

- Qualification(s) RN, BN (Hons), MSc, PhD
- Title Research Assistant Professor
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- Link of personal page (if any) Nil
- Academic Appointments (if any)

Associate Director, S.H. Ho Centre for Digestive Health, Institute of Digestive Disease, CUHK
 Manager, CUHK Jockey Club Multi-Cancer Prevention Program, JC School of Public Health, CUHK

- **Biography**

Dr Thomas Lam is a registered nurse specialised in endoscopy and cancer screening. He obtained his Bachelor of Nursing, followed by MSc in Gastroenterology and PhD in Medical Science at the Chinese University of Hong Kong. His research interest lies at the utilization of Digital Health technologies to improve healthcare delivery. His research contributions have been to design strategies of using Short Message Service (SMS) and mobile messenger (WhatsApp) to improve adherence and quality of colorectal cancer screening. He has recently broadened his interest to big data science. His research track record is exemplified by his authoring of over 40 research articles, including some published in top journals in Gastroenterology / Hepatology and Primary Health Care. He has also received the Young Investigator Award in the Digestive Disease Week for his research excellence.

- **Research Interests (point form is preferred)**

- Digital health
- Cancer screening
- Endoscopy nursing
- Big data science

- **Recent Funded Research Projects (if any)** Co-investigator, The risk of advanced neoplasia within subcentimetric polyps detected in colorectal cancer screening participants in Chinese populations: a multi-centre colonoscopy study, RGC Ref no. 14110919, Research Grants Council (RGC), General Research Fund (GRF), HKD\$1,073,446

- **Selected publications**

1. Sung JY, Luk AKC, Ng SSM, Ng ACF, Chiu PKF, Chan EYY, Cheung PSY, Chu WCW, Wong SH, **Lam TYT** and Wong SYS (2021). Effectiveness of One-Stop Screening for Colorectal, Breast, and Prostate Cancers: A Population-Based Feasibility Study. *Front. Oncol.* 2021; 11:631666. doi: 10.3389/fonc.2021.631666
2. **Lam TYT**, Wu PI, Tang RSY, et al. Mobile messenger-initiated reminders improve longitudinal adherence in a community-based, opportunistic colorectal cancer screening program: A single-blind, crossover randomized controlled study. *Cancer.* 2020. doi: 10.1002/cncr.33336.
3. **Lam TYT**, Hui AJ, Sia F, et al. Short Message Service reminders reduce outpatient colonoscopy nonattendance rate: A randomized controlled study. *J Gastroenterol Hepatol.* 2020. doi: 10.1111/jgh.15218.
4. Nakatsu G, Zhou H, Wu WKK, Wong SH, Coker OO, Dai Z, Li X, Szeto C, Sugimura N, **Lam TYT**, et al. Alterations in Enteric Virome Are Associated With Colorectal Cancer and Survival Outcomes. *Gastroenterology.* 2018;155(2):529-41 e5.
5. Wong SH, Kwong TNY, Chow TC, Luk AKC, Dai RZW, Nakatsu G, **Lam TYT**, et al. Quantitation of faecal Fusobacterium improves faecal immunochemical test in detecting advanced colorectal neoplasia. *Gut.* 2017;66(8):1441-8.
6. Hui AJ, Lau JY, Lam PP, Chui AO, Fan AS, **Lam TY**, et al. Comparison of colonoscopic performance between medical and nurse endoscopists: a non-inferiority randomised controlled study in Asia. *Gut.* 2015;64(7):1058-62.
7. Wong MC, Ching JY, Chan VC, **Lam TY**, Shum JP, Luk AK, et al. Diagnostic Accuracy of a Qualitative Fecal Immunochemical Test Varies With Location of Neoplasia But Not Number of Specimens. *Clin Gastroenterol Hepatol.* 2015;13(8):1472-9.

8. Ng SC, Ching JY, Chan VC, Wong MC, Tang R, Wong S, Luk AK, [Lam TY](#), et al. Association between serrated polyps and the risk of synchronous advanced colorectal neoplasia in average-risk individuals. *Aliment Pharmacol Ther.* 2015;41(1):108-15
9. Wong MCS, [Lam TYT](#), Tsoi KKF, Hirai HW, Chan VCW, Ching JYL, et al. A validated tool to predict colorectal neoplasia and inform screening choice for asymptomatic subjects. *Gut.* 2014;63(7):1130-6.
10. Ng SC, [Lam YT](#), Tsoi KK, Chan FK, Sung JJ, Wu JC. Systematic review: the efficacy of herbal therapy in inflammatory bowel disease. *Aliment Pharmacol Ther.* 2013;38(8):854-63.