

刀
緣

CUTTING EDGE



The College of Surgeons of Hong Kong Newsletter
香港外科醫學院簡報

January 2009
二零零九年一月號



Editorial

With Hong Kong being an international city and part of China, and surgery such a global enterprise, the responsibilities of the College and ever expanding. Besides training and upkeeping of standards of surgical profession locally, other key duties include promoting academic exchanges with overseas institutions, and last but not the least, seeking collaboration with the mainland in establishing a national specialist training and registration system in China. On 4th October 2008, a strategic planning workshop was held in the College. This workshop gave a unique opportunity for College leaders to share views on the above issues, define the current problems and potential barriers, as well as brainstorm on the possible solutions. It is hoped the workshop could help align the leaders with the future direction of the College.

Many of you might have already known Dr K L Leung. For those of you who didn't, does 'rest days', 'statutory holidays', or 'public holidays' mean anything to you? Yes, Dr Leung was the one who fought a battle for public doctors against HA on the above claims. Dr Leung is a colorectal surgeon from PWH and is one of our senior fellows. It is indeed our honour that Dr Leung, as our College fellow, has been newly elected as Legislative Councilor representing the medical profession. You'll hear more from him from now onwards. As a start, find in this volume what Dr Leung would like to speak to us, and what he had to say about the medical health care system in HK.

A lot of us could still remember the horror resultant from the outbreak of melamine-contaminated milk that occurred in September last year. I am sure some of you have brought your babies or kids to attend the designated clinics and centres set up by HA, or have sought advice from paediatricians and urologists. In this volume, Dr C W Man has given a very comprehensive, historical account on what has actually happened across the border. I particularly enjoy his closing remark: 'To overshoot the mark is as bad as to fall short'

On behalf of the Editorial Board, I wish all of you a happiest and most prosperous New Year of the Ox.

Dr Cliff C C CHUNG
PYNEH

CONTENTS

<i>Message from the President</i>	3
<i>Message from the Censor-in-Chief</i>	4
<i>Message from the Honorary Treasurer</i>	5
<i>News from the Specialty Boards</i>	6-7
Cardiothoracic Surgery Board	
Paediatric Surgery Board	
Plastic Surgery Board	
<i>College Focus</i>	8
Strategic Workshop 2008	
<i>Close-up and Macro</i>	9-10
Endoscopic and Laparoscopic Surgeons of Asia	
<i>Topic on film</i>	11-12
CSHK / RCSEd Joint Scientific Meeting 2008	
<i>Younger Fellows Chapter</i>	13
<i>Off the Scalpel</i>	14-17
Legislative Councillor - Dr Ka-lau LEUNG	
劍道隨筆	
<i>Achievement</i>	18
<i>Announcements</i>	19-21
<i>Calendar of International Surgical Meetings</i>	22-24
<i>Council of the College</i>	25-27
<i>Structure of The College</i>	28

Message from the President

Dear Fellows,

As the year 2008 has come to an end it would be timely for us to reflect on what we have achieved over the past year and plan our way forward.

When I took up presidency of the College a bit over a year ago, I have expressed the wish to establish our College as a leading institution with our own training and examination system that is internationally recognized, which eventually may serve as a model for Mainland China and other countries in the Asia Pacific region to follow. I am indeed delighted to inform you that some important steps towards such a goal have been realized. We have already established our own Membership Examination of the Hong Kong Intercollegiate Board of Surgical Colleges (HKICBSC) that is fully recognized by the Royal College of Surgeons of Edinburgh. Candidates taking our examination can receive membership diplomas also from the RCSEd. We are also extending our partnership network to the Asia Pacific Region. Working closely with our Singapore counterpart, the Joint Committee on Specialist Training (JCST), Singapore will be joining us in the conduction of the new Intermediate Examination in the near future. This regional examination would therefore be recognized by Singapore, RCSEd and our College. This will mark another important milestone in the development of our College and will further foster the collaboration between Singapore and our College in surgical education and examination. It not only opens up both colleges to opportunities for a wide scope of academic exchanges, but will also nurture closer friendship and fraternity among surgical professionals in the Asia Pacific region. A vote of thanks should be registered to Dr Hung-to LUK, our Censor-in-Chief, for his unstinted effort in engaging in the constructive dialogue with our Singapore counterpart.

The establishment of a close relationship and collaboration with leading surgical units in Mainland China is another paramount direction for our College. I am pleased that a Department of China Affairs with Prof. Joseph LAU as the Director has recently been formed to help achieve this goal. At a recent dinner meeting co-hosted with the Hong Kong College of Orthopaedic Surgeons in Beijing, some important issues in recognition of surgical training and professional qualifications have been discussed with eminent surgical leaders in the Mainland. I am confident that this will mark the beginning of a very close bonding and collaborations between our College and surgical centres in Mainland China.

We also have a very fruitful year working closely with our international sister colleges. For the first time in our College history we have two major conjoint international scientific meetings within a year. The Conjoint Annual Scientific Congress held in collaboration with the Royal Australasian College of Surgeons in May has been an enormous success, and was well attended with over 2200 delegates. This was followed by another very successful Conjoint Scientific Meeting with the Royal College of Surgeons of Edinburgh held in conjunction with a joint Diploma Conferment Ceremony in October.

I am very heartened that the view of international collaborations has been echoed by many of our fellows. At a Strategic Planning Workshop held on in October with members from our various committees, departments, specialty boards and the Council, a new vision statement for our College has been crystallized after some very constructive and fruitful discussions, viz, "to be a global leader in surgical education and practice through international collaboration and sharing..". At the workshop, we have also identified many challenges and obstacles that we have to face and surmount in order to achieve many of our goals. Various steps and new initiatives have been discussed and will be taken to address these issues. Amongst others, two Subcommittees have recently been formed. The Subcommittee on Corporate Communications would carry out an advisory role in areas of corporate reputation, advocacy, internal and external communication, media management and crisis communication as well as to promote collegiality, loyalty and cohesion within the College. The Subcommittee on Business Development, on the other hand, would ensure sufficient funding and develop external funding sources to sustain the development of the College.

Last but not least, my heartfelt congratulations to the establishments of the Women Surgeon Chapter and Younger Fellows Chapter. I strongly believe that the establishment of these two Chapters will undoubtedly bring more vivacity to our College. Let's all give them our fullest support.

May I take this opportunity to wish you all a Happy Lunar New Year!



Chung-kwong YEUNG
President
The College of Surgeons of Hong Kong

Message from the Censor-in-Chief

Dear Fellows and Trainees,

The last diet of the old Intermediate Examination was completed in September 2008 and it would be replaced by the new Intermediate Examination. Part 1 and Part 2 examinations under the new system had been conducted since November 2007 and the first new Part 3 Intermediate Examination will be conducted in March 2009. Format of the examination is similar to the old examination and only difference is in the Communication Bay. To truly reflect the local situation, candidates can choose to communicate with patient actors in Cantonese, Mandarin or English and they have to indicate the chosen language in their application form.

As for results of previous examination and the examination dates of coming examinations, trainees can refer to our College web site.

A gentle reminder for all potential Basic or Higher Trainees being that one should register with the College as soon as one enters into training program. Without such registration, there is no way that the College can monitor the progress of training. A time limit of registration within the first month of entry into training was set and will take effect from January 2009. Late registration may lead to unrecognized training period.

The Scientific Subcommittee of the College continues to organize luncheon symposium for Fellows and the next symposium will be held on 8th December and the topic is "Management of renal stones". All fellows are welcome.

Fellows are encouraged to suggest topic of interest to Scientific Subcommittee for consideration.

Towards the end of 2008, one third of CME cycle is completed. Fellows should receive a summary of CME activities from the College to facilitate them to plan their CME activities in the coming 2 years. Any Fellow failing to receive CME summary can contact our College secretariat for information.



Dr Hung-to LUK
Princess Margaret Hospital

Message from the Honorary Treasurer

It is definitely not the best of times to assume the position of Honorary Treasurer of the College when the global economy is shell-shocked by the unprecedented financial tsunami. However, thanks to the prudent management of my predecessor, fellows can rest assured that the reserves of the College remain pretty unscathed. Nonetheless, since the economy will likely remain in doldrums in the year to come, the College must prepare to weather the storm. The pinch may soon be felt in sponsorships receivable and the College will depend more than ever on our fellows' efforts to make ends meet. It is therefore important for fellows to pay their annual subscription punctually and fellows are hereby reminded that it is about time to collect the fellows' annual subscription for the year 2009, which remains at HK\$1,500. Fellows are encouraged to pay by autopay arrangements. Crossed cheque should be made payable to "The College of Surgeons of Hong Kong Limited".

Pursuant to Article (43) of the College, any members who shall fail to pay his annual subscription, his name shall be removed from the College Registry. Should he wish to reinstate of his membership, he would be required to give to the Council a satisfaction explanation and to pay all his arrears and an administrative fee.

I would like to take this opportunity to remind the following members that their 2008 subscription are still outstanding, please settle your account at your earliest convenience.

List of the Fellows:

AU Siu Foon	LEE Fu Tat
CHAN Baldwin	LEE Qunn Jid
CHAN Ping Chuen	LEUNG Ping Chung
CHAN Siu Foon Peter	LI Ming Fai
CHAN Siu Hung Lawrence	LI Shu Keung
CHAN Woon Ming	LI Wilson
CHENG Choong Boon Anthony	LO Hung Kwong
CHEUNG Tak Fai Thomas	LUNG Hin Fai
CHOW George	NG Ping Ki Gary
CHUNG On Ming	REHMAN Safi Ur
DATTA Narendra Nath	SUN Yu Wen
HO Kei Shing Jonathan	TSUI Kwok Leung
KWOK Sek Keung	WONG Chi Cheong
KWOK Wing Goon	WONG Tai Wai
LAM Chor Yin	WOO Chi Pang Victor C
LAU Chun Kit Herman	YEUNG Yat Ming Barry
	YIP Sai Hang

I would appeal to all of you to subscribe at your earliest convenience as this would save a lot of our administrative work. Thanks.

I wish you all a prosperous New Year.



Dr Chi-wai MAN
Honorary Treasurer

News from the Specialty Boards

CARDIOTHORACIC SURGERY BOARD

For Cardiothoracic the Exit Examination will be held in Singapore on the 17th and 18th of November this year followed by the 3rd Asian Specialty Update Course on 20th and 21st of November. There will be one HST post available for the next recruitment exercise starting at Prince of Wales Hospital and rotation through the 3 centers in Hong Kong. The Cardiothoracic Board is strongly supporting an initiative to attract centrally funded overseas trainees for the Specialty as a way to support the training programme in Hong Kong without prejudice to local HST's in terms of their own training or future employment. The Board has endorsed the development of 'wet-lab' training for HST's in all aspects of Cardiothoracic Surgery and the programme will commence early in the New Calendar Year.

Professor MJ UNDERWOOD
Prince of Wales Hospital

PAEDIATRIC SURGERY BOARD

The next inter-hospital clinical meeting will be held on 5th December 2008 at Prince of Wales Hospital. Details will be sent to members by Dr. K H Lee in due course.

The next Exit Examination in Paediatric Surgery is scheduled on 5th March 2009 and accreditation visits to training centres will follow the next day.

Dr Kelvin K W LIU
Board Chairman in Paediatric Surgery

News from the Specialty Boards

PLASTIC SURGERY BOARD

Plastic Surgery Board

1. Hospital Inspection will be conducted on 10 December 2008 at QEH. Inspection Panel will perform an on-site Hospital Tour of QEH and invite Training Centers Supervisors, Hospital Administrators and Trainees from the three clusters for virtual inspection and accreditation. Plastic Surgery Training centers (NT, HKI, & Kowloon) basing on the Hub & Spoke Model has been re-engineered and completed. The training capacity of individual hospitals will be evaluated in details.
2. New Integrated Training Program for BST & HST has been proposed and discussed in the Plastic Surgery Board meeting. There would be an introduction of MCQ in the Exit Exam and a trial run in the coming diet in Autumn 2009.
3. A Structured In-Service training for new Plastic Surgery Fellows (just after the exit exam and before the registration of Fellowship) has been proposed to the Board and HA COC (Surgery) Manpower meeting. The objective of this structured In-Service Training is to replenish trainers' pool in HA so that sustainability of the Specialty could be ensured.
4. As HA is the sole institution, the Academy the statutory body, and the College the indispensable partner of Surgical Training in Hong Kong, Plastic Surgery Board would continue to seek HAHO support, collaboration, and commitment to surgical training so as to meet the service need and to fulfill the mission of HAHO.

Dr Wing-yung CHEUNG
Kwong Wah Hospital

College Focus

Strategic Workshop 2008

On 4th October 2008, a 7-hour strategic planning workshop was held by the College in Happy Valley Stand, Happy Valley Racecourse, with Mr Bryan Clifford and Lilian Chan of JCP Consultancy International as facilitators. The objectives of the workshop were to get leaders of the College to know each other better and share views on problems and issues of the College.

The strategic planning workshop was attended by 25 College leaders, including council members, representatives from Department of Standard and various Surgical Boards, as well as representatives from Women and Younger Fellow Chapters. Attendees were arranged by the facilitators to work in 5 groups, discussing the aspirations for the College and then exchanged their viewpoints afterwards. The workshop offered a singular opportunity for these leaders to exchange views on the vision, mission, and values for the College.



During the workshop, many problems and barriers to future development were identified, including time constraint for College work, inadequate alignment and communication, and insufficient commitment from some of our fellows. The root causes for these problems were also sought. Fortunately, 'the number of solutions is more than that of the problems'. Action plans were discussed towards the end of the workshop, and the leaders were aligned with the future direction of the College.

Interestingly, among the various draft vision statements, the various groups were pretty unanimous on the following phrases: global leader, standards, training and education, collaboration and fraternity.



Dr Cliff CC CHUNG
PYNEH



ELSA 2008, Japan

Endoscopic and Laparoscopic Surgeons of Asia

incorporate with

11th World Congress of Endoscopic Surgery

21st Annual Meeting of Japan Society
for Endoscopic Surgery



Over the years, the Congress of Endoscopic and Laparoscopic Surgeons of Asia (ELSA) has moved from strength to strength to become one of the most significant annual gatherings in the field of minimally invasive surgery in Asian Pacific Region. As we all know, the endoscopic and laparoscopic surgeries reflect the cutting-edge advancements in the field of medical science.

This year, the 11th World Congress of Endoscopic Surgery (WCES), incorporated with ELSA and hosted by the Japan Society for Endoscopic Surgery (JSES), was held in Yokohama from 2nd to 6th September. There were a total of 4074 participants from 74 countries, and over 60 of them came from Hong Kong.

The Opening Ceremony was started with “Nagauta “ Japanese Traditional Music in the National Convention Hall of Yokohama, Pacifico Yokohama, in the presence of Prince of Japan.



Close-up and Macro

Macau International Surgical Forum 2008: Frontiers in Gastrointestinal and Cardiothoracic Surgery 13 - 16 June 2008, Macau S.A.R., China

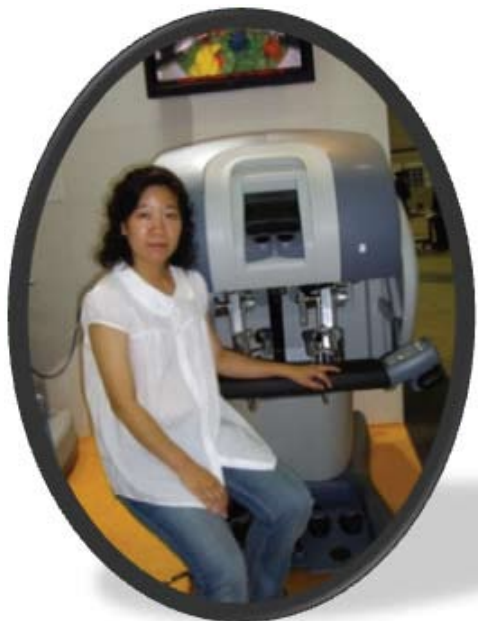
Different from previous symposia, this symposium incorporated the 21st Annual Meeting of Japan Society for Endoscopic Surgery (JSES). The symposium comprised a series of authoritative talks and state-of-art lectures by the most distinguished and eminent experts all over the world.

It provided an excellent platform for peers to share the advanced skills and knowledge in the field of endoscopic as well as endoluminal (NOTES – natural orifice transluminal endoscopic surgery) and robotics surgery.



The Organizing Committee of the 11th WCES encouraged young investigator's participation - 50 participants whose abstracts are of outstanding quality could receive the Young Investigators Award.

There were 21 oral and 3 poster presentations from Hong Kong.

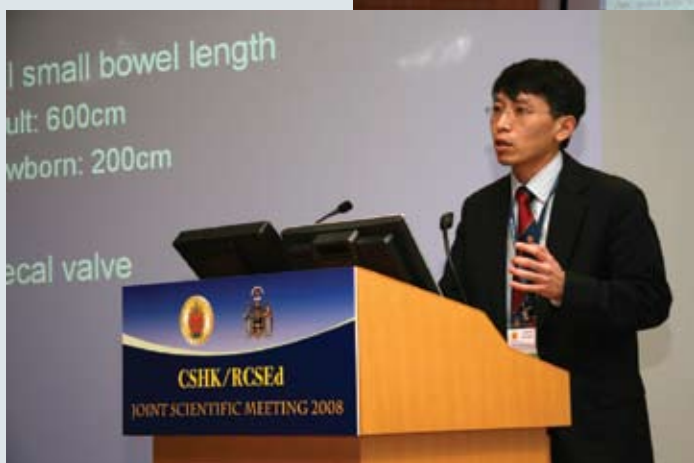


Dr. Hester CHEUNG
PYNEH

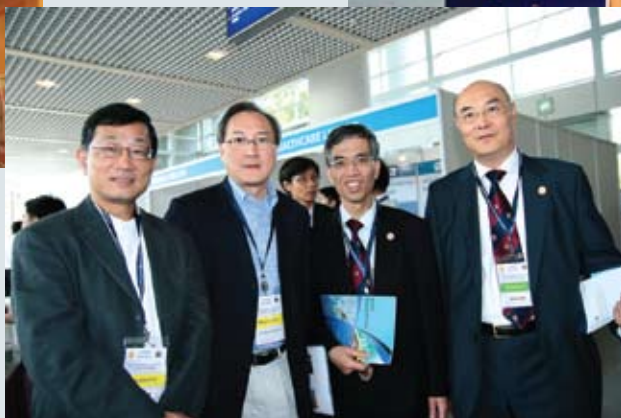
Topic on film

CSHK/RCSEd Joint Scientific Meeting 2008

The CSHK/RCSEd Joint Scientific Meeting 2008 was successfully held on 13 – 14 September 2008 at the Hong Kong Academy of Medicine Jockey Club Building and was very well attended by 308 delegates. The scientific meeting featured concurrent scientific sessions and four keynote lectures. Dr Foad Nahai, the prestigious leader in aesthetic surgery gave a fascinating keynote lecture titled “Beyond the Surface”. Other distinguished speakers from both international and local surgical fields had widened the perspective of audience with their different fields of expertise at General Surgery, Paediatric Surgery, Urology, Plastic Surgery and Breast Surgery. The scientific meetings also attracted 13 free papers and 40 poster presentations at the meeting. Mr John Duncan, Dr Man-hei Shiu and Dr Cliff Chung had taken up the role of adjudicators for the Best Scientific Paper Competition. The Best Scientific Paper was awarded to Dr Ka-yin Cheung of Prince of Wales Hospital with her study titled “The Prediction of Mortality in Bleeding Peptic Ulcers after Therapeutic Endoscopy - Lessons Learned from 3000 Patients”.



Topic on film



Dr PaK-kin HO
Queen Elizabeth Hospital

Younger Fellows Chapter

Despite the worldwide financial crisis, the efflux of surgical fellows to the private practice is still on going. Our younger fellows are no exception. I would like to take this opportunity to wish every one of them a prosperous and meaningful career ahead.

On 13th September 2008, the first Younger Fellows Forum in Hong Kong had a wonderful success. As part of the Conjoint ASM with the Royal College of Surgeons of Edinburgh, the meeting was well attended by both younger fellows and senior surgeons. Dr. Ronald Ho had shared with us a wonderful experience in the last Australasian Younger Fellows Forum in CASC May 2008. Drs. Ronald Ho, Kwan Tim Lok and two other younger fellows attended the Forum. (*) In the Conjoint Annual Scientific Congress, Dr. Kwan Tim Lok represented YFC and had a debate with the Women's Chapter representative.

In the second part of the Forum, we had been very privileged to invite Dr. Jacob Ng Wai Tat as our guest speaker. Dr. Ng is the COS of Department of Surgery, Yan Chai Hospital. His reputation as a renowned surgeon needs no further introduction. During the "Reflection on Younger Fellow Days", Dr. Ng had enlightened us on his colorful surgical adventure. He gave us an example that many of us would be blushed. We were greatly in debt to Dr. Ng for his inspiring presentation.

Dr. Fan Ning is a younger fellow working in Yan Chai Hospital. He had given us a different perspective as a voluntary surgeon in the "Overseas Humanitarian Mission". Dr. Fan had been to Kenya under the Red Cross in 2005/06, Sri Lanka under Medecins Sans Frontieres in 2007 and Sichuan in 2008. These places had been affected by armed conflicts, epidemic outbreaks, social violence and disasters. Dr. Fan had shared his experience of operating with limited resources – e.g. three operating tables in the same theatre, primitive equipments, shortage of water/ electricity supplies, etc. He also showed us the basic requirement of participating in humanitarian missions, namely dedication.

Finally, Dr. Lee Yee Man had given an excellent review of different options in private practice. Dr. Lee is a successful colorectal specialist in private. She showed us how a younger fellow could establish his/her practice in private. Dr. Lee had gone into details of clinic rental, endoscopy suite arrangement, staff recruitment and budget control. It was definitely eye-opening to those younger fellows looking for new opportunities.

What is coming up?

Recently, YFC met Prof. CK Yeung and had discussed on the formal incorporation of YFC into the College of Surgeons of Hong Kong. YFC is now under the Internal Affairs Committee of CSHK. Prof. Yeung would like to help YFC in formulating the Rules and Structures of YFC in future. Paralleled by the development of Women's Chapter, YFC would like to take this opportunity to formally incorporate into CSHK. As younger fellows, your support and opinions are most welcomed!

Dr. Kwan-lun HO
Queen Mary Hospital

Legislative Councillor: Dr. Leung Ka Lau

Dr. Leung Ka Lau, we called 騷哥, is well known to us because of his successful claim to Hospital Authority on loss of rest days and statutory holidays/ public holidays. Hospital Authority offered a one-time compensation of HK\$600 million to 4000 doctors affected. In Sept 2008, Dr. Leung won 3 contenders, and became the first public hospital doctor to be elected as a member of the Legislative Council of Hong Kong. There are lots of conjectures about Dr. Leung's decision in partake the election. "This was a prudent decision" Dr. Leung said "after considering the environment of our profession and that of the society at large".

Work focus

Looking forward his next four years' work as legislative councillors, he will focus on the issues of work imbalance between public and private sectors. "Public hospitals are now responsible for more than 90% of hospital and specialist workload in Hong Kong; the system will fail in the long run". Dr. Leung said "We shall facilitate the move of middle-class patients to the private sector". Dr. Leung mentioned about the creation of inducement and removal of obstacles "I suggest tax exemption for all medical expenses. . Transparency and quality assurance in private services shall also attract more patients" "In addition, we also need to increase private beds, enhance the electronic platform for the exchange of medical records and facilitate referrals between public and private doctors".

No connection but communication

Legislative councillors are usually being labeled as "pro-government" or "anti-government". Dr. Leung emphasized that he had no attempt in joining any political party, and refused any labeling. "I will work according to the need of the public and our profession. Each issue shall aim for the benefit of the society, and shall be looked upon individually." Without joining any political party, Dr. Leung still have confident in gaining support from different political parties for his proposal on health related issues "If the proposal is for the benefit of the society, all political parties will support it" Dr. Leung gave two examples "I proposed tax-free for medical expenses in private sectors, so as to attract middle-class patients to the private services. Most of the political parties, either pro-government or anti-government, support my proposals. Recently, I proposed the government buying back sufficient proportion of shares of "The Link 領匯," so that government can have some influence on the governance to balance the social and corporate interests. The preliminary responses from most of the political parties are supportive." Though not joining any of the political party, Dr. Leung emphasized that he will keep close contact and communications with different groups "For the benefit of the colleagues, I must gain support from different parties; communication is important for understanding of proposals which benefit the society."



Dr. Leung will try to keep close contact and communications with different political parties "communication is important for understanding of proposals which benefit the society"

Legislative Councillor: Dr. Leung Ka Lau

Militant protestors?

Some people labels Dr. Leung as militant protestors, especially he decided to put on high court trial on the issue of doctors' overtime work. "I do not understand: I did not go on March, I did not use abusive language. Legal channel is a civilized way of solving problems. It will not be personal. I think I do not have any "enemy" so far....I am still having dialogues with different parties." Actually Dr. Leung is also being described as tactician, having lots of strategies in solving problems "When there is a problem, I will try to find the causes and solve it in a practical way. I am more rational, rather than political."



Dr. Leung holding a press conference, explaining his proposals

Surgeon as legislative councillor

As Dr. Leung would like to maintain his professional skill, he had become a part-time staff in Prince of Wales Hospital. "I am now working two and a half days per week in the hospital. The actual "working time" or "meeting time" in the legislative council is not long, most of the works are done outside the meeting rooms, e.g research, , communication and lobbying I have joined the Health Panel, the Panel on Food Safety, and the Panel on Manpower." Being energetic, Dr. Leung seems will not give up his academic interest. Surgeon is my life-time career. When I settle down with my work in LegCo, I hope I can spend some time in the mathematical model that I have been working on" Being asked how to manage the time to balance both work, Dr. Leung laughed "Maybe that is the reasons surgeons gain the mastery, we are always effective"



Dr. Leung being the guest of "Child Health" Prize Presentation Ceremony held by The Boys' and Girls' Club Association



Dr. Leung being guest of the Hong Kong St John's Ambulance

The ideal medical health care system

The ideal medical health care system Dr. Leung expects "The public hospitals should provide services for the underprivileged, concentrate on emergency and major illnesses, and for training. Others shall be taken care by the private sectors. We need the private market to contain the medical expenditure. Most of the colleagues may take both public and private works, with reasonable working time and rewards, but that may take a long time to get consensus."

Dr. Ka-lau LEUNG
Prince of Wales Hospital

劍道

在大學畢業後，在一個很偶然的機會下，在就讀的日本語學校，碰到一位學習的朋友，馬建德先生(現居加拿大，劍道七段)，在他慫恿及鼓勵下，就展開了我在過去二十六年的劍道生涯。在這相對漫長的日子裏，當然有高低潮，但時至今日，我對劍道仍是不離不棄。這份堅持及執著，我覺得亦可算是一種習武者的修行。

對很多外國人而言，劍道是一個頗為陌生的活動。在香港，劍道的開展迄今，亦僅有三十餘年的歷史。由香港劍道協會創會會長朱蘊年先生的努力，各熱心劍友多年的無私貢獻，今日香港的劍道人口，在轄下五個道場總算起來，約一千人左右。由當初香港華人最高的段位，僅為二段，到現在的劍道七段一人、六段七人，在環顧大中華地區及東南亞各地當中，已算是一個頗高水平的地方。直到今天為止，劍道雖然在世界各地發展得相當蓬勃並符合或非常接近、成為奧運項目的要求，但劍道仍只有每三年一屆的「世界劍道選手權大會」。當中的原因，是國際劍道聯盟堅持劍道是一種武術。或許成為奧運項目後，是利其推廣，但同時亦會犧牲其武術的特性而變成一種運動。在平衡兩者之利弊，選擇了武術這一條路。



對未嘗接觸劍道的朋友來說，劍道是相對地神秘。亦有朋友擔心劍道練習是否安全。在過去二十多年中，我自己從未受傷，亦未見過其他練習者因打擊而受傷。其實，相比空手道或柔道等有身體接觸的武術當中，劍道練習者所有可能被打擊的地方，都有護甲保護。護甲是由「面」覆蓋頭、面部及咽喉。「胴」負責前胸及胸部兩側，「下垂」掩護下陰，及「甲手」保障手部及腕部不會因打擊而受傷。護甲的優劣是以其制作方法而決定。制作的物料，其實是在兩塊布中間夾置棉布，然後縫合起來，變成片狀。其重量、發散積汗的能力、及堅硬度則取決其縫製方式。以「手刺」為上，「機刺」次之。又以縫線的距離 - 半分、一分、一分半或二分來決定上述的質素。一套護甲，可以由港幣三至四千元，到四萬元不等。至於衣著方面，「上著」跟柔道使用的上衣相似，價錢及其質素亦由其是否「手刺」或「機刺」而變化。至於下身則穿著棉製的古代日本武士的「袴」。顏色方面，大部份都會使用深藍色，亦有部份人士，特別是小孩及女士，或許會使用白色的護甲及衣服。當然，一般在日常練習中所使用的器具，都是較便宜的種類，至於昂貴的服飾，都會留在重要比賽，特別在段位考試時使用。至於劍方面，一般都是使用竹劍。竹劍是由四塊竹片紮在一起而成。另外一種必修的練習，是所謂「劍道型」則是用木刀來訓練，在表演時才會用未開封的「居合」刀。

劍道的段位，全都要經過考試而獲得。初段者是要十五歲以上，段與段考試中間有一個等待期。一段至二段，一年；二段至三段，兩年..等如此類推。比方在取得六段後，要等待六年時間，才能投考七段。其間，有興趣者，可以參加一個「練士」的考試。而七段投考八段，則要求四十六歲以上，獲得七段後十年者，

才有資格。獲得七段一年後則有額外可以參加「教士」的審查。現在，香港現有師範級的高段者人數足夠考至五段。六段以上為「高段者」的評審，則仍須到日本去參加每年兩次在東京、大阪、名古屋等地舉行。一般而言，六、七段合格率是大約百分之十二左右。但八段合格率，則被公認為全日本最困難的考試。其合格率只有千份之三到五左右。在YouTube上，大家可以搜索「120秒」的記錄片。這個由國家地理雜誌拍攝的記錄片，對八段考試，有一個相當精彩的描述。



另外一個常被問及的問題，就是在劍道練習，考試及比賽當中，怎樣才算一個有效的得分。劍道的有效打擊，是要求『劍、氣、體』一致，擊中得分的一部位 - 兩額及頭頂中部，咽喉，身體兩側及手腕。『劍』及『體』是指在竹劍的先端部份，擊中對手時，雖保持一個正確的姿勢。『氣』在這裏是『氣合』，亦即是要求攻擊一方，發出聲音，指出所作一擊，是通過自己意識引導而構成。在日本語 - 『面(men)』；『胴(doi)』『小手(kote)』及『突 (tsuki)』四種。在成功打擊後，還要一個『殘心』的動作，是表示自己意識還保持一個高度警惕的狀態。

劍道

態。模擬從前比武決鬥，確定對手完全失去作戰能力，才會罷休的那種精神。

在平常練習『稽古』，勝負是由兩人自行評判。在比賽中，得分是由三個高段者，從3個不同角度監察。當出現『一本』得分的時間，就會舉起紅旗或白旗來表示那方取勝，意見不一致的時間，就按得兩旗一方為勝。

在段位審查當中，評審團的水平及人數就會按段位高低來變化。而合格就不單純以得分為主，還要觀察禮儀；及達成那段位所要求的表現，一般比賽均以3或5分鐘為限，而考試則為一分或一分半鐘為準。

我相信，每一個喜歡劍道的人，都有他獨特的理由。我嘗試以最簡單的辦法，對其中幾點，加以描述。

在不同的日本傳統武術當中，劍道是保存日本文化氣息較濃的一個。劍道非常講究「禮」，正確整齊的服飾及裝備，出入道場練習的開始及終結時，對對手，先輩及老師，都要遵守一定的禮節。

我也很享受在日本道場練習的那種感受。在道場內，竹劍交碰，觸及對手護甲的聲音，低沉『氣合』的吶喊聲，及在前衝時，踏實在木地上的迴響。混雜一起營造出一種特別氣氛，令每一個對劍道有興趣的人，精神一振。

當然，劍道最令人著迷的地方，是因為它是一個「精神」遊戲。當二人比試中，勝方所追求是所謂「三殺法」：「殺氣」、「殺劍」及「殺體」。「劍」與「體」是技術的層面，以體能、速度及技倆（距離、時間、部位）來決定勝負。「氣」是比較「玄」的一種修練。從某角度上，是攻擊一方，通過微細的身體語言，令對手感受壓力而失誤。失誤可以是在不適當的距離、時間出擊，而露出空隙；更細微的錯誤，是對手因為自己的壓力，從而將自己身體甚至乎意識停頓向後；而做成破綻。高段者的比試，不適當的肌肉緊張，從而延誤在適當時機的出擊，亦會構成致命的失誤。換言之，在作出有效打擊取分之前的首要條件，就是在精神上已控制對方。接下來的動作；祇不過是一個順理成章完結。



基於上述的理由，劍道段練習可以概括為個人基本的體能，技術上的訓練。當經過大約半年時間，掌握必須的基本後，就可以戴上護甲，與對手練習，從而鍛鍊自己對時間、距離，敵人的動靜作出適當的判斷。在種種訓練當中，又以「心技」最難。當遇上強手時，怎樣能令自己擺脫一般常人的自然反應，將自己上半身肌肉保持一個極度鬆弛的狀態，監察對手手足的每一個細微動作，眼神及呼吸的變化，從而作出最有效的打擊，這就是我們每一個修練劍道的人所追求的最高目標。

“劍道隨筆”

黎卓先

MBBS(HK)., MS(HK)., FRCS(Edin)., FRACS., FACS., FCSHK.,
FHKAM(Surgery)

- 香港仁德醫療中心肝膽胰外科
- 香港劍道協會會長 (1993-1995)
- 香港第11回世界劍道選手權大會代表隊 (2000)
- 劍道六段

Achievements

Prof. Ronnie Poon was awarded the Outstanding Researcher Award by the University of Hong Kong for his outstanding research accomplishment. Prof. Poon's main clinical research interest is on management of hepatobiliary and pancreatic cancers. He is particularly interested in the development of minimally invasive treatments of liver cancer by laparoscopic resection or radiofrequency ablation, and he has also played a major role in pioneering development of novel non-surgical treatments for liver cancer such as doxorubicin-eluting beads and molecular targeting therapy. The morbidity and mortality of surgical treatment of liver cancer have improved dramatically in recent years due to technical advances. In Prof. Poon's view, the future direction of research should be towards improving patients' quality of life by minimally invasive treatments, and prolonging long-term survival by effective adjuvant therapies. He is currently leading two international multi-center clinical trials on novel adjuvant therapies after resection or ablation of liver cancer. Recently, he has been invited to help develop consensus guidelines on management of hepatocellular carcinoma by Asia-Pacific Association of Study of the Liver and National Cancer Institute of the USA, respectively. He has delivered more than 180 invited lectures in regional and international conferences. His publications included more than 220 peer-reviewed papers in international journals, 12 invited editorials and 15 book chapters, and he is also the editor of two new international textbooks on surgical and interventional management of hepatobiliary and pancreatic diseases. Currently he is serving in the editorial board of several international journals such as *Annals of Surgical Oncology* and *Journal of Gastrointestinal Surgery*, and he is a committee member of the Research Committee of International Hepato-Pancreato-Biliary Association.



Professor Ronnie Tung-ping POON
Queen Mary Hospital

Announcements

Dear Higher Surgical Trainee,

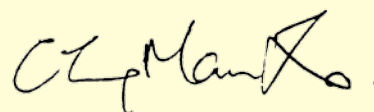
**RE: THE COLLEGE OF SURGEONS OF HONG KONG
RESEARCH AWARDS**

To promote research activities and improve the quality of the research amongst the higher surgical trainees (HSTs), the Research Committee would start to grade the research projects of the HSTs with effect from 1 July 2008 as follows:

- (a) Pass
- (b) Pass with merit
- (c) Pass with distinction

Accordingly, certificates showing the above grading would be delivered to the concerned HSTs in recognition of the efforts they had put in.

In order to show due recognition for the outstanding research work, the Council of the College of Surgeons of Hong Kong has decided that, on the nomination of the Research Committee, two research awards, first prize and second prize carrying a monetary reward of HK\$2,000 and HK\$1,000 respectively, would be presented to two HSTs whose two research papers had been graded as "pass with distinction" each year.



Yours sincerely,

Professor Chung-mau LO
Chairman
Research Committee

International Colorectal Disease Symposium



State-of-art lectures, panel discussion,
live demonstrations,
video session and free papers
on various topics in Colorectal Disease

Call for free papers please visit :

www.icds-hk.org

Organizing Committee

Michael LI
Chairman

Cliff CHUNG
Chairman of Scientific Committee

Hester CHEUNG

Kam-hung KWOK

Samuel KWOK

Wai-cheung LAO

Wai-lun LAW

Chi-man LEUNG

Yiu-wing LUK

William MENG

James WONG

Kevin YAU

icds2009

New Frontiers in Coloproctology

19-21 February, 2009

HKEC Training Centre for
Healthcare Management & Clinical Technology

Pamela Youde Nethersole Eastern Hospital

3 Lok Man Road, Chai Wan, Hong Kong

Secretariat

Miss Olivia Ho

HKEC Training Centre for
Healthcare Management & Clinical Technology

Pamela Youde Nethersole Eastern Hospital

3 Lok Man Road, Chaiwan, Hong Kong

Tel • (852)-2595 6362

Fax • (852)-2505 7107

E-mail • info@icds-hk.org

Invited Faculty

Asia Pacific

Michael SOLOMON (Australia)

Guo-xing LI (China)

Min-hua ZHENG (China)

Annie CHAN (Hong Kong)

Wai-keung LEUNG (Hong Kong)

John LEUNG (Hong Kong)

Simon NG (Hong Kong)

Tsz-kok YAU (Hong Kong)

Seigo KITANO (Japan)

Rami ROXAS (Philippines)

Kheng-hong NG (Singapore)

William CHEN (Taiwan)

Europe

Abe FINGERHUT (France)

George KAEHLER (Germany)

Antonio LONGO (Italy)

United States of America

Steven WEXNER

Major Sponsors



ETHICON ENDO-SURGERY
a Johnson & Johnson company



COVIDIEN

OLYMPUS



The University of Hong Kong Hong Kong Sanatorium & Hospital



JOINT SURGICAL SYMPOSIUM

◆ 2-YEAR INTERACTIVE PROGRAM ◆

Date & Time: First Friday, 8:00 – 9:00 a.m.

**Venue : Auditorium
4/F, Li Shu Pui Block Phase II
Hong Kong Sanatorium & Hospital
Happy Valley, Hong Kong**

Block I

Date	Specialty	Topic	Speaker
2 January 2009	Head and Neck Surgery	Possibilities & limitations	Professor William I. Wei Dr. Chan Yu-Wai
6 February 2009	Upper Gastrointestinal Surgery	Laparoscopic and robotic upper GI cancers	Professor Simon Law Professor Chu Kent-Man
6 March 2009	Endocrine Surgery	Minimally invasive surgery parathyroidectomy	Dr. Brian Lang Dr. Chan Wai-Keung
3 April 2009	Hepatobiliary and Pancreatic Surgery	Ablation therapy for liver cancer	Professor Ronnie Poon Dr. Cheung Tan-To
1 May 2009	<i>Public holiday</i>		
5 June 2009	Vascular Surgery	New horizon in endovascular aortic grafts	Professor Stephen Cheng Dr. Chan Yiu-Che
3 July 2009	Breast Surgery	Breast cancer biology and its application	Dr. Ava Kwong Dr. Dacita Suen
7 August 2009	Colorectal Surgery	New technology in colorectal operations	Professor Law Wai-Lun Dr. Jensen Poon
4 September 2009	Plastic and Reconstructive Surgery	Latest achievements and developments	Dr. Chan Yu-Wai Dr. Vivian Mok

Theme of Each Block

Block I
Latest developments

Block II
Postoperative complications

Block III
Recurrences and late failures

Q&A periods and written questionnaires are included.

For each session, active CME is accredited.

R.S.V.P. Tel: 2835 8698 or Fax: 2892 7511

Calendar of International Surgical Meeting

Date	Event	Website
2 Jan 2009	Joint Surgical Symposium (Head & Neck Surgery), HKU & Hong Kong Sanatorium & Hospital	www.3.hku.hk/surgery/home.php
10-12 Jan 2009	2009 Annual Meeting of the American Society for Reconstructive Microsurgery Maui, United States	www.microsurg.org/meeting.html
12-14 Jan 2009	International Robotic Urology Symposium 2009 Las Vegas, United States	www.henryford.com
26-28 Jan 2009	The Society of Thoracic Surgeons 45th Annual Meeting San Francisco, United States	sts@sts.org
6 Feb 2009	Joint Surgical Symposium (Upper Gastrointestinal Surgery), HKU & Hong Kong Sanatorium & Hospital	www.3.hku.hk/surgery/home.php
12-14 Feb 2009	20th Anniversary International Colorectal Disease Symposium Fort Lauderdale, USA	cme@ccf.org
12-15 Feb 2009	29th Annual San Diego Cardiothoracic Surgery Symposium	susan@amainc.com
13-14 Feb 2009	AUSTRAUMA 2009 Trauma, Critical Care, Emergency Surgery Conference Sydney, Australia	www.austraumaconference.org
19-21 Feb 2009	International Colorectal Disease Symposium (ICDS) 2009	www.icds-hk.org
5-8 Mar 2009	The Society of Surgical Oncology Cancer Symposium 2009, Phoenix, United States	MtgReg@surgonc.org
6 March 2009	Joint Surgical Symposium (Endocrine Surgery), HKU & Hong Kong Sanatorium & Hospital	www.3.hku.hk/surgery/home.php
12-15 March 2009	American Hepato-Pancreato-Biliary Association 2009 Meeting Miami, Florida, US	kim@crowsegal.com
15-19 March 2009	4th Fred J. Epstein International Symposium on New Horizons in Pediatric Neurology, Neurosurgery and Neurofibromatosis	www.fredhorizons.com/siteFiles/1/3731/48709.asp
16-20 March 2009	12th Mayo Clinic Endocrine Course Kohala Coast, United States	http://endocourse.mayo.edu/
17-21 March 2009	24th European Association of Urology (EAU) Annual Congress	www.eaustockholm2009.org
25-27 March 2009	The 2nd Biennial Congress of the Asian-Pacific Hepato-Pancreato-Biliary Association Bangkok, Thailand	www.2-aphpba2009.org/scientific.html
3 April 2009	Joint Surgical Symposium (Hepatobiliary and Pancreatic Surgery), HKU & Hong Kong Sanatorium & Hospital	www.3.hku.hk/surgery/home.php

Calendar of International Surgical Meeting

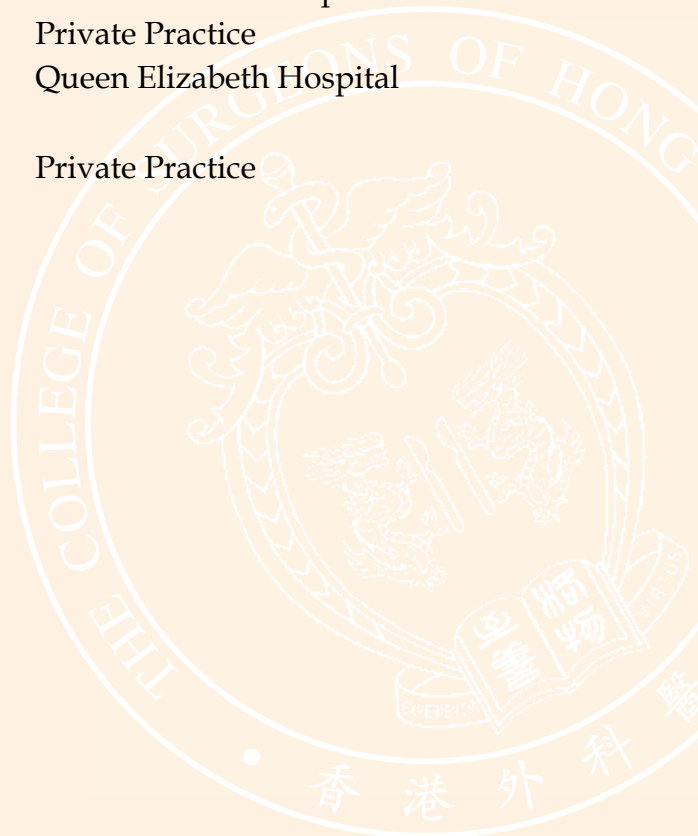
Date	Event	Website
16 April 2009	9th Annual Breast Surgery Symposium Canada	ce.med@utoronto.ca
22-25 April 2009	The Society of American Gastrointestinal and Endoscopic Surgeons Annual Scientific Meeting Phoenix, USA	http://www.sages.org
23-25 Apr 2009	2nd Central European Congress of Surgery 2009 and 3rd International Pancreatic Days	www.central-european-surgery.com
25-29 April 2009	The Society of American Gastrointestinal and Endoscopic Surgeons Annual Scientific Meeting Phoenix, Arizona, USA	www.sages.org/index.php
25-30 April 2009	American Urological Association Annual Meeting Chicago, United States	www.auanet.org
2-7 May 2009	77th American Association of Neurological Sur- geons 2009 Annual Meeting San Diego, United States	www.aans.org/default.asp
6-9 May 2009	Royal Australasian College of Surgeons Annual Scientific Congress Brisbane, Australia	www.surgeons.org
9-13 May 2009	American Association Thoracic Surgery 89th An- nual Meeting Boston, United States	http://www.aats.org/index.html
15-20 May 2008	American Thoracic Society 2008 International Conference	www.thoracic.org/sections/meetings-and-courses/international-conference/index.html
23-27 May 2009	19th International Conference on Oral and Maxil- lofacial Surgery	www.19icoms.com
27 May – 31 May 2009	American Head & Neck Society Annual Meeting Phoenix, United States	www.headandneckcancer.org
6-9 May 2009	Phoenix, United States	www.surgeons.org
9-13 May 2009	American Association Thoracic Surgery 89th An- nual Meeting Boston, United States	http://www.aats.org/index.html
5 June 2009	Joint Surgical Symposium (Vascular Surgery), HKU & Hong Kong Sanatorium & Hospital	www.3.hku.hk/surgery/home.php
10-13 June 2009	8th International Gastric Cancer Congress Krakow, Poland	www.8igcc.pl
18-20 June 2009	8th Congress of European S Hepato-Pancreato- Biliary Association Athens, Greece	www.ehpba2009.com
17-20 June 2009	9th European Congress of Paediatric Surgery Graz, Austria	www.eupsa.org

Calendar of International Surgical Meeting

Date	Event	Website
21-26 June 2009	5th World Congress of Paediatric Cardiology and Cardiac Surgery	www.pccs2009.com
3 July 2009	Joint Surgical Symposium (Breast Surgery)	www.3.hku.hk/surgery/home.php
3-6 July 2009	8th International Congress on Ambulatory Surgery	www.iaascongress2009.org
31 July - 4 Aug 2009	13th World Conference on Lung Cancer San Francisco, United States	www.2009worldlungcancer.org
7 August 2009	Joint Surgical Symposium (Colorectal Surgery), HKU & Hong Kong Sanatorium & Hospital	www.3.hku.hk/surgery/home.php
2- 5 Sept 2009	EBA 2009 - Europa Burns Association Congress Lausanne, Switzerland	www.eba2009lausanne.com
4 Sept 2009	Joint Surgical Symposium (Plastic & Reconstructive Surgery), HKU & Hong Kong Sanatorium & Hospital	www.3.hku.hk/surgery/home.php
Sept 2009	9th Asia Pacific Congress of ELSA Xiamen, China	www.elsa2009.com
20-26 Sept 2009	11th Congress of ESPRAS, European Society of Plastic Reconstructive and Aesthetic Surgery Island of Rhodes, Greece	http://www.espras2009.gr/1/article/english/1/15/index.htm
11-15 Oct 2009	American College of Surgeons 95th Annual Meeting Chicago, United States	postmaster@facs.org
11-15 Oct 2009	37th Annual Meeting of the International Society for Pediatric Neurosurgery Los Angeles, United States	gmcomb@chla.usc.edu
4-5 Nov 2009	19th World Congress of the World Society of Cardio - Thoracic Surgeons	http://www.wscts2009.org
18-22 April 2010	9th World Congress of the International Hepato-Pancreato-Biliary Association Buenos Aires, Argentina	www.ihpba-ba2010.com
28-31 Aug 2010	10th World Congress Gastro-esophageal Reflux Disease Boston, United States	http://www.oeso.org/

Council of the College

President	Chung-kwong YEUNG	Prince of Wales Hospital
Vice President	Andrew W C YIP Po-chor TAM	Kwong Wah Hospital Queen Mary Hospital
Hon. Secretary	Wai-sang POON	Prince of Wales Hospital
Hon. Treasurer	Chi-wai MAN	Tuen Mun Hospital
Censor-in-Chief	Hung-to LUK	Princess Margaret Hospital
Council Members	Angus C W CHAN Stephen W K CHENG Moon-tong CHEUNG Cliff Chi-chiu CHUNG Chiu-ming HO James Yun-wong LAU Heng-tat LEONG Chung-mau LO Chung-yau LO Enders Kwok-wai NG Wing-tai SIU Chad Cheuk-wa TSE	Hong Kong Sanatorium & Hospital Queen Mary Hospital Queen Elizabeth Hospital Pamela Youde Nethersole Eastern Hospital Kwong Wah Hospital Prince of Wales Hospital North District Hospital Queen Mary Hospital Private Practice Prince of Wales Hospital Private Practice Queen Elizabeth Hospital
Ex officio Councillor	Samuel Po-yin KWOK	Private Practice



Structure of the College

COMMITTEE	CHAIRMAN
External Affairs Committee	Andrew W C YIP
Internal Affairs Committee	Po-chor TAM
• Editorial Board of Cutting Edge	Cliff C C CHUNG
• Younger Fellows Chapter	Tim-lok KWAN
Administration Committee	Wai-sang POON
• Website Development	Wing-tai SIU
Finance Committee	Chi-wai MAN
CME & CPD Committee	Po-chor TAM
Editorial Board of Surgical Practice	Samuel P Y KWOK
• Editor-in-chief	Paul B S LAI
Research Committee	Chung-mau LO
Education & Examination Committee	Hung-to LUK
• Specialty Boards	Malcolm John Underwood
- Cardiothoracic Surgery Board	Stephen W K CHENG
- General Surgery Board	Stephen W K CHENG
* Training Subcommittee	Stephen W K CHENG
* Hong Kong Regional Subcommittee	Wai-sang POON
- Neurosurgery Board	Kelvin K W LIU
- Paediatric Surgery Board	Wing-yung CHEUNG
- Plastic Surgery Board	Po-chor TAM
- Urology Board	Hung-to LUK
• Board of Examiners	Hung-to LUK
• Appeal Board	
DEPARTMENT	DIRECTOR
Department of Development	Hong FUNG
Department of Standard	Che-hung LEONG
SECRETARIAT	
Acting General Manager	Stephanie HUNG



On-Demand

On-Demand

On-Demand

On-Demand

On-Demand

Fast Acting



INTRODUCING



Pariet for the Management of Acid-Related Diseases

Multi-Compatible System

(Model: LTF-VH)

- * High quality resolution (HDTV High Definition Television)
- * Innovative design (Flexible tip end)
- * High technology (Chip on Tip)
- * Reliably (Autoclave)



Unique device for Laparo-Endoscopic Single Site Surgery (LESS Surgery)

Tri-port



Quad-port



OLYMPUS

For more information, please contact Olympus Hong Kong and China Limited
L43, Office Tower, Langham Place, 8 Argyle Street, Mongkok, Kowloon, Hong Kong

Tel: 2170 5678 Fax: 2170 5679



.....
Chief Editor: **Cliff C C CHUNG**
.....

Editorial Board Members:

Sharon W W CHAN	Michael C W CHENG
S K CHU	David T Y LAM
Ronnie T P POON	William C S MENG
Wing-tai SIU	Ronald P K HO
James C H WONG	T L KWAN

.....
The College of Surgeons of Hong Kong
Room 601, 6/F
Hong Kong Academy of Medicine Jockey Club Building
99 Wong Chuk Hang Road
Hong Kong
Tel: (852) 2871 8799
Fax: (852) 25153198

Email: info@cshk.org
Website: www.cshk.org
.....