

# MSc in Endocrinology, Diabetes and Metabolism 2019-21

## Tentative Timetable

### MEDM5101 Diabetes Management & Education I

#### Symposia

(To be held on Saturdays afternoon)

Overview of the diagnosis and management of diabetes mellitus with particular emphasis on the application of knowledge and acquisition of practical skills

Course Ref Code	Date 2019	Time	Description	Venue Code
DM1S1	Sep 7	<b>Glucose homeostasis and diabetes – an overview</b>		PSR1
		14:00-15:00	Glucose homeostasis and insulin actions	
		15:00-16:00	Diagnosis and classification of diabetes	
		16:15-17:15	Monitoring of diabetes management	
DM1S2	Sep 21	<b>Practical diabetes management (1)</b>		PSR1
		14:00-15:00	Exercise in diabetes management	
		15:00-16:00	When to use oral agents and which one?	
		16:15-17:15	Hypoglycaemia, hyperglycaemia and sick day management	
DM1S3	Oct 12	<b>Practical diabetes management (2)</b>		PSR1
		14:00-15:00	When and how to use insulin?	
		15:00-16:00	Intensive insulin therapy and other injectable therapies in diabetes	
		16:15-17:15	Therapeutic diabetes education	

#### Interactive Workshops – Practical Management

(To be held on Saturdays afternoon)

Case studies, interactive discussions and practicals are used to demonstrate the principles of diabetes management

Course Ref Code	Date 2019	Time	Description	Venue Code
DM2W1	Oct 5	14:00-19:00	<b>Dietary management in diabetes</b>	PSR1
			<b>From diagnosis to management</b> <ul style="list-style-type: none"> <li>• What is the best test to diagnose diabetes</li> <li>• The phenotypic heterogeneity of diabetes</li> <li>• The multi-faceted nature of diabetes management</li> </ul>	PSR1
DM2W2	Nov 9	14:00-19:00	<b>Meal planning and weight management - from theory to practice</b> <ul style="list-style-type: none"> <li>• Elderly type 2 diabetic patients</li> <li>• Patients with obesity, metabolic syndrome and cardiovascular or renal complications</li> <li>• Non-obese insulin-treated type 2 diabetic patients</li> </ul>	PSR1

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### Clinical Attachments

A series of clinical attachments for students to gain in-depth understanding of the complexity and multi-disciplinary nature of diabetes management and education

Course Ref Code	Date	Time	Topic	Venue Code
DM3C1		<u>TBC</u>	Therapeutic diabetes education programme	PSR1
DM3C2		<u>TBC</u>	Insulin injection education programme	P3LW
DM3C3		<u>TBC</u>	Continuous glucose monitoring and new devices	PSR1/ PSR3
DM3C6		<u>TBC</u>	Shared care and quality assurance - risk factors and complication assessment	TBC

Clinical attachments (3 hours each) will be held on weekdays from November 2019 to February 2020, schedule to be confirmed and only one session to be selected for each topic. The allocation of dates is on a first-book-first-serve basis. The timetable is subject to change without prior notice. Medium of instruction is Cantonese and English. However, patients normally speak in Cantonese.

### Venue Code

PSR1 :	Seminar Room 1, 2/F, Lui Che Woo Clinical Sciences Building, Prince of Wales Hospital, Shatin, NT
P3LW :	Diabetes and Endocrine Centre, Ward L, 3/F, Day Treatment Block and Children Wards, Prince of Wales Hospital, Shatin, NT
PSR3 :	Seminar Room 3, 1/F, Postgraduate Education Centre, Prince of Wales Hospital, Shatin, NT

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## MEDM5102 Diabetes Management & Education II

### Symposia

(To be held on Saturdays afternoon)

Overview of the diagnosis and management of diabetes mellitus with particular emphasis on the application of knowledge and acquisition of practical skills

Course Ref Code	Date	Time	Description	Venue Code
DM1S4	2019 Nov 16	<b>Diabetes management in special situations</b>		PSR1
		14:00-15:00	Obesity	
		15:00-16:00	Management of diabetes and pregnancy including gestational diabetes	
		16:15-17:15	Childhood diabetes	
		17:30-18:30	<b>MEDM 5101 In-class MCQ Paper Exam</b> (20 questions on DM1S1, DM1S2, DM1S3, DM2W1 and DM2W2)	
DM1S5	Nov 30	<b>Diabetic comorbidities (1)</b>		PSR1
		14:00-15:00	Dyslipidaemia and hypertension	
		15:00-16:00	Cardiovascular complications of diabetes	
		16:15-17:15	Renal complications of diabetes	
DM1S6	2020 Jan 11	<b>Diabetic comorbidities (2)</b>		PSR1
		14:00-15:00	Autonomic neuropathy	
		15:00-16:00	Retinopathy	
		16:15-17:15	Other comorbidities	

### Interactive Workshops - Practical Management

(To be held on Saturdays afternoon)

Case studies, interactive discussions and practicals are used to demonstrate the principles of diabetes management

Course Ref Code	Date	Time	Description	Venue Code
DM2W3	2019 Dec 14	14:00-19:00	<b>Practical aspects of insulin treatment</b> <ul style="list-style-type: none"> <li>• How to give insulin injection</li> <li>• How to adjust insulin dosages in the ambulatory and in-patient settings</li> <li>• Common pitfalls</li> </ul>	PSR1
DM2W4	2020 Jan 4	14:00-19:00	<b>Diabetes self management</b> <ul style="list-style-type: none"> <li>• Practical aspects of self monitoring and its interpretation</li> <li>• Sick day management</li> <li>• Management of hypoglycemia</li> </ul>	PSR1
DM2W5	Jan 18	14:00-19:00	<b>Quality diabetes care</b> <ul style="list-style-type: none"> <li>• Prevention of diabetic complications</li> <li>• Translating evidence to clinical practice</li> <li>• Quality diabetes care through teamwork</li> </ul>	PSR2

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### **Clinical Attachments**

A series of clinical attachments for students to gain in-depth understanding of the complexity and multi-disciplinary nature of diabetes management and education

<b>Course Ref Code</b>	<b>Date</b>	<b>Time</b>	<b>Topic</b>	<b>Venue Code</b>
DM3C8	<u>TBC</u>		Weight Management	PSR3
DM3C9	<u>TBC</u>		Education on meal planning	PSR3
DM3C10	<u>TBC</u>		Foot care in diabetes	PSR3
DM3C11	<u>TBC</u>		Gestational diabetes	PO&G

Clinical attachments (3 hours each) will be held on weekdays from October 2019 to February 2020, schedule to be confirmed and only one session to be selected for each topic. The allocation of dates is on a first-book-first-serve basis. The timetable is subject to change without prior notice. Medium of instruction is Cantonese and English. However, patients normally speak in Cantonese.

### **Venue Code**

PSR1 :	Seminar Room 1, 2/F, Lui Che Woo Clinical Sciences Building, Prince of Wales Hospital, Shatin, NT
PSR2 :	Foyer, G/F, Postgraduate Education Centre, Prince of Wales Hospital, Shatin, NT
PO&G :	Department of Obstetrics and Gynaecology, 2/F, South Wing, Li Ka Shing Specialist Clinic, Prince of Wales Hospital, Shatin, NT
PSR3 :	Seminar Rooms 3, 1/F, Postgraduate Education Centre, Prince of Wales Hospital, Shatin, NT

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**MEDM6101 Diabetes Management & Education III**

**Clinical Attachments**

A series of clinical attachments for students to gain in-depth understanding of the complexity and multi-disciplinary nature of diabetes management and education

Course Ref Code	Date	Time	Topic	Venue Code
DM3C12		<u>TBC</u>	Diabetes eye clinic	TBC
DM3C13		<u>TBC</u>	Diabetic nephropathy clinic	P3MW

Clinical attachments (3 hours each) will be held on weekdays from November 2019 to February 2020, schedule to be confirmed and only one session to be selected for each topic. The allocation of dates is on a first-book-first-serve basis. The timetable is subject to change without prior notice. Medium of instruction is Cantonese and English. However, patients normally speak in Cantonese.

**Interactive Workshops – Research Methodologies and Treatment with Clinical Practice**

(To be held on Saturdays afternoon)

To gain an in-depth understanding of diabetes research and its relevance to clinical management

Course Ref Code	Date 2020	Time	Description	Venue Code
DM4D1	Feb 15	14:00-18:00	<b>Research methodologies illustrated with local examples and practical sessions using locally relevant databases</b> <ul style="list-style-type: none"> <li>• Hypothesis testing</li> <li>• Sample selection and power calculations</li> <li>• Study design (descriptive, case control, cross sectional, prospective, randomized controlled studies)</li> <li>• Relative and absolute risk reduction, odds ratio, number needed to treat</li> <li>• Intention to treat versus ‘per protocol’ analysis</li> </ul>	PCLP
DM4D2	Feb 29	14:00-18:00	<b>Statistical analysis made easy – a diabetologist’s perspective</b>	PSR1
DM4D3	Mar 7	14:00-18:00	<b>Critical appraisal of landmark studies in diabetes (diagnosis, harm, prognosis and therapy)</b> <ul style="list-style-type: none"> <li>• Hierarchy of evidence</li> </ul>	PSR1

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Course Ref Code	Date 2020	Time	Description	Venue Code
DM4D4	Mar 14	14:00-18:00	<b>Translational of research into clinical practice – holistic patient care in diabetes (1)</b>	PSR1
			<ul style="list-style-type: none"> <li>• Depression, diabetes distress and quality of life in type 2 diabetes</li> </ul>	
			<ul style="list-style-type: none"> <li>• Psychological management in obesity and non-communicable diseases</li> <li>• Communications with patients having diabetes (1)</li> </ul>	
DM4D5	Mar 21	14:00-18:00	<b>Translational of research into clinical practice – holistic patient care in diabetes (2)</b>	PSR1
			<ul style="list-style-type: none"> <li>• Motivational interview – concept and application</li> </ul>	
			<ul style="list-style-type: none"> <li>• Communications with patients having diabetes (2)</li> <li>• Peer support in diabetes</li> </ul>	
DM4D6	Mar 28	14:00-16:00	<b>Diabetes in-patient care and special situations</b>	PSR1
		16:15-18:00	<b>Continuous glucose monitoring and clamp studies</b>	

**Venue Code**

TBC :	To be confirmed
P3MW :	Ward M, 3/F, Day Treatment Block and Children Wards, Prince of Wales Hospital, Shatin, NT
PCLP :	PC Lab, Li Ping Medical Library, 2/F, Lui Che Woo Clinical Sciences Building, Prince of Wales Hospital, Shatin, NT
PSR1 :	Seminar Room 1, 2/F, Lui Che Woo Clinical Sciences Building, Prince of Wales Hospital, Shatin, NT

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**MEDM5201 General Endocrinology & Metabolism I**

**Lectures**

(To be held on Saturdays afternoon)

Overview of epidemiology, pathophysiology and management of common endocrine disorders emphasizing the application of basic physiological and biochemical knowledge to clinical practice

Course Ref Code	Date 2020	Time	Description	Venue Code
EM1S1	Apr 18	<b>An introduction to endocrinology</b>		PSR1
		14:00-15:00	Overview of homeostasis and endocrine system	
		15:00-16:00	Overview of disease of the hypothalamus pituitary axis	
		16:15-17:15	Genetic endocrine disease- an overview	
EM1S2	Apr 25	<b>Hypothalamus-pituitary axis</b>		PSR1
		14:00-15:00	Cushing's syndrome- from diagnosis to management	
		15:00-16:00	Pituitary incidentoloma and prolactinoma	
		16:15-17:15	Acromegaly	
EM1S3	May 9	<b>Thyroid and bone disorders</b>		PSR1
		14:00-15:00	Thyroid disorders – pitfall of diagnosis and management	
		15:00-16:00	Osteoporosis - current management	
		16:15-17:15	Calcium disorders and metabolic bone disease	

**Clinical Teachings**

Diagnostic evaluation and management of common acute and chronic endocrine disorders are illustrated by clinical cases using small group in-depth discussions

Course Ref Code	Topic	Venue Code
EM3C1	Endocrine clinic	LKS1
EM3C2	Endocrine case discussion	PSR1

Clinical attachments (3 hours each) will be held on weekdays from August to November 2020, schedule to be confirmed and only one session to be selected for each topic. The allocation of dates is on a first-book-first-serve basis. The timetable is subject to change without prior notice. Medium of instruction is Cantonese and English. However, patients normally speak in Cantonese.

**Venue Code**

PSR1 :	Seminar Room 1, 2/F, Lui Che Woo Clinical Sciences Building, Prince of Wales Hospital, Shatin, NT
LKS1 :	Department of Medicine and Therapeutics, 1/F, South Wing, Li Ka Shing Specialist Clinic, Prince of Wales Hospital, Shatin, NT

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## MEDM5202 General Endocrinology & Metabolism II

### Lectures

(To be held on Saturdays afternoon)

Overview of epidemiology, pathophysiology and management of common endocrine disorders emphasizing the application of basic physiological and biochemical knowledge to clinical practice

Course Ref Code	Date 2020	Time	Description	Venue Code
EM1S4	May 23	<b>Reproductive endocrinology</b>		PSR1
		14:00-15:00	Polycystic ovarian syndrome - its metabolic and endocrine aspects	
		15:00-16:00	Approach to menstrual disturbance and infertility	
		16:15-17:15	Approach to impotence and hypogonadism	
		16:30-17:30	<b>MEDM 5201 In-class MCQ Paper Exam</b> (20 questions on EM1S1, EM1S2 and EM1S3)	
EM1S5	Jun 13	<b>Adrenal disorders</b>		PSR1
		14:00-15:00	Conn's syndrome and work up for secondary hypertension	
		15:00-16:00	Neuroendocrine tumors and updates	
		16:15-17:15	Phaeochromocytoma and adrenal incidentoloma - workup and management	
EM1S6	Jun 27	<b>Common lipid and uncommon childhood endocrine disorders</b>		PSR1
		14:00-15:00	Short stature, delayed puberty and overview of other common paediatric endocrine diseases	
		15:00-16:00	Common lipid disorders - evaluation and update on management	
		16:15-17:15	Molecular and biochemical evaluation of endocrine disorders	
EM1S7	Sep 5	<b>Emerging issues and controversies</b>		PSR1
		14:00-15:00	Human immunodeficiency virus (HIV) and endocrine dysfunction	
		15:00-16:00	Interpretation of endocrine tests during acute illnesses	
		16:15-17:15	Neurohormonal dysregulation	



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**Interactive Workshops – Practical Management**  
(To be held on Saturdays afternoon)

Case studies and interactive discussions are used to demonstrate the principles of diagnostic evaluation and management of common endocrine disorders using a multidisciplinary approach

Course Ref Code	Date 2020	Time	Description	Venue Code
EM2W1	Sep 19	14:00-19:00	<b>Thyroid and bone disorders</b>	PSR1
			<ul style="list-style-type: none"> <li>Principles and applications of thyroid function tests and bone turnover markers</li> </ul>	
			<ul style="list-style-type: none"> <li>Thyroid and parathyroid disorders</li> </ul>	
			<ul style="list-style-type: none"> <li>Ophthalmic Graves' Diseases</li> </ul>	
EM2W2	Oct 10	14:00-19:00	<b>Adrenal gland and reproductive endocrinology (1)</b>	PSR1
			<ul style="list-style-type: none"> <li>Addison's disease and Pheochromocytoma</li> </ul>	
			<ul style="list-style-type: none"> <li>Conn's and Cushing's syndrome</li> </ul>	
			<ul style="list-style-type: none"> <li>Radiological evaluation of adrenal disorders</li> </ul>	
EM2W3	Oct 31	14:00-19:00	<b>Pituitary gland and reproductive endocrinology (2)</b>	PSR1
			<ul style="list-style-type: none"> <li>Prolactinoma (micro vs macro) - medical or surgical treatment</li> </ul>	
			<ul style="list-style-type: none"> <li>Principles and applications of radiotherapy for common pituitary adenomas</li> </ul>	
			<ul style="list-style-type: none"> <li>Evaluation and management of infertility</li> </ul>	

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### **Clinical Teachings**

Diagnostic evaluation and management of common acute and chronic endocrine disorders are illustrated by clinical cases using small group in-depth discussions

<b>Course Ref Code</b>	<b>Topic</b>	<b>Venue Code</b>
EM3C3	Endocrine in-patient grand round	10HK
EM3C4	Combined obesity clinic	7HK
EM3C5	Thyroid clinic	LKS1
EM3C6	Combined pituitary clinic	PSR1
EM3C7	Growth & Endocrine clinic	PAED

Clinical attachments (3 hours each) will be held on weekdays from August to November 2020, schedule to be confirmed and only one session to be selected for each topic. The allocation of dates is on a first-book-first-serve basis. The timetable is subject to change without prior notice. Medium of instruction is Cantonese and English. However, patients normally speak in Cantonese.

### **Venue Code**

PSR1 :	Seminar Room 1, 2/F, Lui Che Woo Clinical Sciences Building, Prince of Wales Hospital, Shatin, NT
7HK :	Surgical Ambulatory Care Centre, 7/F, Day Treatment Block and Children Wards, Prince of Wales Hospital, Shatin, NT
10HK :	Ward HK, 10/F, Day Treatment Block and Children Wards, Prince of Wales Hospital, Shatin, NT
LKS1:	Department of Medicine and Therapeutics, 1/F, South Wing, Li Ka Shing Specialist Clinic, Prince of Wales Hospital, Shatin, NT
PAED:	Department of Paediatrics, Seminar Room, 3/F, South Wing, Li Ka Shing Specialist Clinic, Prince of Wales Hospital, Shatin, NT

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**MEDM6201 General Endocrinology & Metabolism III**

**Interactive Workshops – Practical Management**

(To be held on Saturdays afternoon)

Case studies and interactive discussions are used to demonstrate the principles of diagnostic evaluation and management of common endocrine disorders using a multidisciplinary approach

Course Ref Code	Date 2020	Time	Description	Venue Code
EM2W4	Nov 7	14:00-19:00	<b>Electrolytes and lipid disorders (from clinical evaluation to management)</b>	PSR1
			<ul style="list-style-type: none"> <li>Common dyslipidaemia and genetic lipid disorders</li> </ul>	
			<ul style="list-style-type: none"> <li>Hypernatremia and hyperkalaemia</li> <li>Hyponatremia and hypokalaemia</li> </ul>	
			<b>MEDM 5202 In-class MCQ Paper Exam</b> (20 questions on EM1S4, EM1S5, EM1S6, EM1S7, EM2W1, EM2W2 and EM2W3)	
EM2W5	Nov 28	14:00-19:00	<b>Paediatric and reproductive endocrinology (3)</b>	PSR1
			<ul style="list-style-type: none"> <li>Acromegaly - a multidisciplinary approach for management and evaluation</li> </ul>	
			<ul style="list-style-type: none"> <li>Short stature - diagnostic evaluation and practical tips for management</li> <li>Congenital adrenal hyperplasia and interpretation of urinary steroid profile</li> </ul>	

**Clinical Teachings**

Diagnostic evaluation and management of common acute and chronic endocrine disorders are illustrated by clinical cases using small group in-depth discussions

Course Ref Code	Topic	Venue Code
EM3C8	Combined gynae-endocrine clinic	PSR1

Clinical teachings (3 hours each) will be held on weekdays from August to November 2020, schedule to be confirmed and only one session to be selected. The allocation of dates is on a first-book-first-serve basis. The timetable is subject to change without prior notice. Medium of instruction is Cantonese and English. However, patients normally speak in Cantonese.

**Venue Code**

PSR1 :	Seminar Room 1, 2/F, Lui Che Woo Clinical Sciences Building, Prince of Wales Hospital, Shatin, NT
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**MEDM5301 Obesity & Weight Management**

**Symposia**

(To be held on Saturdays afternoon)

Overview of epidemiology, pathophysiology, medical hazards and management of obesity emphasizing the application of knowledge relevant to multidisciplinary clinical practice

Course Ref Code	Date 2021	Time	Description	Venue Code
WM1S1	Jan 9	<b>Obesity – from epidemiology to pathophysiology</b>		PSR1
		14:00-15:00	Origin of obesity – from brain to gut to ectopic sites	
		15:00-16:00	Obesity as a chronic disease – Greater China perspectives	
		16:15-17:15	Role of gut microbiome in obesity	
WM1S2	Jan 23	<b>Management of obesity – from theory to practice</b>		PSR1
		14:00-15:00	Weight management - past, present and future	
		15:00-16:00	Popular diets for weight management - are these sound diets?	
		16:15-17:15	Role of exercise and behavior modification	

**Interactive Workshops – Practical Management (To be held on Saturdays afternoon)**

Case studies, interactive discussions and multidisciplinary approach are used to demonstrate the principles of diagnostic evaluation and management of obesity and its comorbidities

Course Ref Code	Date 2021	Time	Description	Venue Code
WM2W1	Feb 27	14:00-18:30	<b>Interactive case discussion: managing obesity – managing obesity related comorbidities</b>	PSR1
			Clinical assessment of obesity	
			Gynecological complications of obesity	
			Cardiovascular complications of obesity	
			Psychobehavioral treatment of binge eating disorder in obese subjects	
WM2W2	Mar 13	14:00-18:30	<b>Interactive case discussion: managing obesity – a multidisciplinary approach</b>	PSR1
			Practical dietary strategies for weight management	
			Exercise and life-style modifications	
			Peri-operative management of patients undergoing metabolic surgery	
			Role of metabolic surgery in obesity management	
	Mar 20	14:30-16:00	<b>MEDM 5301 In-class MCQ Paper Exam</b> (30 questions on WM1S1, WM1S2, WM2W1 and WM2W2)	PSR1

**Venue Code**

PSR1 :	Seminar Room 1, 2/F, Lui Che Woo Clinical Sciences Building, Prince of Wales Hospital, Shatin, NT
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**Final MCQ Exam**

<b>Date 2021</b>	<b>Time</b>	<b>Description</b>	<b>Venue Code</b>
May 29 (tentative)	14:30-16:30	<b>Final MCQ Exam</b> (40 questions)	PSR1