



My ACMA

Official Newsletter of the Australian
Chinese Medical Association Inc. NSW

MAY 2023 EDITION

Australian Chinese Medical Association

The Australian Chinese Medical Association (ACMA) Inc. in NSW was formed on the 20th September, 1990. ACMA is also a foundation member of the Australasian Council of Chinese Medical Associations across Australia and New Zealand.

OUR OBJECTIVES:

- To promote professional standards for its members
- To provide a forum for professional and social exchange amongst members
- To promote and conduct continuing medical education and research
- To respond to community issues affecting its members
- To acquire knowledge and respond to health issues affecting the Australian Chinese community
- To contribute to deserving charitable causes and organisations
- To promote mutual understanding and liaison with other medical organisations

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ACMA Events Calendar 2023

MAY

10/5/23 - Young ACMA Suturing Workshop at DHM Headquarters, Macquarie Park

17/5/23 - "Genetics" at Rhodes Phoenix Restaurant by Dr Melanie Galea (DHM)

28/5/23 - ACMA Winter Warming Charitable Karaoke Dinner at North Ryde RSL

JUNE

Date TBC - ACMA Movie Night at Rhodes Reading Cinema

24/6/23 - ACMA Winter Buffet at Skyfeast, Sydney Tower

27/6/23 - "Updates and Advances in Cardiac Monitoring" at King Dynasty Restaurant, Chatswood by A/Prof William Chik (Medtronics)

JULY

25/7/23 (Venue TBC) - Educational Seminar by IVF Australia

AUGUST

16/8/23 - "Microbiology" at The Eight Restaurant, Haymarket by Dr Michael Wehrhahn (DHM)

SEPTEMBER

Date and Venue TBC - "PSA and BPH" by Dr Howard Lau

OCTOBER

Date and Venue TBC - "Ophthalmology" by Dr Stephen Hing

30/9/23-2/10/23 - ACMA Annual Scientific Conference at Sage Hotel Wollongong

NOVEMBER

8/11/23 - "Biochemistry" at Crystal Seafood Restaurant, Strathfield by Dr Nick Taylor (DHM)

22/11/23 - MediFinancial / Westpac / NAB Business event at The Eight Restaurant by Chris Lahoud

DECEMBER

29/12/23-3/1/24 - Practice Management Conference, Thailand

JANUARY 2024

4-11/1/23 - Meet the Experts Conference, Japan

New Member Profiles

Dr Ying Liu

Dr Ying Liu is a Geriatrician who completed her training at St George and Sutherland Hospital and was awarded Fellowship of the Australasian College of Physicians in 2022. She is currently working in rehabilitation at President Private Hospital and private practice at Southern Neurology, Kogarah.

Dr Liu is passionate about providing patient-centred care to older people living with chronic medical conditions, functional or cognitive decline. She enjoys working collaboratively with patients, families and colleagues to meet the goals and challenges facing each patient. She is focused on providing continuity of care between acute medicine, community geriatrics and rehabilitation.



Dr Liu has been actively involved in medical student education and research. She was awarded the Tony Broe Award in 2022 for the best research oral presentation. She is a sub-investigator for international clinical trials in Alzheimer's Disease at Southern Neurology.

Outside of work, Dr Liu enjoys drawing, gardening, travelling and hiking. She lives with her husband and young daughter in the St George area.



Dr Jingpu Wang (Heather)

Dr Jingpu Wang (Heather) completed her internship at Port Macquarie Base Hospital last year. She is currently doing residency at St George Hospital, and is interested in Basic Physician Training (BPT). Her main interests outside of medical training include scuba diving, board games and hiking.

Practice Management Conference Report

By Andrew Kan



It was with great apprehension that the airplane touched down at Sapporo Airport, Japan on December 30th, 2022. We had arrived for the ACMA Practice Management Conference after two years ravaged by the COVID-19 pandemic and we were all wondering whether our beloved Japan had changed in any way; had it lost its charm, did the self-rinsing toilets still work, and were the hot springs still as hot? However, we didn't have to worry about Japan changing as it was just as before, albeit with slightly fewer people. The toilets worked as before and the jet of water still hit just the right spot.

We were greeted by our guide, Yoshi san. He was very welcoming, although he initially thought we were from Singapore. He started telling us about why he loved Singaporeans, but when we corrected him and told him we were Australians, he simply replaced Singaporeans with kangaroos and continued the same story.

The next morning, New Year's Eve, we boarded our tourist bus and headed to Sapporo City, where we would be staying for five nights. On the way, we stopped at the Makomanai Takino Cemetery, where we saw lots of giant statues and a huge stone Buddha. It was reminiscent of the large Buddhas in Thailand but made of stone.

Upon arriving at the Sapporo Grand Hotel, we immediately attended the first meeting for the Practice Management Conference at 2:00 PM, which was expertly organized by Dr. Stephen Hing. All of the topics were very interesting and relevant to both doctors and management staff, ranging from privacy matters to dealing with complaints against medical practitioners and how to appease upset patients.



Practice Management Conference
30 December 2022 – 4 January 2023
Scientific Program

Saturday 31 Dec		
Session 1		
2pm	Cultural Awareness	Dr Ken Ho
3pm	Protecting personal information in an online world	Dr Anita Lui
4pm	Complaints Against Medical Practitioners	Dr Dinh Nguyen
5pm	The Upset Patient Protocol	Dr Stephen Hing
Sunday 1 Jan		
Session 2		
9am	Payroll Tax Blunders	Dr Ken Wong
10am	Every doctor Needs a website	Dr Lynda Lee
11am	NDIS	Workshop
12md	Health Information Technology- what is it and what difference does it make?	Stephanie Kan
Session 3		
2pm	Maintaining Clear Sexual boundaries between Doctors and Patients	Dr Andrew Kan
3pm	Debt Recovery of Medical Payments	Mr Stanley Wang
4pm	Social Media and Professionalism	Dr Cynthia Chong
5pm	Medical Ethics	Dr Ken Ho
Monday 2 January	No Conference	Rest Day
Tuesday 3 January		
Session 4		
8am	Why do patients seek second opinions?	Dr Stephen Hing
9am	Criminal and Unprofessional Conduct during surgery	Dr Jeremy Hsu
10am	The Perils of Social Media (Miga)	Dr Lynda Lee
11am	Online reviews and Defamation	Dr Wei Luo

New Year's Eve and New Year's Day did not deter us hard-working conference attendees who were thirsty for the fresh and creamy Hokkaido milk of knowledge. The conference was made more exciting by the occasional talks from non-medical practitioners, such as Mr. Stanley Wang, a lawyer who taught us how to recover debt from patients, and Stephanie Kan, a biomedical engineer who introduced us to ChatGPT, even before it became a household name the following month.

If only we had bought shares there and then! Dr. Ken Ho's talk focused on the Japanese language and customs and emphasized the similarities but yet sometimes very stark differences between the Chinese and Japanese languages.

On January 2nd, we took a break and went on a tour of the chocolate factory, the Shirokobito Chocolate Park. It reminded us of Willy Wonka's chocolate factory, but the chocolate biscuits were much better than the golden ticket chocolate in the movie.

Over the week we enjoyed some wonderful food-including Shabu shabu, high end Chinese food (Japanese style) and a Genghis Khan BBQ buffet at the Asahi Beer factory.

All good things must come to an end. The fourth of January was the last day of the Practice Management Conference and although most of us would be continuing to the Meet the Expert Conference in Furano, some, like Dr. Eric Yip and his family, would be leaving us. It was with a heavy heart that we parted ways but warmed by the camaraderie of the previous few days. Arigatou gozaimasu!



12th Meet the Experts Conference

4-11th January 2023, Furano, Japan.

By Stephen Hing

This January, twenty-three people joined the Meet the Experts Conference at the New Furano Prince Hotel at the snow, in Hokkaido. We enjoyed listening to experts and sharing our experiences. Our conference room was on the 12th Floor with expansive views over the skifields and the city of Furano. The benefit of a small conference is that we all have the chance to ask questions of the experts, including Nim Pathma-Nathan on diverticulosis and bowel cancer, Andrew Kan on IVF, Ken Wong on weight loss, etc. This occurred in a friendly forum where nothing was taboo.

The welcome reception was very memorable due to a visit from some locals who painted their bellies and paraded for us, as they do every summer when thousands of citizens join a special celebration. Even some of our own group joined in!

On Sunday, we had a rest day from the conference and undertook a day excursion to Asahikawa, to visit the Zoo and the Museum, culminating in a delicious sukiyaki dinner at a centuries-old restaurant.

The Prince Hotel was up to ACMA standard - with the ski slope at the hotel door, a very nice, natural hot spring (onsen), a guest laundry, and a wonderful breakfast buffet, complete with an air blower to facilitate the donning of gloves. However the best feature of the conference were the friendly fellow ACMA members and their families, who made the whole week worthwhile.



ACMA Chinese New Year Dinner

By Wei Luo

On 28 January 2023, over 150 ACMA members celebrated the arrival of the Year of Rabbit with their families and friends. The evening started with the traditional Lion Dance with young performers. The baby lion, just over two years of age, became the night's favourite. Together with the other dancers, they brought happiness, good wishes and high spirits to the celebration. Members of ACMA - across all age groups, areas of interests and specialties - enjoyed the night with good food, and raised over \$1000, which was donated to the ACMA Charitable Trust. The night finished with lots of raffle prizes and we all marched from the Year of Tiger to the Year of the Rabbit with high spirits.



ACMA Young Bloods: "Welcome to 2023" hotpot

By Stanley Xue and Tally Zhuo

On Wednesday 1st February, ACMA Young Bloods held our first event for the year - our "Welcome to 2023" hotpot buffet at Hotpot City, Bankstown. Sponsored by MIGA, we had 41 attendees, including 14 medical students and 26 junior doctors. The event was a great success - everyone found the hotpot fantastic and there was a wide variety of seafood, meats, vegetables, mushrooms, tofu, fish balls, condiments, and drinks to choose from. It was a great way to catch up with old friends and meet new colleagues. The event provided a reminder for existing members to renew their membership and several non-members who attended applied to join ACMA during or after the event.



ACMA Young Bloods: CV Night

By Stanley Xue and Tally Zhuo

On Monday 27th March, ACMA Young Bloods held our second event for the year, which was a CV night at Burwood RSL. We had great attendance with 57 guests - including 7 panellists, 26 junior doctors, and 22 medical students. Our 7 amazing panellists were Dr Simon Luk (BPT at SESLHD), Dr Sarah Huang (Plastics/Burns Registrar at Westmead Children's Hospital), Dr Maybelle Hoon (General Surgery Registrar at Westmead Hospital), Dr Daniel Zhang (Vascular Surgery Registrar at Nepean Hospital), Dr Nathan Crabtree (Anaesthetics Registrar at Hornsby Hospital), Dr Shirley Mo (Psychiatry Registrar at NSLHD), and Dr Joy Leong (Paediatrics Registrar at Sydney Children's Hospital). The panellists' presentations were all very engaging with many useful CV tips shared. There was a Q&A session to address all the burning questions from the audience, and our attendees were able to chat with the speakers afterwards for further clarification and personal advice. CV night also provided an opportunity for 33 existing ACMA members to catch up. 9 non-ACMA members also attended the event and 8 new membership applications were received. The event was fully catered thanks to sponsorship by Medfin Finance. Thank you to all our panellists who volunteered their precious time for this event and a special thanks to Ms Larissa Lee and Dr Lucy Liu for assisting with registrations and photography.



Educational Reports

By Susan Chu

FEBRUARY:

Our first educational event for 2023 was well attended by 63 members including students and some partners. The topic was "The ABCs of a Biopsy Report" held at Crystal Palace Strathfield, and sponsored by Douglass Hanley Moir. The speaker, Prof Hedley Coleman, explained what makes an ideal biopsy sample - a flat specimen, in a formalin bottle (not normal saline), with minimal damage (e.g. from toothed forceps). In particular, he stressed the importance of attaching clinical notes to the specimen, including colour, shape and contour of the lesion. Prof Coleman also presented cases where diagnosis was more tricky, including examples of poorly taken specimens and diseases with similar appearances. Alongside the presentation, there was plenty of food to eat including Peking duck pancakes, oysters, king crab noodles, and prawns, with plenty of leftovers. Overall, it was a great talk. Key points included the importance of writing simple clinical notes, reading ALL of the pathology report (not just the conclusion) and that carefully excising the lesion would greatly assist the pathologist.



MARCH:

The March 16th educational event was held at The Palace Chinese Restaurant in the city. It was well attended by 54 doctor members and some partners. The topic was "Private Investment for Medical Professionals" and the event was kindly sponsored by Avari Capital Partners. The speaker was Mr Alan Liao (founder) and several members of his team who discussed investing in private loans for mostly commercial properties resulting in approximately 10% yield after commission. It was a definitely a different type of investment aimed for wholesalers (i.e. those who generate \$250,000 per annum) which excluded many of our young JMOs and registrars who were present that night! Overall, it was an interesting talk with some members interested in investing.



Annual Scientific Conference

2023

Saturday
30th Sept

To

Monday
2nd Oct

About The Program

There will be a paediatric theme for the conference this year.

Delegates will be able to do a CPR course, sufficient to meet RACGP requirements.

Childcare facilities will be available to enable delegates to participate in the conference.



Please save the date and plan to attend.

Accommodation reservations and conference registration will be available soon.

Sage Hotel
Wollongong

60/62 Harbour St,
Wollongong NSW



From the ACMA Archives

Paris 2012





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References: 1. Smith RC, et al. Australasian guidelines for the management of pancreatic exocrine insufficiency. Australasian Pancreatic Club, October 2015. Available at: <https://www.pancreas.org.au/resources> [Accessed January 2023]. 2. Sikkens EC et al. J Gastrointest Surg 2012; 16:1487-92. 3. Kuhlmann L et al. JOP J Pancreas (Online) 2018; 19(4):183-89. 4. Keller J et al. Gut 2005; 54(Suppl VI):vi1-vi28. 5. Creon® Product Information. 24 January 2022. 6. Ramesh H et al. Pancreatolgy 2013; 13(2):133-39.

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