

(I) TEACHING PROFILE

Postgraduate Supervision and Examination

Graduated Students

Graduated PhD students (Total: 2) Graduated M.Phil students (Total: 2)

PhD

Lo Kenneth (Full time **2014-18**) **Dietary Practice, Sleep Pattern and Childhood Obesity in Macao**

List of Presentations and Awards

Lo, K., Keung, V., Lee, A., and Tam, W. Irregular bedtime but not poor sleep quality associated with elevated body weight and waist circumference among Macao school students. 49th Asia-Pacific Academic Consortium for Public Health, Korea.

(Awardee of Yonsei Fund and Outstanding Oral Presentation Award)

Lo, K., Keung, V., Lee, A., and Tam, W. Changes in prevalence of cardiovascular risk factors among children and adolescents in Macao, China. 49th Asia-Pacific Academic Consortium for Public Health, Korea.

Sharon Lau (part-time from 2011-16). *Hand hygiene practice and the incidence of hand dermatitis: A cohort study among nursing students in Hong Kong*. Co-supervised with Professor LW Tian (Division of Occupational and Environmental Health, CUHK)

Law Pui-man, Michele (Full-time 2005-2009) Qualified Traditional Chinese Practitioner. Supervisor: Professor Albert Lee, Co-supervisor: Professor Antonio Chuh Thesis “*Understanding the role of diet on acne — from TCM perspective*” ***Has published 4 papers in peer reviewed journals by 2009 before submission of thesis***

Law PM., Chuh A., Molinari N., Lee A. An Investigation of the Association Between Diet and Occurrence of Acne: A Rational Approach from a Traditional Chinese Medicine Perspective. *Clinical and Experimental Dermatology* 2009; 35: 31-35.

Law PM., Chuh A., Molinari N., Lee A. Acne prevalence and beyond: acne disability and its predictive factors amongst the late Chinese adolescents in Hong Kong. *Clinical and Experimental Dermatology* 2009; 35; 16-21.

Law MPM, Chuh AAT, Lee A. Validation of a Chinese version of the Cardiff Acne Disability Index. *Hong Kong Med J* 2009;15:12-7

Law PM., Chuh A., Lee A. Practical Tips to Understand your Acne Patients. *Hong Kong Practitioner* 2006; 28: 1-5.

Chan Aileen (Part-time 2006-11 early completion) Now Assistant Professor of School of Nursing. *Evaluation of a Tai chi Qigong program on respiratory functions and activity*

tolerance in patients with Chronic Obstructive Pulmonary Disease. Supervisor: Professor Albert Lee

Awarded two competitive research grants and two journal publications before submission of thesis and Outstanding paper in conference presentation

Chan, A.W.K., & Lee, A. (2012). “*Tai chi Qigong improves physiological and psychosocial health in people with COPD: A single-blind, randomized controlled trial*”. *Outstanding paper presented in the 19th Annual Congress of Gerontology, organized by the Hong Kong Association of Gerontology, p.23-26, 2012.11.24. Outstanding paper*

Chan AWK., Lee A, Suen LKP., Tam WWS. Effectiveness of a Tai chi Qigong program in promoting health-related quality of life and perceived social support in chronic obstructive pulmonary disease (COPD) clients. *Quality of Life Research* 2010; 19(5): 653-664

Chan AWK, Lee A, Suen LKP, Tam WWS. Tai chi Qigong improves lung functions and activity tolerance in COPD clients: A single blind, randomized controlled trails. *Complementary Therapies in Medicine* (2011) 19, 3-11

M.Phil

Keung Mei-wan, Vera, now Health Promotion Officer of Centre for Health Promotion and Health Education of the Chinese University of Hong Kong.

Thesis: “*Improving Healthy Eating in Hong Kong: A School Based Nutrition Education Model for Enhancing Healthy Eating Habits in Schools*”. (CUHK MPhil Thesis). 2003.11.07

Has contributed a lot of school based obesity projects.

Lee A., Ho M., **Keung V.** Global Epidemics of Childhood Obesity is hitting a quiet corner in Asia: Case study in Macao. *International Journal of Paediatric Obesity* 2011; 6 (2-2): e252-e256

Lee A., Ho M., **Keung V.** Healthy Setting as an ecological model for prevention of childhood obesity. *Research in Sports Medicine: An International Journal* 2010; 18 (1): 49-61

Lee A, and **Keung MW.** Epidemics of Childhood Obesity amongst Chinese students and effectiveness of school based intervention. *Health Education Monograph Series*, 2012; 29(1): 37-46.

Lee A. **Keung MW,** Cheung G. Compensation of high energy density food consumption among pre-school children leading to sub-optimal intake of recommended food groups: Case study in Hong Kong. *Public Health* 2012; 127: 182-185.

SIU Hon Kei, Sam (part-time completed in 2011). *What kind of family physicians that patients want?*. Published 1 paper in 2010

Lee A., Siu S., Lam T., Tsang KK., Kung K. Li PKT. The Concepts of Family Doctor and the Factors Affecting choice of Family Doctors among Hong Kong People. *Hong Kong Medical Journal* 2010; 16(2): 106-15.

Current Students

Current PhD Students (Total: 1)

PhD

Suria Suet-yea Kong (Part-time 2011-) *Comparative study of the learning and teaching of Health Literacy in Health Promoting School and non-Health Promoting School*. Invited to co-supervise with Dr. Tammy Kwan of Faculty of Education, University of Hong Kong by invitation as I am identified as scholar with most expertise in Health Promoting School in Hong Kong

Recent awards by other Master students

Visiting postgraduate (Erin Armstrong ID 115501405), recipient of a **2011 Prime Minister's Australia Asia Award** conducting research at Centre on 'Secondary school staff and student perspectives on health promoting schools in Hong Kong' Oct 2011 to Oct 2012

MPH project on teachers' wellbeing by Kevin Ling, student ID 1155002148 awarded **OSH Student Research Scholarship** 2011 organised by the Occupational Safety & Health Council (OSH), and also the **OSH Best Project Award** "More than stressed out: Burnout among secondary school teachers in Hong Kong".

Other contributions

My greatest achievement in teaching is development of various programmes first time in Hong Kong and also not many similar programmes in other parts of the world. The contents of those programmes have been taken reference by other institutions locally and overseas for programme development and I have been extensively involved in external assessment of newly developed academic programmes locally and overseas.

Course Format/ Delivery of teaching

- Small-group teaching- Consulting skills
- Lecture using a case discussion format
- Joint FM-Paediatrics Grand Ground

The basic principles of ethics can be summarized under

- Respect for autonomy
- Non-maleficence (no harm)
- Beneficence

- Justice (fair and equitable)

Topics to be covered

- Truth-telling/ breaking the bad news
- Dealing with clinical errors
- Family vs patient-centred decision-making
- Confidentiality/Disclosure to third parties
- Taking a sexual history
- **Year 5 Ethical issues in Everyday Family Practice during the module of Community and Family Medicine**

1. Developing Year 5 Ethical issues in Everyday Family Practice during the module of Community and Family Medicine 2019 onward

The basic principles of ethics can be summarized under

- *Respect for autonomy*
- *Non-maleficance (no harm)*
- *Beneficence*
- *Justice (fair and equitable)*

Course Format/ Delivery of teaching

- *Small-group teaching- Consulting skills*
- *Lecture using a case discussion format*
- *Joint FM-Paediatrics Grand Round*

Topics to be covered

- *Truth-telling/ breaking the bad news*
- *Dealing with clinical errors*
- *Family vs patient-centred decision-making*
- *Confidentiality/Disclosure to third parties*
- *Taking a sexual history*

2. Leader of new Top up B.Sc Degree programme in Community Health Practice funded by block grant (starting in 2013)

The global triple burden of health: epidemics of non-communicable diseases, re-emergence of communicable diseases and mental health calls an urgent need to have another level of health practitioners bridging between the highly skilled professionals (doctors, nurses, other allied health professionals) and auxiliary staff (health care assistants). The society needs a group of health practitioners with sound mind and knowledge on general health issues to care patients in community for early intervention of risk factors and intensive care co-ordination to minimise hospital admission as far as possible. Graduates of this two-year full-time top up Bachelor

of Science would meet the emerging needs of contemporary society. My experience in developing community services by translating medical knowledge to public education in empowering the community to advocate for policies changes meeting their needs has helped the junior academic staff in developing and delivering this new programme.

3. Train the Trainer for medical education in Family Medicine

Despite extensive evidence showing the cost effectiveness of primary health care and the significant role of family physicians, the development of family medicine in Hong Kong has not advanced at the same wavelength as other developed countries. Not only we are short of academics in family medicine, there is also problem of translation of knowledge into real clinical setting because of dual health care system in Hong Kong. With my background experience in different types of family medicine practices (public ad private, solo and group) and involvement in development of vocational training and assessment in family medicine, I have adopted the 'train the trainer' approach in both public and private sectors to strengthen medical education in family medicine with limited resources during early years.

By providing clinical supervision and training for FM residents in public setting, not only train up a substantial pool of young doctors as qualified family physicians and also expand teaching sites to different FM clinics territory wide with many of my former trainees now taking up senior positions in different FM clinics in HK. One cannot ignore the education opportunities in private sector as it accounts for 70% of primary medical care. I make use of the CUHK Diploma in Family Medicine (DFM) upgraded to Master (MFM) in 2003 as enrichment programme for primary care physicians in practice without formal FM training. Substantial numbers have later obtained higher professional qualifications. This approach has made use the double edges of the sword to enable quality assurance of medical education in FM meeting the standard as well as the needs of community

The success of the programme has inspired our colleagues in Macao and Mainland China to invite us to provide structured training and continuing professional development for their primary care physicians. Currently both MFM and DFM are quotable qualifications by Hong Kong Medical Council. Holders of DFM would be considered for exemption for Monash University MFM and vice versa I have edited two textbooks in family medicine and contribute 18 chapters for textbooks related to family medicine and primary care. I have contributed cases for both undergraduate and postgraduate examinations in family medicine and act as external examiner for other universities as well as examiner for Conjoint Fellowship examination of both

Hong Kong and Australian academic colleges.

4. Clinical teaching in Family Medicine

I participated in senior management of clinical services in primary care to develop better clinical teaching facilities for students. In 1999, I was appointed as Honorary Consultant in Family Medicine of Kwong Wah Hospital with over 1,000 beds and one of the oldest public General Out-patient Departments in Hong Kong with attendance over 600 patients daily but the design was very primitive mainly for episodic care. My task was to upgrade the Medical centre as recognized training centre in family medicine so the patients would receive comprehensive and holistic care. I trained the Head of the department to become specialist in family medicine and worked along with her to supervise the new residents and professional development programme for the older generation of doctors to upgrade their skills. The Centre is now well equipped for teaching and training family medicine at both undergraduate and postgraduate level.

In 2004, I was appointed to become the Consultant i/c of Lek Yuen Health Centre of similar scale and past history. The job required the Consultant in charge transferring his clinical skills to the juniors to evolve a team of experienced specialist residents in case management and some later became associate consultants/consultants. Some of them are our own alumni and a new generation of well qualified teachers in family medicine is now in place.

5. Development of Health Education and Health Promotion postgraduate programmes meeting the needs of different sector

I first started a Professional Diploma programme then upgraded to Master degree programme and graduates include leaders of different sectors such as Head of Nursing services at Department of Health, President of Hospital Pharmacists Association, school principals, education officers/lecturers, and some graduates are now pursuing doctoral study. Some of the modules have been used for leadership training for Health Promoting Schools and Health Promotion in general at international level, e.g., WHO, overseas academic institutions and professional bodies. The modules have also been used to develop a structured training programme for school health professionals in Macao.

6. Development of inter-disciplinary Primary Health Care Programme

With support of a grant from Professional Services Development Assistance Scheme (operated by Trade and Industry Bureau of Hong Kong SAR Government), I developed first of its kind a professional diploma programme for multi-disciplinary

education on Primary Health Care for health care professionals. The ultimate aim was to enhance the development of an integrated primary health care system with trans-disciplinary approach. The skills of primary care practitioners can be enhanced as case managers in primary health care. A Professional Association for Primary Care Practitioners was established. Two conferences were organised resulting a special journal issue on primary care.

7. Development of new Senior Secondary School Subject: Health Management and Social Care (HMSC)

The aim of curriculum is to nurture students as reflective, responsible and caring citizens who will be able to:

- lead and promote a healthy lifestyle for the well-being of the communities and society
- analyze and evaluate actions / strategies of health and social care issues from different perspectives
- work out constructive solutions for health and social care issues

I served as Chairman of HMSC Committee since inauguration in 2004 and haven instrumental in curriculum framework, design of assessment, professional development for teachers, development of learning resources and enrichment courses. I have also been leading the team to brief key stakeholders about this course including academic institutions, health and social care sectors, parents, education leaders and schools managers. We now have students entering different university programmes including, medicine, nursing, social work, education, public health.

Appendix 1 Teaching activities (Professor Albert Lee)

(1) Undergraduate

Medical Year IV

Course development

- Medico-legal and ethical issues in family practice (2014-)
- Population approach to tackle health burden (2014-)
- Patient self-management and Health Promotion in Family Practice (2009)
- Diagnostic process and clinical problems solving in Family Practice (2002-)
- The principle and practice of health education (2000-09)
- Problems encountered in primary health care (2000-08)
- Community Based Rehabilitation: The role of family physicians (1999-2009)
- The role of primary care physicians in the health care delivery system (from 1999-2008)
- Primary care management of children and adolescents problems in the community (1996-)
- New examination format of CUHK Part I Third Professional Examination (end of Year IV examination integrating disciplines of Community and Family Medicine, Paediatrics, Obstetrics and Gynaecology, Psychiatry) with simulated patient consultation (2003)
- Co-ordinator of undergraduate Family Medicine curriculum (1996-1998)

Medical Year 1

Co-ordinator, Panel of Health and Society (2004-2010) (also General Education Course open to non-medical students)

Course Development

Social Aspect of Medicine: Drug compliance and doctor shopping, Lecture and seminar (since 2001)

Behavioural change (2008-)

Disease Prevention and Health Promotion (2008-)

Clinical method teaching: heart failure, hypertension and chest pain (2001-2)

Medical Year II since 2002

Communication skills: The agenda of doctors and patients

Medical Year III since 2003

Course development

Promotion of musculoskeletal health for elderly (2006-08)

Screening of Cervical Cancer (2002-7)

General Education Course

Course Co-ordinator of GE course: Healthy Living into 21st century from September 2002 until 2005. UGD 294

Programme Advisor (leader in 2013-14 during inauguration) of B.Sc in Community Health Practice (*new CUHK programme first time in Hong Kong from 2013*)

B.Sc Public Health (new CUHK programme first time in Hong Kong)

Module development and course leader

Lifestyle and Health (3 units), 2010-11

Health Promotion in Practice (3 units) 2011-

(2) Postgraduate:

Course Director of Master of Family Medicine (first time in Hong Kong) (2003-07), Master of Science in Health Education and Health Promotion since 2001 (first time in Hong Kong) and Professional Diploma in Health Promotion and Education (first time in Hong Kong) 1999-2008. Development of postgraduate training programme for practicing family physicians in Macao by adopting part of the Master of Family Medicine.

Development of Programme for training School Health Professional in Macao 2010 for Macao University of Science and Technology (153 hours of teaching activities)

- Planning and evaluating health education program
- Implementation of School Health Promotion
- Basic management of common acute illness in school setting
- Care for students with chronic conditions in school setting
- Management of crisis situation
- Counseling for student with special needs
- Periodic health screening for students at different age and related preventive service

Short course for Adolescent Health

- Understanding the complexity of transition from children to adult and the impact of physical, psychological, social, cultural, spiritual and political factors on adolescent development.
- Communication and consultation with adolescents and their parents
- Assessment of adolescents and identification of reasons for consultation and hidden agenda

- Early detection of mental health problems, diagnostic approach and management in primary care

Major Module development since 2003 (1 unit= 13 contact hours)

- Healthy Setting, Master of Public Health/M.Sc in Health Education (2 units) 2008
- Planning and Research in Health Promotion, M.Sc in Health Education (3 units) 2001 and revised in 2008
- Challenges of Non-communicable diseases in health promotion M.Sc in Health Education (2 units)
- Family Health, M.Sc in Health Education (2 units) 2006
- Child and Adolescent Health, Master of Family Medicine/ M.Sc in Health Education (2 units) 2004
- Research in Family Medicine, Master of Family Medicine (2 units) 2004
- Preventive Medicine, anticipatory care, and Behaviour change, Master of Family Medicine (1 unit) 2005

Major Teaching Topics for various programmes including structured Continuing Medical Education (CME) programme since 2003

Critical Appraisal on Diagnostic Tests **Master of Family Medicine, M.Sc in Health Education and Health Promotion**

Critical Appraisal on Therapy **Master of Family Medicine , M.Sc in Health Education and Health Promotion**

Epidemiology: Concepts and Principles **Master of Family Medicine , M.Sc in Health Education and Health Promotion**

Consultation process and problems solving **Master of Family Medicine**

Applying evidence for chronic illness management **Master of Family Medicine**

Epidemiology and patient care **Master of Family Medicine**

Epidemiology and community care **Master of Family Medicine**

Surveillance system and Use of Routine Data **Master of Family Medicine**

Helping people to change unhealthy lifestyle **Master of Family Medicine, Postgraduate Diploma in Primary Care, M.Sc in Health Education and Health Promotion**

Preventive medicine for Family Physicians **Master of Family Medicine**

Anticipatory care **M.Sc in Health Education, CME for Family Medicine**

Principles and concept of health education and health promotion **M.Sc in Health Education and Health Promotion**

Models of Health Education and Health Promotion **M.Sc in Health Education and Health Promotion, Master of Public Health**

Evaluation of health education and health promotion **M.Sc in Health Education and Health Promotion, Master of Public Health**

Outcome measurement of health education and health promotion **M.Sc in Health Education and Health Promotion, Master of Public Health**

Social development indicators **M.Sc in Health Education and Health Promotion**

Socio-economic determinants of health **M.Sc in Health Education and Health Promotion**

Professionalism of health educators **M.Sc in Health Education and Health Promotion**

Concepts of Healthy Cities and Development of City health profile **M.Sc in Health Education and Health Promotion**

The role and responsibility of health educators **M.Sc in Health Education and Health Promotion**

Health educators as resource persons **M.Sc in Health Education and Health Promotion**

Criteria of Safe and Healthy Community **M.Sc in Health Education and Health Promotion**

Criteria of Health Promoting School **M.Sc in Health Education and Health Promotion**

Healthy City and Quality Primary Health Care **M.Sc in Health Education and Health Promotion**

Analysis of determinants of health and creation of city health plan **M.Sc in Health Education and Health Promotion**

Setting approach to promote health **M.Sc in Health Education and Health Promotion**

Health Promoting School and Quality Education **M.Sc in Health Education and Health Promotion**

The role of Family Physicians in school health **Master of Family Medicine**

Ethical dilemma in family practice, **Diploma and CME in Family Medicine**

Common Childhood problems in family practice **Diploma and CME in Family Medicine**

Preventive guidelines for adolescents **Diploma and CME in Family Medicine**

Problems arising from special sense organs in family practice **Diploma and CME in Family Medicine**

Principles of Family Medicine **Diploma and CME in Family Medicine**

Intern Practice Tips Workshops:

Since 1998 How to establish a clinical practice and clinic financial system?

2004, 2007 Management of Chronic illnesses in community setting.

Updated in May 2019