



香港精神科醫學院

The Hong Kong College of Psychiatrists Ltd.

Website: <http://www.hkpsych.org.hk/>

Email: hkpsych@hkam.org.hk

Newsletter #3-2013

15 July 2013

Dear Fellows, Members, Inceptors and Affiliates,

I. 2013 Honours List

The Government announced this year's Honours List on 1 July 2013. **Dr Pan Pey-chyou** has been awarded the Bronze Bauhinia Star (BBS) for his meritorious public and community service, particularly his contribution to the provision of services to the elderly and promotion of quality medical service.

Congratulations to Dr Pan.

II. Dublin Declaration

The College received a Dublin Declaration from the European Federation of Associations of Families of People with Mental Illness (EUFAMI) for your information and perusal. A copy of the Dublin Declaration is attached in this newsletter for members' reference.

III. College Research Grant 2013/14

The College has set up a mini-research grant to support young fellows, who attained the College fellowship for not more than five years, to conduct locally oriented research projects in agreed aspects. A working group has been set up to vet applications. The amount of grant normally does not exceed HK\$100,000, with an expected duration of project of not more than two years. The Principal Investigator of the project, if successful, will be the grant holder. Guidance note and the application form for this mini-research grant are available online. Please visit the College website at http://www.hkpsych.org.hk/index.php?option=com_docman&Itemid=221 for details.

Completed application form should be submitted to the **College Secretariat:**

**Room 906, 9/F, Hong Kong Academy of Medicine Jockey Club Building,
99 Wong Chuk Hang Road, Aberdeen on or before 30th September 2013.**

Applications received after the closing date will not be considered. Funding results will be announced in early December 2013.

For enquiries, please contact Ms Sabrina Hung at hkpsych_eo@hkam.org.hk.

IV. Announcement from The Board of Examiners **External examiner of the year-end Fellowship Examinations 2013:**

There will be two external examiners for the year-end Fellowship Examinations 2013. They are **Dr. Teifion Wynne Davies** who is currently senior lecturer at the Institute of Psychiatry, King's College, University of London, UK, invited through the Royal College of Psychiatrists of the United Kingdom; and **Dr. Melissa Jane Corr** who is currently senior staff specialist psychiatrist in the Consultation/Liaison Psychiatry Unit of the Royal Prince Alfred Hospital, Australia, invited through the Royal Australian and New Zealand College of Psychiatrists. Both of them will take part in Part

II clinical examinations (Patient Management Problems and Individual Patient Assessment) and Part III examination.

HKCPsych Part III guide

The “General Guidance to Candidates” sitting the HKCPsych Part III Fellowship examination has been updated and posted on the College website:

http://www.hkcppsych.org.hk/index.php?option=com_content&view=article&id=19&Itemid=303&lang=en

The major revisions are the timeframe for submission of changes for Part III project protocol and the applicable administrative fee for each application of change. This updated Guidance is applicable to candidates who wish to submit Part III protocol in 2014 for sitting the HKCPsych Part III examination in 2015.

V. News from Scientific Committee

There will be a half day seminar on Reverse Mortgage – Enduring Power of Attorney and Part II Order for Mentally Incapacitated Persons – Role of Legal and Medical Practitioners on 28 July 2013 (Sun) from 2:00 p.m. to 5:30 p.m. It will held at Auditorium (Room 5608), The Hong Kong Monetary Authority, 56th Floor, Two International Finance Centre, 8 Finance Street, Central, Hong Kong (access via 55th Floor). It is open to all College fellows, members and inceptors, and invitation has been sent out by email. We urge interested participants to register early as seats are very limited. For registration or enquiries, please email to Ms Janice Ng at hkcppsych_ea@hkam.org.hk or call 2871-8776.

Thank you for your attention.

Dr. WH CHEUNG
Honorary Secretary
The Hong Kong College of Psychiatrist



Dublin Declaration*



EUFAMI's vision for the future for families

All families and persons affected by mental ill health should at all times be afforded equal rights, entitlements and opportunities that are available to any other member of civil society and should be empowered to participate in the community in which they live.

The role of families

- The central role and rights of family members in the care and treatment of people with mental ill health should be fully acknowledged and provided for throughout Europe. Family carers should be acknowledged as equal partners with professional staff and the person with mental ill health in decisions relating to the planning and delivery of treatment and care.
- Families and individual family members have a right to choose and define the role they are willing and able to play. This must include the right not to be involved directly with their relative's care, or to be involved in planning services, campaigning and monitoring services.
- Families should not be discriminated against or held responsible legally or financially for their family member directly affected by mental ill health. State mental health care should be adequate to enable family members of people with mental illness to make their choice without any feelings of personal guilt.

The needs of families

- The needs of families and carers themselves for support and understanding should be recognised and fully provided for by the state authorities. Families should have a right to the opportunity to state their emotional, practical and financial needs so that they can be empowered to acquire the necessary coping skills to fulfil their caring role.
- Families need to be cared for to ensure that their own physical and mental health is well maintained and supported. Evidence exists widely to show that this is not happening and that family member's health suffers. Depression amongst families is increasing and much is going un-diagnosed. Families should be provided with a statement of their own needs on a routine basis, with written records of these needs, and continuing assessment. Plans for meeting identified needs should be implemented and audited.
- The need for families and carers to recover from the experience and trauma of mental illness must be formally recognised and services provided to help them with their own recovery.

Public Authorities and statutory service providers

- Resources must be made available to meet those needs to enable family carers to carry out their role effectively. This may involve costs of training, counselling or other emotional help, providing information and financial help (for respite breaks, and travel costs to visit their relative)



Dublin Declaration*



- Such resources should be available to meet the family's needs, over time, in a planned way. They may include factual information, training in new skills (identifying signs of relapse, communication and problem-solving skills), support for themselves, e.g. counselling, advocacy, and support for self-help carer groups, help lines, peer support (carer to carer), respite, or help with identifying their role.
- Legislators and statutory service providers must be proactive in providing evidence-based family intervention services. They should not leave this to voluntary groups. The evidence for family interventions has been available now for thirty years, and it is negligent that these approaches are not yet widely available.
- The development of Comprehensive Community based services is seen as both essential and desirable if recovery is to be a realistic possibility. However, it is imperative that mental health care services provide the services outlined above to family members so that they can carry out frontline care, which is essential as a consequence of community care, more effectively. The sharing of information on the wellbeing of the person affected by mental ill health is essential.

** The Dublin Declaration was unanimously endorsed by delegates attending EUFAMI's special European Family Conference held in Dublin, Ireland on Friday, 24th May 2013 to mark the 20th Anniversary of the founding of EUFAMI under the patronage of his Excellency, Michael D Higgins, President of Ireland. The Conference was officially opened by Ms Kathleen Lynch, Minister of State with responsibility for Mental Health. Dr Tonio Borg, EU Commissioner for Health and Consumer Affairs also addressed the delegates, who numbered 190 from 21 European countries.*