Diploma in Family Medicine (Part-time)

Diploma in Family Medicine (Part-time)

Programme Director

Programme Director: **Prof. Chan Kwok Wai**

Background

With the growing prevalence of chronic illnesses in Hong Kong, and the increase in health care expenditure, effective community-based care is one of the best solutions to providing holistic and comprehensive care to meet the needs of our population. To deliver quality primary health care, it is essential that we train up a large pool of capable physicians who have knowledge and skills in family medicine. However, only a small proportion of local physicians have received structured training in family medicine, and hold higher qualifications in the discipline.

The Hospital Authority (HA), as Hong Kong's main health service provider, has recently started training programmes in family medicine, but these are only available to new graduates. With its limited financial and manpower resources, the HA is unlikely to be able to train all our primary care doctors as family physicians to the level of Fellowship of the Hong Kong Academy of Medicine, which requires a six-year training programme. The HA cannot be expected to fulfil this urgent need alone.

At The Chinese University of Hong Kong, we aim to rectify the situation. Our Department of Community and Family Medicine was established in 1981, and our School of Public Health was established in 1999, with the aims of providing leadership in teaching and research on topics of family medicine and public health concern. Our research is concentrated on the complicated interactions between socio-economic factors, environmental factors, preventive medicine, health promotion strategies, and provisions of health service, which influence the health of the community. Over the years, we have acquired considerable expertise in various areas of public health and primary health care, such as the epidemiology of common chronic diseases, the health of special client groups (including children and adolescents, women, and the elderly), evidence-based medicine, health promotion and education, occupational and environmental health, and health services delivery. This is the knowledge we wish to disseminate to local physicians through the training programmes we offer.

Why Study Here

The Diploma in Family Medicine (DFM) programme was launched by our University in 1985 to meet the challenge of developing quality primary health care. This programme has always been very popular among primary care physicians. The Master of Family Medicine (MFM) programme, introduced in 2003, aims to equip physicians with more advanced knowledge and skills that can be applied to their clinical practice. To cater for the physicians who wanted more in-depth training than that offered by the Diploma, but who were unable to commit to the full Master's programme, we developed the Postgraduate Diploma in Family Medicine (PgDFM) in 2004. The PgDFM provides doctors with the skills required for teaching, research, organisational management, and administrative leadership in family medicine, on top of a solid theoretical foundation.

Our programmes are essential for the evolution of family medicine, which should develop from a sound factual base, together with robust processes for seeking new scientific knowledge.

Who Should Apply

Medical graduates or registered medical practitioners in Hong Kong

Aims and Features

- To enhance participants' understanding of the principles and practice of family medicine;
- To equip participants with knowledge and skills in specialised areas, and thus meet their ever-expanding roles as family physicians;
- To help participants take a judicious approach to their daily practice, by closely examining their own and others' work procedures;
- To develop participants' abilities to critically appraise the literature, in order to improve their professional performance; and
- To provide participants with training in research methods, with an appreciation of the existing body of research findings, so that they can undertake their own research independently.

Programme Structure

Master of Family Medicine (Full-time)

This is a 20 months, full-time programme for medical practitioners with an interest in family medicine, in which the work of family practice is examined from multidisciplinary perspectives. The programme comprises 7 core modules that amount to 25.5 credit units (330 hours), and elective modules that make up 4.5 credit units (60 hours). Course participants have to accumulate a total of 30 units (390 hours) before they are awarded the Master's degree, taking a maximum of 18 units in every academic year. The programme includes 4 intensive weeks teaching in Hong Kong. To allow some flexibility, candidates may take a minimum of 12 units each year, extending the course to

three years. However, the maximum duration of study will not normally be allowed beyond four years.

Master of Family Medicine (Part-time)

This is a two-year, part-time programme for medical practitioners with an interest in family medicine, in which the work of family practice is examined from multidisciplinary perspectives. The programme comprises 7 core modules that amount to 25.5 credit units (330 hours), and elective modules that make up 4.5 credit units (60 hours). Course participants have to accumulate a total of 30 units (390 hours) before they are awarded the Master's degree, taking a maximum of 18 units in every academic year. To allow some flexibility, candidates may take a minimum of 12 units each year, extending the course to three years. However, the maximum duration of study will not normally be allowed beyond four years.

	Code	Title	Units
Core	MFM8101	Principles and Practice of Family Medicine (I)	4
	MFM8102	Principles and Practice of Family Medicine (II)	4
	MFM8002	Basic Epidemiology and Statistics in Primary Care	3
	MFM8003	Counseling and Communication Skills (I)	3
	MFM8005	Evidence-Based Primary Care	1.5
	MFM8006	Protocol Development	2.5
	MFM8007	Project Work and Report	7.5
			Subtotal
Elective	MFM8004	Rational Prescribing and Therapeutic Update	1.5
	MFM9001	Travel Medicine (I)	1.5
	MFM9002	Travel Medicine (II)	1.5
	MFM9003	Family Medicine Research	3
	MFM9004	Preventive Medicine	1.5
	MFM9005	Child and Adolescent Health (I)	3
	MFM9006	Child and Adolescent Health (II)	1.5
	MFM9007	Cultural Aspects of Medicine	1.5
	MFM9008	Health Economics and Healthy Policy	3
	MFM9009	Women's Health (A)	3
	MFM9010	Women's Health (B)	3
	MFM9012	Patient Health Education (Patient Self-Management)	2
	MFM9014	Management for Health Care Professionals	3
	MFM9015	Men's Health (A)	4.5
	MFM9016	Men's Health (B)	4
	MFM9017	Counseling and Communication Skills (II)	3
	MFM9019	Counseling and Communication Skills (III)	2.5
	MFM9020	Community Preventive Care	3
	MFM9021	Rehabilitation Medicine	3
	MFM9022	Community Health Services Management	3
	CGE7005	Clinical Gerontology	2.5
	OHS5001	Fundamentals of Occupational Health	3
	ORT5023	Physical Fitness and Health	3
	ORT5024	Sports Medicine in Special Populations	3

	Subtotal required	4.5
	TOTAL UNITS	30

Postgraduate Diploma in Family Medicine

This is a one-year, part-time programme for medical practitioners with an interest in family medicine. The programme comprises 3 core modules of 9.5 units (120 hours) and elective modules of 8.5 units (110 hours). To obtain the Postgraduate Diploma, candidates must gain a total of 18 units (230 hours). Graduates of the Postgraduate Diploma can transfer the units they earned to the Master of Family Medicine programme, should they wish to apply.

	Code	Title	Units
Core	MFM8101	Principles and Practice of Family Medicine (I)	4
	MFM8102	Principles and Practice of Family Medicine (II)	4
	MFM8005	Evidence-Based Primary Care	1.5
	Subtotal		9.5
Elective	MFM8002	Basic Epidemiology and Statistics in Primary Care	3
	MFM8003	Counseling and Communication Skills (I)	3
	MFM8004	Rational Prescribing and Therapeutic Update	1.5
	MFM8006	Protocol Development	2.5
	MFM9001	Travel Medicine (I)	1.5
	MFM9002	Travel Medicine (II)	1.5
	MFM9003	Family Medicine Research	3
	MFM9004	Preventive Medicine	1.5
	MFM9005	Child and Adolescent Health (I)	3
	MFM9006	Child and Adolescent Health (II)	1.5
	MFM9007	Cultural Aspects of Medicine	1.5
	MFM9008	Health Economics and Healthy Policy	3
	MFM9009	Women's Health (A)	3
	MFM9010	Women's Health (B)	3
	MFM9012	Patient Health Education (Patient Self-Management)	2
	MFM9014	Management for Health Care Professionals	3
	MFM9015	Men's Health (A)	4.5
	MFM9016	Men's Health (B)	4
	MFM9017	Counseling and Communication Skills (II)	3
	MFM9018	Guided Study and Clinical Teaching in Primary Care	6
	MFM9019	Counseling and Communication Skills (III)	2.5
	CGE7005	Clinical Gerontology	2.5
	OHS5001	Fundamentals of Occupational Health	3
ORT5023	Physical Fitness and Health	3	
ORT5024	Sports Medicine in Special Populations	3	
Subtotal required		8.5	
TOTAL UNITS		18	

To meet the learning needs of practising family physicians coming from different backgrounds, we also provide three specialised streams for the Postgraduate Diploma of Family Medicine.

Postgraduate Diploma in Family Medicine (Research)

	Code	Title	Units
Core	MFM8101	Principles and Practice of Family Medicine (I)	4
	MFM8102	Principles and Practice of Family Medicine (II)	4
	MFM8002	Basic Epidemiology and Statistics in Primary Care	3
	MFM8005	Evidence-Based Primary Care	1.5
	MFM8006	Protocol Development	2.5
	MFM9003	Family Medicine Research	3
TOTAL UNITS			18

Postgraduate Diploma in Family Medicine (Counseling and Communication)

	Code	Title	Units
Core	MFM8101	Principles and Practice of Family Medicine (I)	4
	MFM8102	Principles and Practice of Family Medicine (II)	4
	MFM8003	Counseling and Communication Skills (I)	3
	MFM8005	Evidence-Based Primary Care	1.5
	MFM9017	Counseling and Communication Skills (II)	3
	MFM9019	Counseling and Communication Skills (III)	2.5
TOTAL UNITS			18

Postgraduate Diploma in Family Medicine (Men's Health)

	Code	Title	Units
Core	MFM8101	Principles and Practice of Family Medicine (I)	4
	MFM8102	Principles and Practice of Family Medicine (II)	4
	MFM8005	Evidence-Based Primary Care	1.5
	MFM9015	Men's Health (A)	4.5
	MFM9016	Men's Health (B)	4
TOTAL UNITS			18

Diploma in Family Medicine

The programme covers 41 weeks of lectures, tutorials, seminars, self-directed learning, and clinical demonstrations. It is comprised of three modules taken from the Postgraduate Diploma and Master's courses, so that candidates who possess the Diploma can be exempted from these modules if they pursue further studies through the PgDFM or MFM programmes. Students taking the Diploma may be invited to supply material on real cases for discussion, such as audiotapes or videotapes of actual consultations.

	Code	Title	Units
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Core	MFM8101	Principles and Practice of Family Medicine (I)	4
	MFM8102	Principles and Practice of Family Medicine (II)	4
	MFM8005	Evidence-Based Primary Care	1.5
TOTAL UNITS			9.5

Course Description:-

MFM8101 Principles and Practice of Family Medicine (I) (4 Units)

This module aims to explore family medicine in practice, combining clinical experience with available research findings. The seminars aim to promote reflection on the part of the students, whilst developing their appraisal skills. Core issues, such as the principles and scope of family medicine, basic concepts of working with families, health care delivery systems and advanced practice management, and difficult consultations and ethical dilemmas, will be investigated.

MFM8102 Principles and Practice of Family Medicine (II) (4 Units)

This module continues to explore family medicine in theoretical and practical settings. Its overall objective is to provide students with a more in-depth understanding of preventive care and patients with special needs. Teaching and learning, and clinical knowledge and skills in subspecialties relevant to family practice will be dealt with. By the end of module, students should have developed the basic skills needed to manage patients holistically, in an integrated and coordinated manner not confined to particular bodily systems, age groups, or gender. Course participants would emerge with a better understanding of the important role family physicians play in preventive care.

MFM8002 Basic Epidemiology and Statistics in Primary Care (3 Units)

The introductory module will provide course participants with a solid grounding in the theory and methods of quantitative research, as applied to primary health care. Basic epidemiological and biostatistics methods will be taught with a view to applying them in the design and conduction of studies. The epidemiological topics covered include descriptive and analytical epidemiology, demography, clinical trials, diagnostic tests, screening, outbreak investigation, causation, bias, and confounding. In the Biostatistics classes, students will learn about descriptive statistics, probability, hypothesis testing, non-parametric tests, categorical data, regression, and correlation. The course participants will acquire practical knowledge through hands-on experience.

MFM8003 Counseling and Communication Skills (I) (3 Units)

Good communication skills can enable doctors in primary care to deliver cost-effective health care and minimise the inappropriate utilisation of resources. Such skills are also essential for patient adherence to medical advice and treatment. Many illnesses and health problems in the community have multiple origins, which can be tackled by successful Counseling by family physicians, who provide patients with personalised health care. This module will be run as a workshop and aims to advance students' techniques in communication and Counseling.

MFM8004 Rational Prescribing and Therapeutic Update (1.5 Units)

This module will provide a good opportunity for course participants to update their knowledge in clinical pharmacology and therapeutics. There will be exercises and case

studies to enhance students' skills in rational prescribing, which they will then be expected to apply.

MFM8005 Evidence-Based Primary Care (1.5 Units)

The overall objective of this module is to gain an understanding of the importance of evidence-based medicine, and its concepts, data collection, and implementation. At the completion of this module, the course participants should be able to: (1) Phrase research questions precisely and efficiently; (2) Retrieve comprehensive and relevant information; (3) Construct a search strategy to filter and appraise the literature; (4) Conduct a systematic review of the evidence from various studies; and (5) Understand the key principles of implementing evidence gleaned from the review.

MFM8006 Protocol Development (2.5 Units)

This practical module enables course participants to develop techniques in protocol writing, and gain relevant research skills, including the design, development, conduction, and analysis of a study. Students will learn how to identify a research topic, review the literature critically, develop hypotheses, and design the research protocol for testing these hypotheses. They will also find out how to collect and analyse data, and to present the results in the appropriate academic manner. This will involve the application of knowledge acquired in other modules. Students taking the module on Project Work and Report (MFM8007) will develop a protocol for their thesis.

MFM8007 Project Work and Report (7.5 Units)

Option A: *Individual Project*

Each course participant is required to complete an individual project (worth 7.5 units) in the field of primary health care, under the direction of a supervisor. The study should be linked to the protocol developed during the Protocol Development module (MFM8006). Students will be required to make regular presentations on the progress of their projects throughout the module.

Option B: *Fieldwork and applied research*

- a. Course participants will be attached to a family medicine clinic to develop advanced skills in that area. During the attachment, each candidate will have 50 contact hours (4 units) with a tutor. Activities include case discussions, topic discussions, direct observation during consultations, and personal growth and development.
- b. Every student will then be required to write a clinical review on a special client group, an observational study, or an audit report based on his or her fieldwork. The written assignment is worth 3.5 units (45 hours) and should be of publishable quality.

MFM9001 Travel Medicine (I) (1.5 Units)

This course is designed primarily for family doctors who provide a pre-travel health service. It aims to update their knowledge and skills on health issues related to travelling to and from developing countries. Course topics include: the role of practitioners in protecting the health of travellers leaving or coming to Hong Kong; major risks associated with travel; and appropriate methods for reducing travel-associated illnesses and hazards.

MFM9002 Travel Medicine (II) (1.5 Units)

This is a continuation of Travel Medicine (I) (MFM9001). The course will cover the methods used for prioritising risks in travellers; the communication skills doctors need in order to act as health educators; and the role of information technology in travel medicine. Course participants are expected to identify, assess, and critically evaluate the literature on travel medicine. They can thus make appropriate evidence-based clinical decisions, in areas such as the diagnosis, test selection, treatment, and prognosis of travel-related diseases in returning travellers.

MFM9003 Family Medicine Research (3 Units)

This module provides students with more in-depth knowledge of epidemiological and statistical methods for research. These will include multivariate analysis, factor analysis, and life tables. The course will also cover qualitative research methods, and consider the applications of different methodologies to daily practice. Participants will be able to examine the concepts and philosophies underpinning the methodology, as well as issues that arise in sampling and data collection, and how these affect primary care research. Particular emphasis will be placed on data analysis, and on the implications that the analysis outcome has on the development of primary care interventions.

MFM9004 Preventive Medicine (1.5 Units)

The psychosocial causes and impact of illness, illness behaviour, and the factors influencing illness behaviour will be discussed in this module. The social role of medical and health professionals will also be explored. Students will be introduced to the principles and practice of disease prevention and health promotion. They will also learn about the different methods used in health education, prevention, and protection programmes, and the need to evaluate such programmes once they are in place.

MFM9005 Child and Adolescent Health (I) (3 Units)

This course will help participants gain a better understanding of the common physical, psychological, and social problems that arise from infancy to young adulthood. It aims to improve the ability of primary care physicians to promote holistic, comprehensive, and continuing care to children and adolescents in a community setting, with particular emphasis on preventive measures and the minimisation of behaviours risky to health.

MFM9006 Child and Adolescent Health (II) (1.5 Units)

Students will carry out a practicum on promoting child and adolescent health. There will be an attachment to a community-based clinic for children and adolescents, so that course participants can further develop their clinical skills in managing the health of young people.

MFM9007 Cultural Aspects of Medicine (1.5 Units)

This module develops students' understanding of the significance of culture in relation to health. It will address why patients utilise alternative medicine. Basic principles and concepts of various types of alternative medicine will be introduced.

MFM9008 Health Economics and Health Policy (3 Units)

This module offers an economic perspective on the provision and utilisation of health care services. Topics will include cost benefit analysis, cost effectiveness analysis, and sensitivity analysis, and their applications to the local situation. The economic evaluation of health service quality will also be covered. This module shares teaching materials with modules HEHP5050 and HEHP6125 from the Diploma in Health Economics and Health Policy.

MFM9009 Women's Health (A) (3 Units)

The module aims to provide a practical knowledge base for those interested in the practice of women's health. The programme will mainly cover women's reproductive health, including perimenopausal and postmenopausal health.

MFM9010 Women's Health (B) (3 Units)

This module will provide a comprehensive knowledge base for those involved in the practice of women's health. It will examine a wide range of women's health issues using a multidisciplinary perspective, and cover women's mental health and nutrition.

MFM9012 Patient Health Education (Patient Self-Management) (2 Units)

Course participants will be trained to help patients with chronic illnesses develop self-management skills. Patients will then be able to make lifestyle changes that effectively manage their chronic illness, thus avoiding or delaying complications. Students should be able to develop self-management standards for several chronic disorders. These standards should address the structure, process, and outcomes of the health education programme.

MFM9014 Management for Health Care Professionals (3 Units)

This is intended as an applied management course for health professionals. Various approaches to organisation and management will be analysed in some detail, along with the management processes of planning, organising, staffing, directing, and controlling. Discussions will be held within the local context.

MFM9015 Men's Health (A) (4.5 Units)

Course participants will be taught how and why genitourinary health and sexuality issues are of key importance in men's health. They will also learn how to prevent and treat common diseases in Hong Kong males.

MFM9016 Men's Health (B) (4 Units)

Students taking this module will learn about common problems affecting men's health, and gain the essential skills of detecting, diagnosing, and managing health problems that are relevant and important to men and their families.

MFM9017 Counseling and Communication Skills (II) (3 Units)

This module builds on the knowledge and skills gained in Counseling and Communication Skills (I) (MF8003) to advance students' techniques in patient communication and Counseling. The teaching format includes seminars, tutorials, workshops, and a practicum.

MFM9018 Guided Study and Clinical Teaching in Primary Care (6 Units)

This module provides guided learning materials that will advance students' knowledge in the management of highly prevalent health problems and special client groups within primary care. Course participants will have the opportunity to enrich their skills through a supervised clinical attachment.

MF9019 Counseling and Communication Skills (III) (2.5 Units)

This course advances the techniques in patient communication and Counseling developed in modules MF8003 and MF9017. It will include seminars, tutorials, workshops, and a practicum.

CGE 7005 Clinical Gerontology (2.5 Units)

Course participants will be able to understand the biological, physical, and psychological changes that occur with age, from the cellular to the whole-body level. Topics on the clinical, demographic, and socioeconomic aspects of gerontology, the concept of successful ageing, and health service organisation will be covered. Students will also gain clinical experience through case studies. This module shares teaching materials with the MSc in Clinical Gerontology.

OHS 5001 Fundamentals of Occupational Health (3 Units)

This basic course allows participants to study any discipline of the occupational health sciences. General principles in the practice of occupational health and hygiene will be introduced. Other topics include applied toxicology; physical, chemical, and biological hazards; ergonomics; and occupational psychology. The module shares teaching materials with its corresponding course on the Occupational Hygiene, Occupational Medicine, and Occupational Health Practice programmes.

ORT 5023 Physical Fitness and Health (3 Units)

Students will discover the current theories on the health-related benefits of exercise, and apply them to concepts on the basic components of physical fitness, such as how fitness relates to the maintenance of bodily health, and what role fitness plays in preventive medicine and lifestyle modification.

ORT 5024 Sports Medicine in Special Populations (3 Units)

This course introduces participants to sports medicine in children, women, the elderly, and the disabled. It will cover topics such as exercise in childhood; exercise and ageing; exercise and the disabled; and the female athletic triad. Students will find out how to set up and monitor suitable fitness programmes for groups of people who could be at risk when exercising unsupervised.

Teaching Format

Regular programme instruction takes the form of lectures, tutorials, seminars, workshops, and clinical demonstrations. Students also need to undertake self-directed learning, and may have complete research projects, or go on clinical attachments for practical experience.

Teaching Faculty

The programme will mostly be taught by academic staff and adjunct teaching staff from the Department of Community and Family Medicine, and from other departments of The Chinese University of Hong Kong's Faculty of Medicine. Some courses will be taught by guest lecturers from other departments of the CUHK, or even from other institutions.

Duration / Modes of Study / Tuition Fees

Programme	Duration	Mode of Study	Tuition Fee
Master of Family Medicine (MFM)	20 months	Full-time	HK\$100,000 (regular fee) HK\$68,333 (for DFM graduates)
Master of Family Medicine (MFM)	2 years	Part-time	HK\$100,000 (regular fee) HK\$68,333 (for DFM graduates)
Postgraduate Diploma in Family Medicine (PgDFM)	1 year	Part-time	HK\$55,000 (regular fee) HK\$27,500 (for DFM graduates)
Diploma in Family Medicine (DFM)	1 year	Part-time	HK\$38,000

Recognition of the Programmes

The Master of Family Medicine and the Diploma in Family Medicine have been recognised by the Medical Council of Hong Kong, and have been included in their list of quotable qualifications. The Postgraduate Diploma in Family Medicine is pending inclusion on the list.

Course and Unit Exemptions

Graduates of other postgraduate programmes in the School of Public Health, who wish to undertake further studies in the MFM or PgDFM programmes, may apply for unit exemptions.

Programme participants who have satisfactorily completed the related Diploma or Postgraduate Diploma programmes may apply for unit exemptions in fulfilling the requirements of the Postgraduate Diploma or Master's programmes respectively. In some circumstances, participants' prior learning (e.g. a Diploma or Master's degree on relevant subjects, from institutions of good standing) or professional qualifications in family medicine may be recognised and taken into account. Unit exemptions will be considered on a case-by-case basis.

CME credits for non-specialists or members of the Hong Kong College of Family Physicians (HKCFP) can be obtained from The Chinese University of Hong Kong.

Graduation Requirements

Students are required to attend at least 80% of the lectures, seminars, and tutorials, and to obtain a pass in each module, with a cumulative overall GPA of at least 2.0.

How to Apply

Admission Requirements:-

Applicants are required to hold a Bachelor's degree in Medicine from institutions of good standing, and/or be registered medical practitioners in Hong Kong.

Admission Procedures:-

Local requests for application materials can be made:

- By completing the online request form on the Graduate School website (www.cuhk.edu.hk/gss);
- By downloading the application form on the Family Medicine programme website (www.cuhk.edu.hk/med/cmd/fm.html) (for the Diploma in Family Medicine programme only);
- In person from the Graduate School Secretariat, 4/F, Academic Building No. 1, The Chinese University of Hong Kong, Sha Tin, New Territories, Hong Kong; or from Ms Helen Fung, Room 401, 4/F, School of Public Health, Prince of Wales Hospital, Sha Tin, New Territories, Hong Kong; or
- By sending a stamped (HK\$2.20), self-addressed envelope (A4 size) to the Programme Administrator.

Completed application forms should reach the School of Public Health, Prince of Wales Hospital, Sha Tin, New Territories, Hong Kong, by the end of April of each academic year. Applicants are encouraged to use the online application procedures to save time and postage. Please visit the Graduate School website at <http://www.cuhk.edu.hk/gss>.

Application Deadline:-

<i>Master of Family Medicine</i>	March 31, 2009
<i>Postgraduate Diploma in Family Medicine</i>	March 31, 2009
<i>Diploma in Family Medicine</i>	June 30, 2009

Application Form:-

For the Diploma in Family Medicine programme, please refer to the attached form.

Administrative Staff

Programme Administrator	Telephone No.	E-mail Address
Ms Helen Fung	2252 8768	helenfung@cuhk.edu.hk

More Information

www.cuhk.edu.hk/med/cmd/fm.html