Leung Wing Hei

Chui’s Student Excellence Scheme (徐氏卓越學生計劃)

Learning Report

Our group conducted a retrospective cross-sectional research study which aimed to estimate the overall prevalence of normal tension glaucoma (NTG) among a predominantly Chinese population with suspected obstructive sleep apnea syndrome (OSAS) in a publicly-funded tertiary care hospital in Hong Kong. The project started in December 2014 and the report was finalised in September 2015.

In the initial stages of the study, I helped to write the application and protocol for ethical review by the Institutional Review Board of the University of Hong Kong/Hospital Authority. During the nine months, I was also responsible for collecting preliminary data, which involved reviewing the medical records of over a hundred subjects, as well as working on the statistical analysis and writing up the final report.

In addition, I was involved in the preparation work for the presentation at the 31st Asia-Pacific Academy of Ophthalmology Congress (APAO 2016 Taipei), which included reviewing several journal articles and writing the PowerPoint slides. At the conference, I also helped with the questions and discussion following the presentation.

This valuable opportunity to exchange has enabled me to gain new perspectives and appreciate the diversity of research in ophthalmology as well as the numerous possibilities that could enhance future care. It was also my privilege to witness the passionate work of leading professionals in this field and learn from them. Moreover, I was able to take a glimpse of the latest technological advancement in diagnosis and treatment at the exhibition stalls which left me utterly amazed.

I attended a number of symposia encompassing a wide range of topics such as myopia, diabetes and age-related eye diseases, and paediatric eye conditions. Case presentations and discussions have enhanced my understanding and updated my knowledge on the pathology, diagnosis and management of various eye conditions. I also had the chance to speak with other doctors from Hong Kong and learn more about the nature and development of ophthalmology -- a specialty which we have had little exposure to in medical school.

At one of the award lectures, the speaker challenged us on how we could matter
amidst our mundane work and routines – how do we do well? What kind of doctor are we aspiring to become? I was reminded that, in addition to being a medical expert in our respective fields, we should also be an educator (as described in the Hippocratic Oath), a scholar, an advocate, a communicator, a leader, and a life-long learner. Leadership and learning are indispensable to one another; and leadership consists of experience, observation, education, self-awareness, awareness of others, communication and management skills.

Very often, I experience moments of frustration and perplexity especially when I come face to face with my own inadequacy and incompetence. The talk reminded me that betterment is perpetual labour and it also encouraged me to diligently look for opportunities to improve myself. Furthermore, besides science and skill, which may be the easier parts of care, open-mindedness, diligence, empathy, ingenuity and humility should not be undermined for these qualities drive personal development and growth.
Taken with my team and ophthalmologists from Queen Mary Hospital/ The University of Hong Kong