



# **Sri Lanka Medical Association**

## **Annual Report - 2017**

Wijerama House, 6 Wijerama Mawatha, Colombo 7, Sri Lanka.

## 1. ANNUAL GENERAL MEETING 2016

The Annual General Meeting of the Sri Lanka Medical Association was held on the 23<sup>rd</sup> December 2016 at 7.00 p.m. at the Lionel Memorial Auditorium, Wijerama House, Colombo 7. Dr. Iyanthi Abeyewickreme chaired the meeting. She thanked the Council, members and the staff of the SLMA office for their contributions towards making the activities of the SLMA a success. She summarised the achievements and shortcomings during the year and stressed the need for continuing improvement. Dr. Neelamanie Punchihewa tabled the Annual Report 2016 and the minutes of the previous Annual General Meeting held on 17<sup>th</sup> December 2015. The minutes were unanimously confirmed by the membership. Dr. Neelamanie Punchihewa thanked the President, the Council, members of the Association and the staff of the SLMA for the support given during the year 2016.

### ELECTION OF OFFICE BEARERS

The following Office Bearers and Council Members were unanimously elected.

<b>President</b>	Prof Chandrika Wijeyaratne
<b>President Elect</b>	Dr Ruvaiz Haniffa
<b>Vice Presidents</b>	Prof Chandanie Wanigatunge Dr Amitha Fernando
<b>Secretary</b>	Dr Sudharshani Wasalathanthri
<b>Assistant Secretaries</b>	Dr Yasas Abeywickrama Dr Bhanuja Wijeyatilaka Dr Yamuna Rajapakse Prof Sharmini Gunawardena
<b>Treasurer</b>	Dr Achala Balasuriya
<b>Assistant Treasurer</b>	Dr Achala Jayatilleke
<b>Public Relations Officer</b>	Dr Kalyani Guruge
<b>Social Secretaries</b>	Dr Christo Fernando Dr Pramilla Senanayake
<b>Past President Representative</b>	Dr J B Peiris

### ELECTED COUNCIL MEMBERS

Dr Dennis J Aloysius, Dr Pamod Amarakoon, Dr Ajini Arsalingama, Dr Sarath Gamini de Silva, Prof Vajira H W Dissanayake, Prof S D Dharmaratne, Dr, Dr E A S T Edirisinghe, Dr Lucian Jayasuriya, Prof Saroj Jayasinghe, Dr Lasantha Malavige, Dr L J Muhandiramge, Prof Kumara Mendis, Dr M G Nizamdeen, Dr B J C Perera, Prof, Dr U C P Perera, Dr Sankha Randenikumar, Dr G U Ramadasa, Dr Gamini Walgampaya

### EX-OFFICIO COUNCIL MEMBERS

Dr Iyanthi Abeyewickreme (Immediate Past President), Dr Neelamani Punchihewa (Out – going Secretary), Dr Samanthi de Silva (Out – going Treasurer), Prof Varuni de Silva (Co-editor, CMJ)

Prof. A Pathmeswaran (Co-editor, CMJ) and Dr Sunil Seneviratne Epa (the nominee from the Ruhuna Clinical Society) were appointed at the Council meeting held in January.

## 2. INDUCTION OF THE PRESIDENT

The Induction Ceremony of Prof. Chandrika Wijeyaratne, the President of Sri Lanka Medical Association for the year 2017 was held on 21<sup>st</sup> January 2017, at Lotus lounge (Committee Room B), Bandaranaike Memorial International Conference Hall, Colombo. The induction took place amidst a large and distinguished gathering.

The Presidential Address titled 'Patient Engagement – Professional Enhancement' generated much interest among those present. In her address she stressed on Sri Lanka's need to address today's health priorities viz., chronic NCDs affecting a rapidly ageing population. She depicted the issues that patients face in today's rather inappropriate chronic care model and showed ways and means of improving quality of care through primary care and better referral

– back referral systems, by improved patient engagement, a life cycle and holistic approach, improved communication skills through team work by multidisciplinary groups. She also emphasized on the need for grass root level health promotion to achieve meaningful risk reduction of NCDs. End of life issues and the concept of a 'good death' was also addressed. The presidential address was given wide publicity by both the electronic and print media. Dr. Dennis Aloysius was awarded the Honorary Life Membership of SLMA 2016 at this event. The Ceremonial induction was followed by a reception and fellowship at the same venue.



*Dr Iyanthi Abeyewickreme inducting Prof Chandrika Wijeyaratne as President SLMA 2017*



*Professor Chandrika Wijeyaratne delivering the Presidential Address*

### 3. COUNCIL MEETINGS

Thirteen Council meetings (12 Regular meetings and 01 Special meeting) were held in 2017. The attendance of members at the Council meetings is given below:

Name	No.	Excuses	Name	No.	Excuses
Prof Chandrika Wijeyaratne	13	-	Dr Sarath Gamini de Silva	13	-
Dr Iyanthi Abeyewickreme	09	4	Prof Vajira HW Dissanayake	07	6
Dr Ruvaiz Haniffa	11	1	Prof S D Dharmaratne	07	5
Dr Sudharshani Wasalathanthri	13	-	Dr Samanthi de Silva	03	3
Prof Chandanie Wanigatunge	10	3	Dr E A Sajith Edirisinghe	12	1
Dr Amitha Fernando	08	3	Dr Lucian Jayasuriya	12	1
Dr M Yasas Abeywickrama	10	2	Prof Saroj Jayasinghe	09	3
Prof Sharmini Gunawardena	08	3	Dr Lasantha Malavige	05	4
Dr Yamuna N Rajapakse	08	4	Dr L J Muhandiramge	08	3
Dr H V B S Wijeyatilaka	09	3	Prof Kumar Mendis	08	1
Dr Achala Balasuriya	12	1	Dr M G Nizamdeen	08	2
Dr Achala Jayatilleke	12	1	Dr Neelamanie Punchihewa	06	4
Dr Kalyani Guruge	10	3	Dr B J C Perera	10	2
Dr Christo Fernando	11	2	Dr U C P Perera	09	2
Dr Pramilla Senanayake	06	4	Dr Sankha Randenikumara	12	-
Dr J B Peiris	08	3	Dr G U Ramadasa	06	7
Prof Varuni de Silva	01	6	Dr Sunil Seneviratne Epa	10	3
Prof A Pathmeswaran	04	4	Dr Gamini Walgampaya	09	3
Dr Dennis J Aloysius	05	1	Dr Preethi Wijegooneawardene	08	4
Dr Pamod M Amarakoon	10	2	Dr M H M Zacky	03	2
Dr Ajini Arasalingam	05 (Skype)	5			

#### 4. SLMA RUN & WALK 2017

The SLMA Annual Health Run and walk was held on 4<sup>th</sup> June 2017 in collaboration with the Sri Lanka College of Pulmonologists to commemorate the World Environment Day, World Asthma Day and World No-Tobacco Day under the slogan “පිරිසිදු හුස්මක් සුවචර දිවියක්” or “Clean Air for Healthy Living”. The SLMA Health Run & Walk 2017 aimed to educate the public on the importance of clean air and its impact on health with the hope of bringing a positive and appropriate public response.

The focus of SLMA this year was on ‘Neglected’ chronic respiratory diseases, mainly Asthma and Chronic Obstructive Airways Disease (COPD). COPD prevention being one of the major issues that need to be addressed, the association of bio-mass fuels, other indoor air pollutants, dangers in air-conditioned spaces, outdoor air pollution and unhealthy air in schools and the workplace were addressed with wide publicity to create greater awareness among the public. This year’s Health Run & Walk therefore brought all concerned sectors together to work on the common goal of “Clean Air for Healthy Living”.

The venue for the Run & Walk 2017 was the BMICH which was open to all members and to the public. The proceedings commenced at 6.30 am with registration of runners and warm up exercises. The run preceded the walk. The walk commenced at 9.00 am on a different route to the Run. There was participation from schools, universities, environmental societies, NGOs, the armed forces and Police. All participants got the benefit of free health screening including spirometry tests, medical, physiotherapy, dietary and nutritional advice, healthy food and refreshments, demonstration of yoga and warm up exercises, and an attractive t-shirt. A children’s art competition was held prior to the walk and the best artwork were displayed at the venue with prizes given to all the children whose art has been exhibited. The venue featured specific zones for kids, ‘Kids Zone’ where there were fun activities for them and an ‘Environmental Zone’ showcasing various clean air initiatives so far undertaken by the Central Environmental Authority. The proceedings ended close to noon with presentation of awards to the winners of the competitive run and to the winners of the art competition. A special awards ceremony was organized in the month of November in SLMA Headquarters to give away the prizes to children who were unable to attend the RUN and WALK due to the preceding floods.





## 5. 130<sup>TH</sup> ANNIVERSARY INTERNATIONAL MEDICAL CONGRESS

The 130<sup>th</sup> Anniversary International Medical Congress was held from 13<sup>th</sup> – 16<sup>th</sup> July 2017 at the Galadari Hotel, Colombo. The Inauguration ceremony was held on 13<sup>th</sup> July 2017 at 6.30 pm. The theme of the Congress was “Patient Engagement – Professional Enhancement”. The Chief Guest was Professor Adam Balen, Professor of Reproductive Medicine and Surgery, Leeds Teaching Hospitals, UK and the Guest of Honour was Professor Pali Hungin, President, British Medical Association. Prof. Wilfred Perera and Dr. A T W P Jayawardena were awarded with Honorary Life Memberships of the SLMA with prior ratification by an Ordinary General Meeting held on 7<sup>th</sup> April 2017. Prof Chandanie Wanigatunge and Dr Amitha Fernando were the co-chairpersons of the congress.

The main conference was preceded by two very successful pre-congress workshops. The pre-congress workshop on “Wound Care” was held on 1<sup>st</sup> July 2017 at the College of Surgeons Auditorium in collaboration with the College of Surgeons of Sri Lanka. The pre-cogress workshop on “Non-Communicable Diseases – The Current Plague of Asia” was held on 11<sup>th</sup> July 2017 at the Lionel Memorial Auditorium in collaboration with the Chinese Medical Association. Both workshops were well attended.

The entire Scientific Sessions recorded a good attendance. There were close to 1000 registrants (full and day) for the entire event. Over 75 resource persons shared their knowledge and expertise at the conference which included 25 renowned speakers from overseas. The congress addressed a vast range of subject areas extending from disease prevention to pathophysiology, recent advances in diagnosis and treatment of common conditions, medication safety, ethics in research and clinical practice, gaps in health policy, use of data for improving patient care, medical negligence, palliative care and end of life issues. A special symposium on unethical advertising and unabashed marketing of tobacco and other harmful products through the viewing of the movie “Merchants of Doubt” was well received. The high points of the conference were the sessions that were aligned with this year’s theme ‘Patient Engagement – Professional Enhancement’. The Panel Discussion on ‘Clinical Pearls of Practice – Good patient communication’ and the ‘SLMA Public Forum: Public perspective and Health system response’ were great eye openers to the delegates. A PCOS support group was launched with a dedicated PCOS face book page – ‘combat PCOS’ in the presence of a multi-disciplinary group of care givers.

From the large number of papers submitted, 69 were selected for oral presentations and 171 were displayed as posters. The abstracts were published as a supplement of the Ceylon Medical Journal. Out of all free papers selected, 25 papers were not presented by the authors. The SLMA Council took a decision of retracting these papers from the publication. The co-editors of CMJ were advised to include the list of retracted abstracts in the Abstract book of 2018 Congress. Four orations were delivered during the sessions.

The detailed programme is given in **Annexure 1**.





Ceremonial Procession



Head table



Lighting the lamp of learning



Welcome address by President SLMA



Address by Chief Guest





The outcome of the 130<sup>th</sup> Anniversary International Medical Congress was disseminated to all stakeholders as the 'SLMA statement'. The 'SLMA statement' was presented to the Director General of Health Services and the relevant ministry officials at a special meeting organized at the Ministry of Health on 21<sup>st</sup> August 2017. The SLMA statement is given in **Annexure 2**.

## 6. HISTORY OF MEDICINE LECTURE 2017

Dr C G Urugoda History of Medicine Lecture 2017 was delivered this year by Past President SLMA, Deshamanya Vidya Jyothi Dr. J. B. Peiris MD, FRCP, FRACP Hon at the Lionel Memorial Auditorium on 25th February 2017. The title of the lecture was "History of Neurology" which was followed by a fellowship dinner. This was published in the SLMA Newsletter.

## 7. ORATIONS & ENDOWMENT LECTURES

All Orations of SLMA were selected by open advertisement. The selections were made by a panel of experts who constituted the Orations Committee. The E M Wijerama Endowment Lecture is usually awarded to a person who has contributed much to the SLMA and the topic of the oration is decided by the Orator. The decisions regarding the E M Wijerama Lecture and the Desmond Fernando Memorial Lecture are made by the honours committee. The following orations and endowment lectures were delivered in 2017.

### THE SLMA ORATION

*Thursday 13<sup>th</sup> July 2017*

"Efficacy of rupatadine in the treatment of dengue viral infections"  
 Prof Neelika Malavige  
 MBBS (Col), MRCP (UK), DPhil (Oxon), FRCP (Lond), FRCPPath (UK)  
 Center for Dengue Research, Faculty of Medical Sciences  
 University of Sri Jayewardenepura, Gangodawila, Nugegoda

### S C PAUL ORATION

*Friday 14<sup>th</sup> July 2017*

"Metabolic Morbidity in obese Children: What can we do?"  
 Professor Pujitha Wickramasinghe  
 MBBS (Col), MD (Paed), DCH (Col), PhD (Col) Department of Paediatrics  
 Faculty of Medicine, University of Colombo  
 Hon Consultant Paediatrician, Lady Ridgway Hospital, Colombo

**PROFESSOR N D W LIONEL MEMORIAL ORATION**

*Sunday 16<sup>th</sup> July 2017*

"Unraveling the path towards novel antidiabetic drug leads from Sri Lankan flora"

Dr. A. P. Attanayake (Ph D)

Senior Lecturer in Biochemistry, Faculty of Medicine, University of Ruhuna

**DR S RAMACHANDRAN MEMORIAL ORATION**

*Sunday 16<sup>th</sup> July 2017*

"Diagnosis of snake envenoming: a challenge of 21st century in tropics"

Dr. Kalana Maduwage

MBBS, MPhil (Sri Lanka), PhD (Australia)

Department of Biochemistry, Faculty of Medicine, University of Peradeniya

**MURUGESAR SINNETAMBY ORATION**

*Friday 20<sup>th</sup> October 2017*

"The Sri Lanka Clinical Trials Registry – Ten years of supporting Sri Lankan clinical research"

Dr Udaya Ranawaka

MBBS (NCMC), MD (C'bo), MRCP (UK), FRCP (London), FAAN, FAHA, FCCP

Senior Lecturer and Consultant Neurologist, Faculty of Medicine, University of Kelaniya

**SIR NICHOLAS ATTYGALLE ORATION**

*Friday 27<sup>th</sup> October 2017*

"Changing the story of pregnant mothers: A broad based approach"

Dr. Kapila Jayaratne

MBBS, DCH, MSc (Com.Med), MD (Com. Med)

Consultant Community Physician, National Programme Manager

Maternal & Child Morbidity & Mortality Surveillance, Family Health Bureau

**SIR MARCUS FERNANDO ORATION**

*Saturday 4<sup>th</sup> November 2017*

"Non-alcoholic fatty liver disease in Sri Lanka: from bench to scalpel"

Dr. Madunil Niriella

MBBS, MD, MRCP

Senior Lecturer in Medicine, Department of Medicine, Faculty of Medicine

University of Kelaniya

**E M WIJERAMA ENDOWMENT LECTURER 2017**

*Thursday 26<sup>th</sup> October 2017*

"Role of a Clinical Pharmacologist in Sri Lanka - Yesterday, Today, Tomorrow"

Professor Gita Fernando MBBS (Cey), MRCP (UK), FRCP (Lond), FCCP

Emeritus Professor of Pharmacology, University of Sri Jayewardenepura

**DR DESMOND FERNANDO MEMORIAL LECTURE 2017**

*Sunday 12<sup>th</sup> November 2017*

"GPs should be in the first-line of action during a Dengue outbreak"

Dr Preethi Wijegoonewardene MBBS, DFM, FCGP, FRCGP (UK) – Hony.

Family Physician, Past President, SLMA





Prof Neelika Malavige delivering SLMA Oration



Awarding the medal to the S C Paul Orator,  
Prof Pujitha Wikramasinghe



Awarding the medal to the NDW Lionel Memorial Orator,  
Dr A. P. Attanayake



Dr Kalana Maduwage delivering Dr S Ramachandran  
Oration



Awarding the medal to the Sir Nicholas Attygalle  
Orator, Dr Kapila Jayaratne



Dr Madunil Niriella delivering the Sir Marcus Fernando  
Oration



Dr Udaya Ranawaka delivering the Murugesar Sinnetamby Oration



Awarding the medal to the E M Wijerama Endowment Lecturer, Prof Gita Fernando

## 8. SLMA AWARDS

### E M Wijerama Prize

**Factors associated with the decision on kidney transplantation among advanced chronic kidney disease patients attending the District General Hospital Polonnaruwa**  
Sandaruwanie PKS<sup>1</sup>, De Silva Weliange AASH<sup>2</sup>

### S E Seneviratna Prize

**Evaluation of pharmacodynamic properties and safety of Cinnamomum zeylanicum (Ceylon Cinnamon) in healthy adults: A phase I clinical trial**  
 Ranasinghe P<sup>1</sup>, Ramanayake V<sup>1</sup>, Jayawardena R<sup>2</sup>, Pigera S<sup>1</sup>, Wathurapatha WS<sup>1</sup>, Premakumara GAS<sup>3</sup>, Katulanda P<sup>4</sup>, Constantine GR<sup>4</sup>, Galappaththy P<sup>1</sup>

### H K T Fernando Prize

**Height measurement technique in osteoporosis patients**  
Kottahachchi DC<sup>1</sup>, Gao F<sup>2</sup>, Sztal-Mazer S<sup>2</sup>, Topliss DJ<sup>2</sup>

### Sir Nicholas Attygalle Prize

**Determinants of balance confidence (BC) and standing balance performance (SBP) in stroke survivors with hemiplegia**  
Sandaruwan MHH<sup>1</sup>, Fernando ADA<sup>2</sup>

### Wilson Peiris Prize

**Attitudes on diabetic nephropathy in parents of adolescents with type 1 diabetes and increased urinary albumin excretion: a qualitative study**  
 Wijewickrama ES<sup>1</sup>, Liyanage UA<sup>1</sup>, Samaranayake D<sup>1</sup>, Mythily S<sup>1</sup>, De Abrew K<sup>1</sup>, Wijesuriya M<sup>2</sup>

### Daphne Attygalle Prize for the best paper in Cancer – Joint Winners

**Implementation of multi-gene panel testing for hereditary cancer predisposition in Sri Lanka: Initial experiences**  
Sirisena UND<sup>1</sup>, Neththikumara N<sup>1</sup>, Wetthasinghe K<sup>1</sup>, Herath L<sup>1</sup>, Dissanayake VHW<sup>1</sup>

**Detection of human papillomavirus in patients with oral and oropharyngeal carcinomas**  
Samaraweera B<sup>1</sup>, Abeynayake JI<sup>1</sup>

**Sir Frank Gunasekera Prize for the best paper in Community Medicine & Tuberculosis**

**An islandwide hospital based epidemiological survey of haemoglobinopathies and an assessment of standards of care in 23 centres**

Premawardhana AP<sup>1</sup>, Mudiyanse RM<sup>2</sup>, Jifri MN<sup>3</sup>, Nelumdeniya UBP<sup>4</sup>, Silva DPSI<sup>5</sup>, Nizri AHM<sup>5</sup>, Rajiyah MOF<sup>1</sup>, de Silva TUN<sup>6</sup>, Pushpakumara KRC<sup>7</sup>, Dissanayake DMR<sup>8</sup>, Jansz M<sup>9</sup>, Rifaya MI<sup>10</sup>, Navarathne NMUSB<sup>11</sup>, Arambepola WWMM<sup>12</sup>, Thirukumaran V<sup>13</sup>, Vaidyanatha USDeS<sup>14</sup>, Mendis D<sup>14</sup>, Weerasekara KP<sup>14</sup>, De Silva NN<sup>14</sup>, Meththananda DSG<sup>1</sup>, Oliveri NF<sup>15</sup>, Weatherall DJ<sup>16</sup>

**Kumaradasa Rajasuriya Prize for the best paper in Tropical Medicine**

**Plasmodium vivax relapses: a challenge to the prevention of reintroduction of malaria**

Dharmawardena P<sup>1</sup>, Premaratne R<sup>2</sup>, Fernando SD<sup>3</sup>

**Special Prize in Cardiology**

**Characteristics of young patients with ST-Segment Elevation Myocardial Infarction; A single centre experience**

Bandara HGWAPL<sup>1</sup>, Kogulan T<sup>1</sup>, Jegavanthan A<sup>1</sup>, Jayasekara NMTC<sup>1</sup>, Kodithuwakku NW<sup>1</sup>, Siribaddana MAH<sup>1</sup>, Dolapihilla SNB<sup>1</sup>, Jayawickreme SR<sup>1</sup>, Sirisena TS<sup>1</sup>, Weerakoon WMG<sup>1</sup>

**S Ramachandran Prize for the best paper in Nephrology**

**A randomized (double blind) control trial of corticosteroids and doxycycline in patients presenting with acute interstitial nephritis from Chronic Kidney Disease of uncertain aetiology endemic regions**

Badurdeen MZ<sup>1</sup>, Nanayakkara N<sup>4</sup>, Wazil AWM<sup>2</sup>, Ratnatunga NVI<sup>2</sup>, Abeysekara DTJ<sup>1</sup>, Rajakrishna P<sup>4</sup>, Thinnaratchi J<sup>4</sup>, Kumarasiril PVR<sup>3</sup>, Welagedera DMSDKD<sup>4</sup>, Rajapaksha RMNN<sup>4</sup>, Alwis APD<sup>4</sup>

**The Sri Lanka Association of Clinical Pharmacology and Therapeutics award for the Best Paper in Pharmacology**

**Pharmacokinetics of zinc in pre-diabetes after oral zinc administration**

Ranasinghe P<sup>1</sup>, Ramanayake V<sup>1</sup>, Galappaththy P<sup>1</sup>, Jayawardena R<sup>2</sup>, Wathurapatha WS<sup>1</sup>, Katulanda P<sup>3</sup>, Constantine GR<sup>4</sup>

**SLMA prize for the best poster – Joint Winners**

**Diagnostic challenges and case management of the first imported case of Plasmodium knowlesi reported in Sri Lanka**

Ranaweera D<sup>1</sup>, Danansuriya M<sup>1</sup>, Pahalagedera K<sup>2</sup>, Gunasekera KTDeA<sup>1</sup>, Dharmawardena P<sup>1</sup>, Hapuarachchi HC<sup>3</sup>, Herath HDB<sup>1</sup>, Fernando SD<sup>4</sup>

**The relationship between the levels of motor functions and balance in post-stroke patients**

Sandeepani HMV<sup>1</sup>, Dissanayake WDN<sup>2</sup>

**CNAPT Award**

**“Gmelina arborea Roxb (Family: Verbenaceae) extract upregulates the  $\beta$ -cell regeneration in STZ induced diabetic rats”**

Dr A P Attanayake, Faculty of Medicine, University of Ruhuna

**G R Handy Award for the best paper in Cardiology published in the year 2016**

**“The GST M2C-terminal domain depresses contractility and Ca<sup>2+</sup> transients in neonatal rat ventricular cardiomyocytes”**

Dr. R P Hewawasam, Faculty of Medicine, University of Ruhuna

**Glaxo Wellcome Research Award for the year 2017**

**“Evaluation of antimicrobial potential of silver nano preparations synthesized from Sri Lankan medicinal plants”**

Dr. W M D Gaya Bandara Wijayaratne, Department of Microbiology, Faculty of Medicine, University of Ruhuna

**SLMA Research Grant 2017**

Not awarded

**Dr. Thistle Jayawardena Research Grant for Intensive Care 2017**

Not awarded

**Prof. Wilfred S E Perera Travel Award in Bioethics 2017**

Not Awarded

## **9. MONTHLY CLINICAL MEETINGS**

The SLMA held a total of 10 monthly clinical meetings this year in collaboration with professional colleges on every 3<sup>rd</sup> Tuesday of the month.

<b>MONTH</b>	<b>COLLABORATING COLLEGE</b>
January	Sri Lanka College of Paediatricians
February	Sri Lanka College of Haematologists
March	College of Anaesthesiologists & Intensivists of Sri Lanka
May	Ceylon College of Physicians
June	Sri Lanka College of Dermatologists
August	College of Ophthalmologists of Sri Lanka
September	Sri Lanka College Of Obstetricians & Gynecologists
October	College of General Practitioners of Sri Lanka
November	Sri Lanka College of Psychiatrists
December	Sri Lanka Heart Association

A wide range of topics in all specialties were covered during the meetings, which were very well attended. Case discussions and MCQs were included to meet the learning needs of the attendees. The detailed programmes are given in **Annexure 3**.

The monthly clinical meeting is a continuing professional development (CPD) activity targeted mainly postgraduates in training, general practitioners and grade medical officers. The CPD committee and the Council have approved their recognition to award CPD points under the category designated "Teaching Activities". Some monthly clinical meetings were video recorded with the consent of the resource persons and uploaded as online CPD activities (that includes a self assessment by focused MCQs) on the SLMA web portal with password protected access exclusively for members.

## **10. REGIONAL MEETINGS**

Eight meetings to cover many provinces were held with clinical societies and medical associations in the provinces during 2017. These meetings were well attended by the regional members. Four selected areas namely, COPD, Palliative care, Wound care and Food-based dietary guidelines were identified as main focus areas by SLMA at the Regional meetings.

The academic programmes of these meetings are given in **Annexure 4**. These meetings were meticulously organized by the Assistant Secretaries, Dr Bhanuja Wijeyatilaka and Dr Yasas Abeywickrama. These programmes were well attended and appreciated by both the clinical societies and the participants.

Three of these programmes were supported by the State Pharmaceutical Corporation with financial assistance, while the Ministry of Health supported almost all meetings by providing a vehicle for transport for the SLMA delegates. We thank all provincial representatives in the Council and SLMA members who joined us at these meetings. We look forward to many new members from the provinces whose interest was kindled by the mandate of SLMA in health issues of national importance.



**Joint Clinical Meeting with the Homagama Clinical Society**  
23<sup>rd</sup> February 2017 at the Auditorium, Base Hospital, Homagama

**Joint Clinical Meeting with the Rathnapura Clinical Society**  
22<sup>nd</sup> March 2017 at the Auditorium, Rathnapura General Hospital

**Joint Clinical Meeting with the Sri Lankan Society of Internal Medicine In collaboration with the Anuradhapura Clinical Society**  
5<sup>th</sup> May 2017 at the Auditorium, Anuradhapura Teaching Hospital

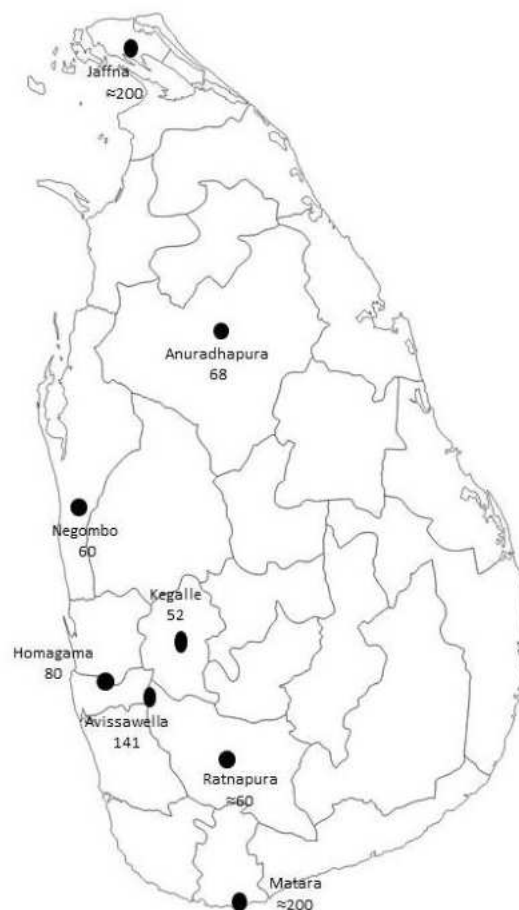
**Joint Academic Session with Kegalle Clinical Society**  
8<sup>th</sup> August 2017 at the Auditorium, Teaching Hospital, Kegalle

**Joint Clinical Meeting with the Jaffna Medical Association**  
20<sup>th</sup> – 21<sup>st</sup> September 2017 at the Valampuri Hotel, Sangiliyan Hall and Medical Student's Hostel Auditorium

**Joint Clinical Meeting with Negombo Clinical Society**  
12<sup>th</sup> November 2017 at the Golden Star Beach Hotel, Negombo

**Joint Academic Session with Avissawella Clinical Society**  
17<sup>th</sup> November 2017 at the BOI Auditorium, Free Trade Zone, Avissawella.

**Joint Academic Session with Ruhunu Clinical Society**  
30<sup>th</sup> November 2017 at the Hotel Sanaya Mansion, Matara



The locations of Regional Meetings and the number of attendees at each meeting are given in the map.

## 11. SLMA FOUNDATION SESSIONS

The Foundation Sessions 2017 of the SLMA took place from 26<sup>th</sup> – 28<sup>th</sup> October 2017 in the Lionel Memorial Auditorium at Wijerama House, Colombo 7. The Sessions were a great success with enthusiastic participation by over 150 doctors from all parts of the island.

The Sessions were ceremoniously inaugurated on the 26<sup>th</sup> October at the Lionel Memorial Auditorium, Colombo. Dr Iyanthi Abeyewickreme, Immediate Past President of the SLMA graced the occasion as the Chief Guest and the Guest of Honour was Mr Ravi Algama, Senior Counsel of the Supreme Court. A highlight of the Inauguration ceremony was the E M Wijerama Endowment Lecture, which was delivered by Prof. Gita Fernando, MBBS (Cey), MRCP (UK), FRCP (Lond), FCCP, Emeritus Professor of Pharmacology, University of Sri Jayewardenepura.

The full day session on 'Clinical pearls for managing common ailments' was well attended by postgraduate trainees and medical undergraduates. This session was conducted based on clinical case scenarios by experts in the fields of Rheumatology, Gastroenterology, Nephrology and Hematology. The third day of the session was dedicated to Palliative care. The Palliative Care Task Force was formally launched by the Director General of Health Services, Dr. Jayasundara Bandara under the guidance of the President SLMA, Professor Chandrika Wijeyaratne. Mr Gretian Gunewardena representing Mr. Ranjan Gomez of the Holy Trinity Foundation, a philanthropic organization committed to social service, who has committed to fund the Task Force for the next three years also witnessed the occasion.

SLMA awards and the media awards were presented during the ceremonial inauguration. The detailed programme of the Foundation Sessions is given in **Annexure 5**.



## 12. GUEST LECTURES

Following are the Guest Lectures delivered in 2017.

### **Guest Lecture on “Diagnosing and treating Chronic Headaches – Tips and Traps”**

*Professor Tissa Wijeratne*

*MD FRCP (Edin) FRCP (London) FAAN (USA) FRSM (UK) FAHA (USA) FRACP*

*Professor in Neurology, Director Academic Medicine*

*Director International Affairs, Director Stroke Services*

*10<sup>th</sup> January 2017 from 12.30 – 1.30 p.m. at the Lionel Memorial Auditorium, 6, Colombo 7*

### **Therapeutic Update on “What is new in management of influenza?”**

*Dr Ananda Wijewickreme*

*Consultant Physician, Infectious Diseases Hospital, Angoda*

*27th January 2017 from 12.00 noon – 1.00 p.m. at the Lionel Memorial Auditorium, 6, Wijerama Mawatha, Colombo 7*

*Organised by the Medicinal Drugs Committee of SLMA*

### **Therapeutic Update on “Management of Chronic leg ulcers”**

*Dr Rezni Cassim*

*Senior Lecturer in Surgery, Department of Surgery, Faculty of Medicine, University of Colombo*

*Honorary Consultant Vascular and Transplant Surgeon, University Surgical Unit, National Hospital of Sri Lanka*

*22nd February 2017 from 12.00 noon – 1.00 p.m. at the Lionel Memorial Auditorium, 6, Colombo 7*

*Organised by the Medicinal Drugs Committee of SLMA*

### **Guest Lecture Symposium on “End of Life Issues and A Good Death**

**Mr. Yasantha Kodagoda**

*LLM(Lon.), DFMS(Col.)*

*President's Counsel, Additional Solicitor General*

**Prof. Thashi Chang**

*MBBS, MD, MRCP(UK), MRCP(UK)(Neurology), FCCP, FRCP(Lond), DPhil(Oxon)*

*Consultant Neurologist/ Professor, Department of Clinical Medicine/ University of Colombo*

*University Medical Unit/ National Hospital of Sri Lanka*

*16th March 2017 from 12.30 to 1.30 pm at the Lionel Memorial Auditorium, 6, Wijerama Mawatha, Colombo 7*

### **Therapeutic Update on “What is New in Management of Leprosy?”**

*Dr Indira Kahawita*

*Consultant Dermatologist, Base Hospital, Homagama*

*Friday 17<sup>th</sup> March 2017 from 12.00 noon – 1.00 p.m. at the Lionel Memorial Auditorium, 6, Colombo 7*

*Organised by the Medicinal Drugs Committee of SLMA*

### **Therapeutic Update on “Therapeutic options in Atrial Fibrillation”**

*Dr. Rohan Gunawardena*

*Consultant Cardiac Electrophysiologist, Institute of Cardiology,*

*National Hospital of Sri Lanka*

*Hon. Senior Lecturer, Faculty of Medicine, University of Colombo*

*Friday 26<sup>th</sup> May 2017 from 12.00 noon – 1.00 p.m. at the Lionel Memorial Auditorium, 6, Colombo 7*

*Organised by the Medicinal Drugs Committee of SLMA*

### **Therapeutic Update on “HIV - What is New?”**

*Dr. Lilani Rajapaksa*

*Consultant Venereologist, Coordinator for HIV Treatment, Care and Support*

*National STD/AIDs Control Programme*

*Friday 28<sup>th</sup> July 2017 from 12.00 noon – 1.00 p.m. at the Lionel Memorial Auditorium, 6, Colombo 7*

*Organised by the Medicinal Drugs Committee of SLMA*

### **Therapeutic Update on “Management of community acquired common skin diseases”**

*Dr. Chalukya Gunasekara*

*Consultant Dermatologist, National Hospital of Sri Lanka*

*Friday 29<sup>th</sup> September 2017 from 12.00 noon – 1.00 p.m. at the Lionel Memorial Auditorium, 6, Colombo 7*

*Organised by the Medicinal Drugs Committee of SLMA*

**Public Lecture “Protect your bones and your future”**

*Professor Sarath Lekamwasam*

MD FRCP, PhD, FRACP (Hon), Hon FCP (SA), FCPSP (Hon)

Professor of Medicine, Faculty of Medicine, University of Ruhuna, Karapitiya

10<sup>th</sup> October 2017 from 12.30 – 1.30 pm Lionel Memorial Auditorium, 6, Wijerama Mawatha, Colombo 7

(Guest Lecture to Commemorate World Osteoporosis Day)

Organized by the Expert Committee on Women's Health of the SLMA and Osteoporosis Association of Sri Lanka)

**Guest Lecture Symposium on “A Universal Truth: No Health without a Workforce”**

*Dr Pascal Zurn (WHO, Geneva)*

*Dr Tomas Zapata (WHO Regional Office, New Delhi)*

*Dr Michelle McIsaac (WHO, Geneva)*

28<sup>th</sup> November 2017 from 4.30 – 5.30 p.m. at the Lionel Memorial Auditorium, 6, Colombo 7

**13. SYMPOSIA, SEMINARS AND WORKSHOPS**

SLMA organized several seminars and workshops during the year 2017. The detailed programmes are given in **Annexure 6.**

**Symposium on “Tuberculosis (TB) - Every Breath Counts; Stop TB now!”**

9<sup>th</sup> February 2017 at 12.00 noon at the Lionel Memorial Auditorium

*Symposium organized by the Expert Committee on Communicable Diseases of the SLMA*

**Symposium on “Red Alert over Yellow Fever”**

4<sup>th</sup> of May 2017 at 11.30 at the Lionel Memorial Auditorium

*Symposium organized by the Expert Committee on Communicable Diseases of the SLMA*

**Workshop on “Ethical issues in Paediatric Health Research”**

19<sup>th</sup> of June 2017 at 8.30 at the Lionel Memorial Auditorium

*Symposium Organized by the Forum for Ethics Review Committees in Sri Lanka*

**Symposium on “Theme: Prevention of Cervical Cancer”**

25<sup>th</sup> of August 2017 at 12.00 noon at the Lionel Memorial Auditorium

*Symposium organized by the Expert Committee on Communicable Diseases of the SLMA*

**Symposium on “Theme: Understanding a common childhood illness; Hand, foot and mouth disease”**

21<sup>st</sup> September 2017 at 12.00 noon at the Lionel Memorial Auditorium

*Symposium organized by the Expert Committee on Communicable Diseases of the SLMA*

**Career Guidance Seminar**

5<sup>th</sup> November 2017, at 8.30 am at the Lionel Memorial Auditorium

*Seminar organized by the Expert Committee on Health Management of the SLMA*

**Symposium on “Candidaemia – Bridging the Gaps”**

23<sup>rd</sup> November 2017 at 12.00 noon at the Lionel Memorial Auditorium

*Symposium organized by the Expert Committee on Communicable Diseases of the SLMA*



## 14. CEYLON MEDICAL JOURNAL

- Editors : Prof Varuni de Silva and Prof A Pathmeswaran
- Emeritus Editors : Dr C G Uragoda, Professor Colvin Goonaratna and Professor Janaka de Silva,  
Dr Anuruddha Abeygunasekera
- Section Editors : B J C Perera, Udaya Ranawaka, Shalini Sri Ranganathan
- Editorial Board : Dr.Carukshi Arambepola, Dr. Tiran Dias, Prof. S D Dharmaratne, Dr. Renuka Jayatissa,  
Dr. B J C Perera, Prof. Shalini Sri Ranganathan, Prof. Ranil Fernando, Prof. Malik  
Goonewardena, Dr. Udaya Ranawaka, Prof. Sarath Lekamwasam, Prof. Senaka  
Rajapakse, Prof. S H Siribaddana

International Editorial Board: Prof. Sabaratnam Arulkumaran, Prof. Zulfiqar Ahmed Bhutta, Prof. Andrew Dawson, Prof. Barbara Gastel, Prof. David Laloo, Prof. Kalle Hoppu, Prof. Ian Pearce, Prof. Peush Sahni, Prof. Anita KM Zaidi

Compiled by: Prof.Varuni de Silva, Co-editor, Ceylon Medical Journal (CMJ)  
Period covered: 1 January 2017 to 15 November 2017

1. **CMJ co-editor**  
Prof. A Pathmeswaran was appointed as co-editor of the journal.
2. **Board Meetings**  
The Editorial Board meetings are held on a Saturday each month. Eleven meetings have been held so far in 2017. Average attendance was 70%. A summary of the events of CMJ are sent to the council periodically.
3. **Journal**  
Three issues of the 2017 Journal have been published to date: March, June and September. The December issue is in final review. Ananda Press continues to print and distribute the Journal in lieu of advertising revenue.  
  
A total of 100 articles were tabled and discussed at the editorial board from Jan-Nov. Forty articles were accepted for publication. The article acceptance rate was 40%. Average time period between submission of an article and decision taken at the editorial board was 5 weeks.  
  
A total of 41 articles have been published in 3 issues in 2017. Of them 24 were original articles.  
  
Past issues of the Journal can be purchased at Rs 500/= per copy. The processing fee per article is Rs 2000.
4. **Website**  
The CMJ can be accessed online through the SLMA website. Full article access is available from 2000 onwards. The Sri Lanka Journals Online website is maintained by Ms Sioux Cumming of the International Network for the Availability of Scientific Publications, Oxford. There are 950 online registrants of the CMJ who access the website. The PubMed abstract of the CMJ articles provide a link to the full text articles.
5. **Online activities**  
The Online manager Dr Riakz Sheriff maintains the twitter and facebook accounts for the CMJ to promote/ coordinate the Journal electronically. The Twitter account has 1063 followers to date. The Facebook page has 800 followers.
6. **CMJ office**  
Ms. Saumya Hemasinghe, the editorial assistant resigned in September 2017 after many years of loyal service. We wish her success in her new job. We have recruited a new assistant Ms. Dinushi Madushika. The office can be contacted on 011 269 0212 and at cmjslma@gmail.com
7. **Finances**  
The SLMA Council has agreed to support the CMJ with an annual grant of Rs. 500,000 which will finance the running costs of the journal. The CMJ would like to acknowledge the support extended by the President and Council of the SLMA.
8. **Acknowledgements**  
The Editorial Board is grateful for the continued help of all SLMA staff, especially Ms Jayarani Tennakoon.

## 15. ETHICS REVIEW COMMITTEE

**Chairperson** Prof. Chandanie Wanigatunge (Medical)

**Convener/ Secretary:** Dr. Jayanie Weeratna (Medical)

### Members

Dr. Malik Fernando (Medical)

Prof. Amala de Silva (Non-medical)

Dr. Carukshi Arambepola (Medical)

Dr. Mayuri Thammitiyagodage (Non -medical)

Prof. Shalini Sri Ranganathan (Medical)

Dr. Kamal Weerapperuma (Non-medical)

Dr. Sumal Nandasena (Medical)

Dr. Naazima Kamardeen (Non-medical/ Lawyer)

**New members joined in 2017** Dr. Asiri Rodrigo (Medical)

Ms. Durga Pulendran (Non-medical)

### Objectives of the Committee

#### General objective:

To enhance research ethics capacity of those involved in biomedical research

#### Specific objectives:

1. To provide timely and comprehensive review of biomedical research protocols submitted for ethical approval
2. To provide guidance and support to other ERCs to enhance their capacity in reviewing applications pertaining to ethical aspects of biomedical research

### Attendance at Committee meetings

Name	Number of meetings attended	Number of meetings excused
Prof Chandanie Wanigatunge	9	1
Dr Malik Fernando	10	0
Prof Shalini Sri Ranganathan	9	1
Dr Carukshi Arambepola	7	3
Prof Amala de Silva	5	5
Dr Sumal Nandasena	6	4
Dr Jayani Weeratne	8	2
Dr Mayuri Thammitiyagodage	6	4
Dr Kamal Weerapperuma	5	5
Dr Naazima Kamardeen	9	0
Mr. Sujeewa Rajapakse (Resigned in August)	3	1
Dr. Asiri Rodrigo (from September 2017 )	1	1
Ms. Durga Pulendran (from September 2017 )	1	1

### Activities carried out in 2017

Ten meetings were held from January to October 2017 and 20 research proposals were submitted to the committee during this period. One proposal was exempted from review as it was not considered as research. Seventeen research proposals were approved (01 from 2015, 03 from 2016 and 13 from 2017) and 10 proposals were removed from the agenda as the Principal Investigator did not respond despite repeated reminders. One protocol was rejected during this period.

The following were given ethical approval by the committee in 2017.

1. ERC/16-006  
A situation assessment of knowledge, practices and services on Sexual and Reproductive Health (SRH) among men and women of 18-49 in SRH project area in plantation sector  
PI – Dr Sathya Herath, Consultant Community Physician, National STD/AIDS Control Program, Sri Lanka
2. ERC/16 – 018  
Public knowledge and attitudes towards genomic medicine and research: a Sri-Lankan perspective  
PI: Dr Jonathan Ives, Senior Lecturer in Biomedical Ethics and Law, Centre for Ethics I Medicine, School of Social and Community Medicine, University of Bristol, Room G 4a, Canynge Hall, 39 Whatley Road, Bristol, BS8 2PS
3. ERC/17 – 002  
Knowledge on HIV Transmission and attitude towards providing care for people living with HIV and adherence to universal precautions among Attendants in the National Hospital of Sri Lanka  
PI- Dr G.A.G. Nanayakkara, Acting Venereologist, STD Clinic, District General Hospital Matara
4. ERC/015-039  
Socio-Demographic Status, Risk Habit Profile, Oral Health Status and Related Factors among Newly Diagnosed, Previously Diagnosed – Recurrent and Non-Recurrent Follow Up Oral Cancer Patients attending the Oral & Maxillo-Facial Unit, District General Hospital, Kegalle. - (Title changed from original)  
PI- Dr S A K J Kumara, Consultant Oral & Maxillo Facial Surgeon, Oral & Maxillo-Facial Unit, District General Hospital, Kegalle
5. ERC/16-012  
A study to assess the knowledge, attitudes and practices of Non-Communicable Diseases among the patients attending to Outpatients' medical clinic of Teaching Hospital Kurunegala  
PI: Dr S R Manilgama, Consultant Physician, Teaching Hospital, Kurunegala
6. ERC/17 – 001  
To describe the factors associated with diagnosis, treatment and outcomes of presumed ocular TB patients attending Central Chest Clinic, Colombo  
PI-Dr P E M D S Tilakaratne, Medical officer, Central Chest Clinic, Colombo
7. ERC/17 – 003  
Assessment of perceptions on Continuous Professional Development (CPD) among healthcare professionals in two healthcare institutions  
PI- Dr P V D S Dharmagunawardene, Deputy Director Training, Education and Research unit, Ministry of Health
8. ERC/17–004  
Susceptibility pattern of causative organisms of CSOM in a District General Hospital in Sri Lanka  
PI-Dr Renuka Fernando, Consultant Clinical Microbiologist, District General Hospital, Negombo
9. ERC/17 – 006  
Prevalence of Depressive Disorder in adult patients attending a general medical clinic for follow up of non-communicable medical conditions for more than 3 years in a base hospital in Sri Lanka  
PI- Dr Ravindranath Kathiriarachchi, Senior Registrar in Psychiatry, National Institute of Mental Health, Angoda, Mulleriyawa New Town
10. ERC/17 – 007  
A survey of what information research participants would like to know in informed consent forms in biomedical research  
PI: Professor Chandanie Wanigatunge, Chairperson, Forum for Ethics Review Committees in Sri Lanka, 6, Wijerama Mawatha, Colombo 7
11. ERC/17 – 008  
Evaluation of clinical profile, response to treatment and quality of life among patients with Polycythemia Vera in a Sri Lankan tertiary care setting  
PI-Dr E H Wijesinghe, Senior Registrar in Clinical Haematology, National Hospital of Sri Lanka
12. ERC/17 – 009  
A Retrospective comparative study on the outcomes of the “Euro-lupus” and high dose cyclophosphamide (NIH) regimens in the management of Class III and IV lupus nephritis in Sri Lanka  
PI- Dr Dilushi Wijayarathne, Senior Registrar in Nephrology, University Medical unit, National Hospital of Sri Lanka

13. ERC/17 – 005  
Improving the quality of routine immunization services and thereby improving the quality of the maternal and child health services in the Ratnapura District of Sri Lanka  
PI- Dr R D S Ranasinghe, Consultant Community Physician, Ministry of Health Nutrition and Indigenous Medicine
14. ERC/17 – 011  
Assessment of recent lead exposure by analysing blood levels in individuals consuming lead contaminated food commodities and screening them for Chronic Kidney Disease of unknown aetiology using urinary and haematological parameters - (title changed from the original)  
PI: Dr T B Ananda Jayalal, Deputy Director General Environmental Health Occupational Health & Food Safety, Ministry of Health
15. ERC/17 – 014  
Assessment of lead and fluoride levels in cadaveric bone samples in order to compare the Chronic Kidney Disease (CKD) cases and non CKD cases in Anuradhapura and Kalubowila Teaching Hospitals - (title changed from the original)  
PI: Dr T B Ananda Jayalal, Deputy Director General Environmental Health Occupational Health & Food Safety, Ministry of Health
16. ERC/17 – 018  
A Multicentre study on Guillain-Barre Syndrome  
PI: Dr Udaya Kumara Ranawaka, Consultant Neurologist, Colombo North Teaching Hospital, Senior Lecturer, Dept. of Clinical Medicine, Faculty of Medicine, University of Kelaniya  
Col: Dr Sudath Gunasekara, Department of Clinical Neurophysiology, Institute of Neurology
17. ERC/17 – 019(CA, KW, AdeS; ICF-NK)- Initial submission September 2017  
Case studies on community-based social innovations to support older people in middle-income countries  
PI: Dr Emma Pitchforth, Associate Director, RAND Europe, Westbrook Centre, Milton Road, Cambridge, CB4 1YG, United Kingdom
  - One proposal (ERC/17 – 013) was exempted from review as it was not a research but a procedure to be carried out in the routine work of the department.  
Genetic Characterization of Malaria parasites in Sri Lanka during the prevention of reintroduction of Malaria phase in preparation for a rapid outbreak response
  - One proposal (ERC/17 – 017) was rejected in the presented format as it was both scientifically and ethically unacceptable.
  - The website of the SLMA- ERC, designed by Dr Sumal Nadansena, was launched on 17<sup>th</sup> February 2017. This increased the visibility of SLMA, ERC.
  - ERC, SLMA was a study site for “A multi-country study of what information and to which extent of information in informed consent forms research participants would like to receive”, conducted by the Forum for Ethics Review Committees in Asia and the Western Pacific (FERCAP). Prof S Sri Ranganathan and Dr Jayanie Weeratne were the site coordinators.
  - The members of the ERC attended workshops conducted by FERCSL during the year and also the members were resource persons at workshops conducted by FERCSL. The members were registered for the CITI programme by the NSF to obtain further training.

#### **Action plan for 2018**

Provide support to FERCSL and prepare for the 2<sup>nd</sup> SIDCER (Strategic Initiative for Developing Capacity in Ethical Review) review which to be done in 2019.



## 16. SRI LANKAN CLINICAL TRIALS REGISTRY

**Chairperson** Prof Colvin Goonaratna  
**Honorary Secretary** Dr Udaya Ranawaka

### Members

Dr. Ashwini de Abrew (Assistant Secretary) Dr. Manu Wimalachandra (Assistant Secretary)  
 Prof. Gita Fernando Prof. Shalini Sri Ranganathan Dr. Piyusha Atapattu  
 Prof. Chandanie Wanigathunge Dr. Shamini Prathapan Dr. Nithushi Samaranayake  
 Dr. Carmeline Motha Dr. A. Dinithi A. Fernando

### Ex-Officio Members

Dr. J.M.W. Jayasundara Bandara (DGHS) Dr. Sunil de Alwis (DDG/ET&R)  
 Prof H J De Silva (Director, PGIM) Prof. Chandrika Wijeyaratne (President, SLMA)  
 Dr. S. Wasalathanthri (Secretary, SLMA) Dr. B. M. A. C. Balasuriya (Treasurer, SLMA)

**New members joined in 2017** : None

**Members resigning in 2017** : None

**Report presented by** : Prof. Colvin Goonaratna

### Objectives of the committee

#### General Objectives

1. To establish and maintain a national registry of clinical trials that meets international standards.
2. To facilitate clinical trial registration by Sri Lankan researchers.

#### Specific objectives

1. To maintain the SLCTR web application according to the standards of the WHO-ICTRP
2. To provide regular feedback to the WHO and the Ministry of Health
3. To create awareness on the need for, and the process of, clinical trial registration among the Sri Lankan scientific community.
4. To liaise with relevant national organisations to ensure prospective registration of all clinical trials conducted in Sri Lanka

### Attendance at Committee meetings

Name	Number of meetings attended	Number of meetings excused
Prof Colvin Goonaratna (Chairperson)	7	2
Dr Udaya Ranawaka (Secretary)	5	4
Dr Ashwini de Abrew (Assistant Secretary)	2	7
Dr Manu Wimalachandra (Assistant Secretary)	8	1
Prof Gita Fernando	5	4
Prof Shalini Sri Ranganathan	6	3
Dr Piyusha Atapattu	1	8
Prof Chandanie Wanigathunge	3	5
Dr Shamini Prathapan	7	2
Dr Nithushi Samaranayake	5	4
Dr Carmeline Motha	5	4
Dr Dinithi Fernando	2	7
<i>Ex officio members</i>		
Dr. J.M.W. Jayasundara Bandara (DGHS)	-	-

Dr Sunil de Alwis (DDG/ET&R)	3	-
Prof H J De Silva (Director, PGIM)	-	9
Prof. Chandrika Wijeyaratne (President, SLMA)	3	-
Dr. S. Wasalathantri (Secretary, SLMA)	1	-
Dr B. M. A. C. Balasuriya (Treasurer, SLMA)	3	3

#### Activities carried out during 2017

1. Thirty nine clinical trials were registered as of 16<sup>th</sup> November 2017 (Total 251 trials in the registry).
2. Total of 58 applications received and processed as of 16<sup>th</sup> November 2017.
3. Internal Audit done of all trial records at the SLCTR over a 5 year period - n=144 (January 2012 – December 2016). Evaluation was carried out for completeness of entries and detailed analysis of interventions, outcomes and contact details of investigators.
4. Dr. Udaya Ranawaka and Dr Ashwini de Abrew represented the SLCTR at the Registry Network Meeting of the WHO-ICTRP on 3<sup>rd</sup> and 4<sup>th</sup> May 2017.
5. SLCTR database and website are being revised according to the new requirements of the WHO-ICTRP (target date of completion 31<sup>st</sup> January 2018).

#### Action plan for 2018

1. Update the SLCTR web application according to updated WHO-ICTRP standards.
2. Provide a platform for results reporting of trials registered with the SLCTR.
3. Carry out awareness programs for young researchers on Clinical Trials Registration.

## 17. REPORTS OF SLMA EXPERT COMMITTEES

### COMMUNICABLE DISEASES

**Chairperson** Dr. Ranjith Perera  
**Convenor** Dr. Hasini Banneheke

#### Members

Prof. Jennifer Perera	Dr. Lucian Jayasuriya	Dr. Maxie Fernandopulle
Dr. Dennis Aloysius	Dr. Kalyani Guruge	Dr. N.P.S.Gunaratna
Dr. Samitha Ginige	Dr. Deepa Gamage	Dr. Rohini Wadanambi
Dr. Janani Kottahachchi	Dr. Shalindra Ranasinghe	Dr. Iyanthi Abeyewickreme
Dr. Yamuna Siriwardene	Dr. Thushari Dissnayake	Dr. Neelamanie Punchihewa
Dr. Bhagya Piyasiri		

#### New members joined in 2017

Dr. Bhagya Piyasiri

#### Objectives of the Committee

##### General Objectives

Committee has always been working with other colleges in providing CME to medical professionals. Vaccine book which is being reviewed is also a collaborative effort with other professional colleges.

#### Attendance at Committee meetings

Name	Number of meetings attended	Number of meetings excused
Dr. Ranjith Perera-President	5	0
Dr. Hasini Banneheke-Convenor	4	1
Prof. Jennifer Perera	2	3

Dr. Lucian Jayasuriya	0	4
Dr. Maxie Fernandopulle	1	1
Dr. Dennis Aloysius	1	-
Dr. Kalyani Guruge	2	2
Dr. N.P.S.Gunaratna	2	-
Dr. Samitha Ginige	1	1
Dr. Deepa Gamage	1	3
Dr. Rohini Wadanambi	2	2
Dr. Janani Kottahachchi	4	1
Dr. Shalindra Ranasinghe	3	1
Dr. Iyanthi Abeyewickreme	1	-
Dr. Yamuna Siriwardene	3	2
Dr. Thushari Dissnayake	4	1
Dr. Neelamanie Punchihewa	1	1
Dr. Bhagya Piyasiri	3	2

#### Activities carried out in 2017

1. Symposium on Tuberculosis titled 'Every Breath Counts; Stop TB now!' on 9th Feb 2017
2. Symposium on Yellow fever titled "Red Alert over Yellow Fever" on 4th May 2017
3. Symposium on prevention of cervical cancer titled as 'Holistic approach of Cervical Cancer prevention: present and future' on 25th August 2017
4. Symposium on hand-foot-mouth disease titled 'Understanding a common childhood illness; Hand, foot and mouth disease' on 21st September 2017
5. A symposium on 'candidemia and fungal infections of the brain' in November 2017
6. Distribution of the book printed and published on "100 case of leprosy"
7. Launching of the vaccine book titled 'SLMA Guidelines and Information on Vaccines' Sixth Edition 2017 was launched on 1st December 2017

#### Action plan for 2018

- To organize symposia on currently important and relevant topics for capacity building and Continuous medical education purposes of medical professionals
- To explore the possibility of long term collaboration with an organization /institution to obtain assistance for CPE sessions
- To initiate activities targeting comprehensive curative and preventive healthcare for the community

### MEDICINAL DRUGS

**Chairperson:** Professor Gita Fernando  
**Convenor:** Dr. Pradeepa Jayawardane

#### Members:

Prof. Priyadarashani Galappathy	Dr Lucian Jayasuriya	Dr. M C Weerasinghe
Prof. Chandanie Wanigatunge	Dr. Sarath Gamini de Silva	Dr. Srimathie Jayaratne
Prof. Shalini Sri Ranganathan	Dr. Maxie Fernandopulle	Ms Chinta Abeywardana
Dr. Shyamalee Samaranayake	Dr Nirmala Wijekoon	

**Report presented by:** Prof Gita Fernando (Chairperson) and Dr Pradeepa Jayawardane (Convenor)

#### Objectives of the committee

Main objective: To promote rational and appropriate use of medicinal drugs.

**Specific objectives:**

- a) Promote continued professional development (CPD) of doctors by updating knowledge on medicinal drugs and therapeutics.
- b) Promote CPD of healthcare personnel including pharmacists, nurses.
- c) Provide appropriate information on medicinal drugs to doctors, other healthcare personnel.
- d) Provide appropriate information to educate patients and the public on medicinal drugs.
- e) Discuss problems related to drug regulation such as registration, pricing, distribution of medicines.

**Activities carried out during 2017****1. Therapeutic update lectures**

Medicinal Drugs Committee (MDC) organized the lunch time lectures for the 4<sup>th</sup> consecutive year to update knowledge on therapeutics and rational use of medicines. Such updates were aimed at promoting CPD of post graduate trainees and other doctors. Six updates were held for this year. All lectures were held at SLMA. All lectures were well attended. All the lectures are uploaded to the SLMA website. The following updates/speakers are as follows:

1. "What is new in management of influenza?" by Dr Ananda Wijewickreme, Consultant Physician, Infectious Diseases Hospital, Angoda was held successfully on 27th January 2017 at the SLMA Auditorium.
2. "What's new in management of chronic leg ulcers" by Dr Rizny Cassim, Consultant Vascular Surgeon, National Hospital Colombo was successfully held on 22<sup>nd</sup> February 2017 at the SLMA Auditorium.
3. "What is new on management of leprosy?" by Dr Indira Kahawita, Consultant Dermatologist, Base Hospital Homagama, was successfully held on 17<sup>th</sup> March 2017 at the SLMA Auditorium.
4. "Therapeutic options on atrial fibrillation" by Dr. Rohan Gunawardena, Consultant Cardiac Electrophysiologist, National Hospital of Sri Lanka, was successfully held on 26<sup>th</sup> May 2017 at the SLMA Auditorium.
5. "What is new in management of HIV" by Dr Lilani Rajapakshe, the Consultant Venereologist and Coordinator for HIV Treatment, Care and Support, National STD/AIDS Control Programme, Sri Lanka was held successfully on 28<sup>th</sup> July 2017 at the SLMA Auditorium.
6. Management of community acquired common skin diseases" by Dr. Chalukya Gunasekara Consultant Dermatologist National Hospital of Sri Lanka was successfully held on 29th September 2017 at the SLMA Auditorium.

**2. Patient Information Booklets**

Committee took a leading role in the island wide distribution of Patient information booklets titled : ***"Patient Information on Commonly Used Medicinal Drugs"*** which were published by the MDC to provide essential information to patients and the public about commonly used medicinal drugs as well as other topics relevant for patient care.

Excellent comments have been received from the general public. Committee has made the pdf version of the booklet available in the SLMA web-site.

Prof. Gita Fernando published an article in Sunday Times in April 2017 on importance of general public knowing information on correct use of drugs highlighting the ***"Patient Information on Commonly Used Medicinal Drugs"***. Two individual articles (Antibiotics – Professor Gita Fernando and House-hold poisoning –Dr Pradeepa Jayawardane) has been published in the Daily Mirror Newspaper.

**3. Symposium on "Medication without harm" organized by the MDC was successfully held at the 130<sup>th</sup> Anniversary International Medical Conference of the Sri Lanka Medical Association on 13<sup>th</sup> July 2017.**

The speakers for the above symposium were Prof C Wanigatunge on "Preventing Medication Errors: Role of Prescribers and Patients", Dr N Samaranayake on "Medication Errors: Role of Pharmacists" and Prof P Galapaththy on "Medication Safety: Global Challenge and Plan for Sri Lanka."

**4. Addressing the issue on AMR**

Prof Gita Fernando wrote article in SLMA newsletter about the publication "National strategic plan for combating antimicrobial resistance in Sri Lanka". Further Prof Gita Fernando attended meetings of the National Advisory Committee to prevent AMR regarding implementation of the strategic plan.

**5. Medication Safety**

A seminar was organized by the Medicinal Drugs Committee in collaboration with Ministry of Health on "Medication Safety" at Health Education Bureau to commemorate "World Patient Safety Day" on 17th September. Prof Gita Fernando, Prof Chandrika Wijeratne and Prof Priyadarshani Galapaththy participated in that event. "Key messages to the public on safe medication use", written by Prof Priyadarshani Galapaththy was published in the September issue of SLMA newsletter.

### Action plan for 2018

- a) MDC will continue to have therapeutic updates for 2018. The topics and the resource persons will be decided at the December meeting.
- b) Prevention of AMR by improving prescribing practices
- c) Measures will be taken to improve medication safety involving all stake holders.

## ETHICS

### Chairperson Secretary

Dr Preethi Wijegoonewardene  
Dr Harshini Rajapakse

### Members

Prof Anoja Fernando	Dr Enoke Corea	Dr Christo Fernando
Dr Malik Fernando	Prof Chandanie Wanigatunge	Dr Arosha Dissanayake
Dr Panduka Karunanayake	Dr Ajith Amarasinghe	Dr Ruvaiz Haniffa
Dr Pramilla Senanayake	Dr Vinya Ariyaratne	Dr Lucian Jayasuriya

**Report prepared by** Dr Harshini Rajapakse

### General Objective:

Promote ethical moral practice of medicine among doctors.

### Specific objectives:

1. Open a discussion with all stakeholders on the timely issues related to doctors.
2. Draw up guidance on best practice specially when dealing with the pharmaceutical industry, laboratory service providers and equipment suppliers
3. Etiquette and ethics of behaviour of doctors in clinical consultations.
4. Draw up guidance and obtain legal recognition on issues related to patient care. e.g. end of life care decision making including Do Not Resuscitate decisions

The ethics committee under the chairmanship of Dr Preethi Wijegoonewardene, met bi-monthly. The following matters considered to be of ethical importance were the topics for discussions and deliberations.

1. Doctors and trade union action.  
A document on trade union action had been prepared by the SLMA a number of years back. This document was traced and sent to the SLMA council with a request to circulate it as an email among entire membership and seek opinions. With input from the present membership it has been decided to update the previous document taking into the current issues facing the medical profession.
2. Obtaining legal recognition for Do Not Resuscitate (DNR) decision making.  
Discussions have been underway at the SLMA for a number of years. Presently the SLMA palliative care task force is in the process of drawing up guidelines for end of life care including DNR decision making. The SLMA ethics committee has decided to initiate a dialogue with the legal fraternity of Sri Lanka through the BASL, to formulate necessary laws to obtain legal recognition.
3. Pharmaceutical marketing practices and ethics of medical practitioners.  
Discussions ensued on the subject. Again, a report had been compiled on the matter by the SLMA a number of years back. This document was traced and crucial factors were circulated among membership via the emailed newsletter. The document will be updated to fit in with current status quo, with the input from the present membership.
4. Ethics and etiquette of medical professionals.  
Ideal behaviours expected from medical professionals will be brought to the attention of the medical professionals and the general public both. A request will be made to include a chapter on ethics and etiquette in the book issued to the doctors about to commence internship. At regional meeting and other public meetings of the SLMA it was decided to display leaflets and banners on this important area.

## HEALTH MANAGEMENT

**Chairperson** Dr. Susantha de Silva  
**Convenor** Dr. Rani Fernando, Dr.P D Koggalage from June 2017

### Members

Dr. Lucian Jayasuriya	Dr. Palitha Abeykoon	Dr. K C Shanti Dalpadadu
Dr. Sarath Samarage	Dr. Neelamani Hewageegana	Dr. S. Sridharan
Dr. Rathnasiri Hewage	Dr. Alan Ludowyke	Dr. Ruvais Haniffa
Dr Alan Ludowyke	Dr. Rani Fernando	

New members joined in 2017: Dr Dinesh Koggalage Dr. H.S.N de Silva  
Dr. Deepika Atygalle Dr. Upuli Wijemanne Dr.Thushara Ranasinghe  
Prof Antoinette Perera  
Report presented by Dr Susantha de Silva

### Objectives of the Committee

#### General Objective:

To assist in strengthening SLMA to influence on 'Health Policy' and support it to play an advocacy role towards a comprehensive curative and preventive healthcare for the community.

#### Specific Objectives:

1. To lead the health policy debate to influence or change government decisions which SLMA believes may not be in country's best interests.
2. To respond to issues in the health sector through the provision of a wide range of expert resources by collaborating with Professional Colleges, Ministry of Health, Finance and other health related organisations and stakeholders including the private sector.
3. To collect and analyse data and information to support evidence based Advocacy
4. To support implementation of Sustainable Development Goals through enhanced intra and inter sectoral cooperation
5. To collaborate with other expert committees of SLMA in promoting health

#### Activities carried out in 2017

The Committee met on seven (07) occasions during the year 2017. The following activities were undertaken.

1. **Review of budget proposals 2017**  
The budget proposals were reviewed and discussed areas of special concern namely Health Insurance for school children and implementation public private partnership (PPP) in health sector.  
Met officials of Ministry of Finance along with President SLMA and President elect SLMA to discuss Budget proposals 2017 and to express our concerns and provide our recommendations. It was also pointed out the need to have better collaboration with Ministry of Finance. Accordingly MOF has nominated an officer to collaborate activities with regard to health sector with us and MOH. It also requested us to send our proposals for budget 2018.
2. **Collaboration with WHO and MOH**  
A working group with members from WCO, SLMA and MOH has been constituted to analyse the Household Income and expenditure survey 2012/ 2013 data set and to make recommendations to reduce out of pocket expenditures (OOPE). Discussions on the feasibility of introducing Social Health Insurance to Sri Lanka followed, based on the work of Prof Amala de Silva on this subject. The working group presented an interim report to members on the preliminary analysis of household expenditure followed by a discussion. A set of recommendations was drawn up by working group and discussed at the committee. Final reports were presented to SLMA by Dr. Padmal de Silva of WHO country office on OOPE and Prof Amala de Silva of University of Colombo on Social Health Insurance on 31<sup>st</sup> August 2017.

The following recommendations were shared with MOH

- The tax funded healthcare system has been performing well and should be maintained.
- Social Health Insurance (SHI) scheme should be implemented only as a complementary strategy to the existing tax funded system. Further, SHI should be mainly Employer Funded Insurance schemes. Private Insurance has a limited space in the system.
- The total allocation for the health sector by the National Budget should be increased.
- Primary medical care services which would bring in clear benefits to the poor segment of the population in Sri Lanka should be a priority to be strengthened in the next two decades.
- Budgetary allocations should focus more on developing PHC particularly primary medical care facilities and



also developing human resources to support the primary healthcare services. CPD for efficient functioning of primary medical care services should be actively pursued.

- The linkages and coordination between the health sector and other stakeholders such as the social services sector should be adequately strengthened.
- The private sector regulations should be vigorously implemented and the process closely monitored while at same time the efficiency of the private sector regulatory mechanisms should be strengthened.

A Guest lecture with presentations by 3 WHO experts on topic “Universal Truth: no health without a workforce” was held in collaboration with College of Medical Administrators and WHO country office on 28<sup>th</sup> November 2017.

3. Review of new proposals received from Colleges for budget 2018  
Health Management Expert Committee on behalf of the SLMA, requested Academic Colleges & Associations to submit their proposals for 2018. Seven Colleges/ Associations had responded by sending their budget proposals for 2018. These were reviewed by the committee and a summary report was prepared and submitted to the council and copy was sent to MOH.

4. **Preparation of Press releases**

Prepared a Press release expressing concerns of SLMA on the proposed Health Insurance scheme for school children.

Another Press release was prepared on Financing of the Health Sector with Recommendations for Budget proposals 2018.

5. **Advocacy with Policy makers:** HMC along with President and President elect of SLMA had a meeting with the official Committee on Economic management at PM's office consisting of Advisor to PM Mr. Paskaralingam, Mr. Ratwatte and Dr. Samararatunge, Secretary to Treasury on 26 September 2017. The views of SLMA regarding proposed Health Insurance scheme for School children were elaborated. Evidence was presented requesting for a review of options for a better and a more effective insurance scheme to support vulnerable and high risk groups such as preschool children and elderly.

6. **Collaboration with Other expert Committees**

NCD prevention and Taxation: This subject was taken up for discussion and it was decided to collaborate with NCD expert committee to follow up on matters relating to Taxation of sweetened beverages and food items containing unhealthy fats, Banning of tobacco (single cigarette sales, smokeless plus e cigarettes), Minimize excessive consumption of alcohol, Duty relief for push cycles and exercise equipment and Ensure clean air in schools, roads, workplaces and address issues relating to biomass fuels.

7. **PHC reforms**

With a view to providing personalised and continued care to families and also as one option to reduce OOPe, HMC supported the actions taken and planned by MOH on proposed reform to PHC system. There was a presentation by Dr. Susie Perera on the proposed shared cluster system followed by a discussion on reorganisation of PHC system.

8. **Evaluation of outcomes of SLMA Committees**

The Council of SLMA informed that it would like to assess the process and outcomes of the activities of expert committees as per the corporate plan of the SLMA (2015-2020). Accordingly the HMC developed a list of indicators for this purpose.

9. **Seminar on Career Guidance for Pre-intern Doctors**

This was conducted on 6th November 2017 with participation of 44 pre-intern doctors. Presentations were made by several consultants on the subjects of Post Graduate Training Programmes, Cadre positions, Medical Administration, Surgery & Other Specialties, Obstetrics & Gynaecology, Paediatrics, Universities, Venereology, Anaesthesiology, General Practice, Radiology, Community Medicine, Psychiatry, Medicine & Other Specialties, Dermatology, Pathology, and Otorhinolaryngology. There were several question and answer sessions.

## MEDIA

**Chairperson & Convenor** Dr Ruvaiz Haniffa

### Members

Dr. Kalyani Guruge

Dr. Iranga Madushan

**REPORT Presented** by Dr Ruvaiz Haniffa

The SLMA Media Committee with the assistance of the Public Relations Officer of the SLMA under the guidance of the President of the SLMA took part in a series of television interviews in the Sirasa Media channel to educate the public at large to create awareness of the dengue epidemic which engulfed the country in June 2017. The media committee thanks the resource persons for accepting the invitation of the SLMA consenting to be interviewed on national television.

The Annual SLMA Awards for Excellence in Health Journalism 2017 was successfully conducted for the 14<sup>th</sup> consecutive year. The Committee received 02 articles in English and 01 article in Sinhala for evaluation this year. The following awards were made at the inauguration of the SLMA Foundation Sessions held in SLM Auditorium on 26<sup>th</sup> October 2017.

### Sinhala Medium

(ගර්භනී කාලයේදී දියවැඩියාවෙන් පරිස්සම් වෙමු .....)

by **Ms. Ms. Harindi Liyanage - "Navaliya"**

Upali Newspapers (Private) Limited

### English Medium

(Labels that hide the poison)

by **Ms. Carol Aloysius - "Sunday Observer"**

Associated Newspapers of Ceylon Ltd

### English Medium – Merit Award

(Age – appropriate sex education, a must in schools)

by **Ms. Husna Inayathullah - "Sunday Observer"**

Associated Newspapers of Ceylon Limited

The panel of judges who served in evaluating the article were Dr. Achala Jayatilleke, (Sinhala medium) and Dr. Kalyani Guruge (English medium). The Committee thanks the judges for their valuable support.

The Committee places on record its thanks to the staff of the SLMA office for the logistical support given in carrying out its activities during the year.

### Action plan 2018

1. Highlight the national advocacy role of SLMA
2. Public awareness on health – time appropriate priorities and root causes of chronic NCDs and Road Traffic Injuries emphasizing the roles and responsibilities of the public
3. Develop communication skills of the members of SLMA when interacting with the media

## MEDICAL EDUCATION

**Chairperson  
Convenor**

Dr. Palitha Abeykoon  
Dr. Madawa Chandratilake

### Members

Dr. Indika Karunathilake  
Prof. Saroj Jayasinghe  
Dr. Amaya Ellawala

Dr. Gominda Ponnamparuma  
Prof. Janaki Hewavisenthi  
Dr. Dilmini Karunaratne

Dr. Asela Olupeliyawa  
Dr. Anuradhani Kasturiratne

### NO REPORT

The SLMA Council 2017 deliberated on the feasibility of changing the focus of this committee that takes in to account the public perspective and of medical doctors recommended further discussion.

## RESEARCH PROMOTION

**Chairperson** Dr Achala Jayatilleke  
**Convenor** Dr. Lathika Athauda

### Members

Dr. Ruvaiz Haniffa Dr. Sharmini Prathapan

### NO REPORT

This committee was discontinued in 2017 due to the main focus of SLMA being outside of research management.

## NON COMMUNICABLE DISEASES

**Chairperson** Dr. Palitha Karunapema  
**Convenor** Dr. Shashika Sandaruwanie

### Members

Dr. J. B. Jayawardena	Dr. Shiromi Maduwage	Dr. Sankha Randenikumara
Prof. Chandrika Wijeyaratne	Dr. Damayanthi Perera	Dr. Carukshi Arambepola
Dr. Suraj Perera	Dr. Shantha De Silva	Dr. Padma Gunaratne
Dr. Dilhara Samaraweera	Dr. Suresh Shanmuganathan	Dr. Buddhika Gunawardena
Dr. Virginie Mallawarachchi	Dr. Carmel Fernandopulle	Dr. Chathuranga Ranasinghe
Dr. V.T.S.K. Siriwardene	Dr. Daminda Attanayake	Dr. Nirmala Wijekoon
Dr. Sampatha Goonawardene	Dr. Naomal Perera	Dr. Eranga Colombage
Dr. Lasantha Wijesekera	Dr. Bhanuja Wijayatilaka	

### Background

The NCD Committee has been active and operational since 2004.

The Committee has given sustainable leadership to SLMA in playing a pioneering advocacy role in the field of chronic NCDs (diabetes and cardiovascular risks) from policy formulation, to strategic planning, development of national action plan in support of the Ministry of Health. The SLMA was always represented via the committee in the discussion process at SEARO level in identifying NCDs on the development agenda of countries and in finalizing the voluntary targets for NCDs (WHO based criteria).

The NIROGI Lanka project, the flagship project of SLMA, was successfully completed over 6 years (2009-2015) with World Diabetes Foundation (WDF) funding. The phase III of NIROGI project is part funded by the WDF and by World Bank second SHSDP funds via the NCD Bureau of the Ministry of Health. The Phase III priority is Health Promotion.

Name	Number of meetings attended	Number of meetings excused
Dr. Palitha Karunapema	6	2
Dr. Sashika Sandaruwani	7	1
Dr. Udayangi Ramadasa	4	3
Dr. J. B. Jayawardena	6	-
Dr. Shiromi Maduwage	1	1
Prof. Chandrika Wijeyaratne	8	1
Dr. Damayanthi Perera	3	4
Dr. Carukshi Arambepola	5	3
Dr. Suraj Perera	1	-
Dr. Shantha De Silva	-	-
Dr. Padma Gunaratne	-	-

Dr. Dilhara Samaraweera	-	1
Dr. Suresh Shanmuganathan	-	-
Dr. Buddhika Gunawardena	-	-
Dr. Virginie Mallawarachchi	-	2
Dr. Carmel Fernandopulle	-	-
Dr. Chathuranga Ranasinghe	-	-
Dr. V.T.S.K. Siriwardene	-	2
Dr. Daminda Attanayake	-	2
Dr. Nirmala Wijekoon	-	-
Dr. Sampatha Goonawardene	4	1
Dr. Naomal Perera	-	-
Dr. Eranga Colombage	-	-
Dr. Indranee P Godakanda	5	3
Dr. Sankha Randenikumara	8	-
Dr. Lasantha Wijesekera	4	1
Dr Bhanuja Wijayatilaka	2	

### Objectives of the Committee

General Objective:

To play a national level advocacy role in strengthening the implementation of the Multi Sector action plan of the Ministry of Health and identify gaps within the broad framework of chronic NCDs that are of national importance

### Specific Objectives:

1. To carry out to completion the piloting of Health Promotion Model (Phase III of NIROGI Lank Project) and institutionalize the process within the MoH
2. To support the establishment of the Task Force on Palliative & End of Life Care with the overall focus being to benefit patients and their families affected with life threatening disease or disability
3. To play an advocacy role, gather evidence on the harmful effects of unhealthy diet and beverages and enhance the capacity building of health care workers on promoting healthy nutrition through their service provision
4. To support implementation of Sustainable Development Goals through enhanced intra and inter sectoral Cooperation of the National Action Plan
5. To collaborate with other expert committees of SLMA in effective prevention and control of chronic NCDs

### Activities carried out in 2017

#### 1. NIROGI Lanka Project 2017 – commenced October 2016

Phase iii of NIROGI Lanka Project of Sri Lanka Medical Association is a continuation of the NIROGI Diviya, Health Promotion Component .It is funded by Second Health Sector Development Project,Ministry of Health and World Diabetes Foundation. Community intervention are carried out in following districts and areas;

Kaluthara – 6 MOH areas

Colombo – 5 MOH areas

Colombo CMC area

Ratnapura-3 MOH areas

Kandy -4 MOH areas

Galle- 5 MOH areas

Kurunegala -3 MOH areas

**Health Promotion Activities Linked to Primary Health Centers conducted.**

984 activities done in 58 workplaces , 90 Community based organizations(CBO) and 16 schools (only taken one programme per month but in some places HPO have programmes 3 time per month in one setting)  
. 699 activitst trained and 219 employees trained

*Health promotion activities content included to the program were - introduction of project and HPO – Discussions on NCD burden of Sri Lanka - Main 4 NCDs / 4 risk factors / 4 risk conditions - measuring risk conditions - how to change risk factors - examples for previous project activities, initiating exercise and changing dietary practices within households, introducing basic aerobic steps and hand moment, facilitate to practice basic aerobic steps and create 30 minutes aerobic session with the group.*

*Above activities were done in the following settings every week and followed up by monitoring them through setting level. We also initiated the process to send follow up educational SMSs in collaboration with a leading telecommunication company in Sri Lanka.*

**District level review meeting on health promotion** was held on 18th August 2017 at Auditorium, Sri Lanka Medical Association. 50 participants attended the meeting including Deputy Director General/NCD Ministry of Health, Director NCD unit Ministry of Health, Regional Director Health services Kurunagala, MOHs, MONCDs, HEOs, MOs, CMC officials, Health Education Bureau resource persons, Health Promotion Officers and SLMA Officials. HPOs showcased community activities videos photos with success and unsuccessful stories.

**Provincial programmes for workplace health promotion** held at Mallawapitiya divisional secretariat office on 29th of September 2017 and Ridigama Divisional Secretariat Office on 27th of July 2017.  
HP programme held at Kahawatta labor office for provincial level workplace staff and aerobics session was held on 25<sup>th</sup> August 2017.

Rathgama Govi Jana Sewa HP programme was held on 01.03.2017 with 20 people participation of work place in Southern province.

A health promotion programme for active work place settings in Central province will be held at RDHS Kandy in end of 2017. It was suggested to continue monitoring and conducting health promotion and aerobics activities for provincial level work place staff at NCD unit Kandy.

Gonapiniwala MOH office HP programme will be held on 31<sup>st</sup> October 2017 for 3/5 MOH in the Southern province for work place staff, Community based settings.

**Major Achievements**

Ministry of health has identified WDF funded NIROGI Lanka project as a success story and included lessons learned through the project in next world bank funded health sector project which will be carried out from 2019-2024.

"Health promotion officer" concept, which was introduced by NIROGI Lanka project is well accepted by Ministry of Health. New carder category will be created by ministry of health and deploy at MOH level for health promotion activities mainly focusing NCDs including diabetes.

These two achievements will ensure smooth transfer of knowledge and lessons learned through the project to the Ministry of Health (system institutionalization).

Developing a web portal to monitor, review and supervise methodology was initiated.

Identified an expert group for health message development and identified an expert panel to review the health messages. An agreement was signed with Dialog axiata to send developed short messages to the community.

Capacity building programs were held on month of April, June, July, and August 2017 after each review meeting by Consultants from Health Education Bureau, Ministry of Health.

**Project Material**

Health Promotion manual in collaboration with Health Promotion Bureau  
Booklet with Health Promotion messages  
Aerobics DVD  
Documentary DVD on Health Promotion

### **Implementation plan for the next 6 months**

Carry out several Local meetings at setting level with HP activists and participants in each setting  
Organizing the refresher HPO training workshop at central level  
Conducting a review meetings at Provincial level

### **Provincial level Showcasing**

Conducting central level stakeholder meetings  
Organizing training programme for the primary health care staff, Local Health promoters and HP activists.

### **Post Evaluation of the project**

HPOs to take the initiative to establish a solid foundation for the management activities in their community settings  
Early Child hood care and development practices conducted through HPOs at community settings in each district to be further strengthened  
Home gardening sessions conducted through HPOs in collaboration with agriculture officers to be further enhanced

## **2. Palliative & End of Life Care Task Force**

The Palliative & End of Life Care Task Force was established in Dec 2016 as a concept of Prof. Chandrika Wijeyaratne under the NCD subcommittee of the Sri Lanka Medical Association. The Task Force is headed by Dr. Dilhar Samaraweera and comprises of 20 core group members and over 200 stakeholders.

The Palliative Care Task force is funded by philanthropist Mr. Ranjan Gomez, founder of the Holy Trinity Foundation. Stakeholder meetings are held annually. Core group members meet up every 4th Wednesday of each month to discuss the work done and the future actions of the Task Force.

The Task Force has accomplished the following to date:

- Formation of 4 separate working groups with a leader and convener for each group
  - The foundation has been laid to formulate an advocacy document for palliative care and End of Life Care. A working group has been appointed to look in to this.
  - The Task Force has formed 2 working groups to formulate guideline for adult palliative care and paediatric palliative care.
  - The legal issues in End of Life Care is another important area that the Task Force is focused on. The working group is headed by the additional solicitor general Mr. Yasantha Kodagoda.
- A guest lecture was organized by the Palliative Care and End of Life Care Task Force on "End of Life Issues and A Good Death" at the SLMA auditorium. The speakers for the day were Prof. Tashi Chang Neurologist-National Hospital of Sri Lanka/ Senior Lecturer -University of Colombo and Mr. Yasantha Kodagoda president's counsel additional solicitor general.
- International experts Prof. Cyanthia Goh, Senior Consultant of Palliative Medicine at the National Cancer Centre Singapore (NCCS), Prof Ghauri Aggarwal, Head, Concord Centre for Palliative Care and Clinical Associate Professor, University of Sydney, Australia and Mr. YAU Weng Wai programme director from the lien foundation Singapore joined us for the 2nd core group meeting. Since then they have become members of the volunteer group sharing their views and opinions.
- A Letter was written to the DGHS requesting the Post-Graduate institute of Sri Lanka to develop a curriculum for MD programme in palliative Medicine.
- Regional meetings were conducted by Dr. Udayangani Ramadasa, Dr. Gamini Pathirana, at Homagama, Dr. Udayangani at Anuradhapura, Dr Partheipan at Jaffna, Dr. Ranjan Mallawarachchi at Kurunagala, Dr. Gihan Piyasiri at Rathnapura.
- A nursing training programme for palliative care was conducted at Kuliypitiya in collaboration with the Kuliapitiya regional society
- The Palliative care and End of Life Care Task Force had a stall at the exhibition organized by the Ceylon College of physicians to commemorate their 50th anniversary. The stall was used as a portal for public awareness which we intend to carry on in the coming years. The stall was a tremendous success. A symposium on palliative care was also held in parallel to the exhibition.
- Symposium on Palliative Care in Sri Lanka was held at the SLMA sessions in July 2017. Dr. Udayangani Ramadasa, Dr. Suresh Kumar(India), and Mr. Yasantha Kodagoda addressed the gathering on "Challenges ahead" "Use of opioids" and "Ethical and legal aspects" respectively.
- The Memorandum of understanding was signed between Sri Lanka Medical Association and The Holy Trinity Foundation on 27/10/2017 for a 3-year period at the SLMA council room.
- The Palliative & End of Life Care Task Force Was launched formally on the 28th October 2017 as a part of the foundation sessions of the Sri Lanka Medical Association. Director General Health Services graced this occasion.
  - The first major output of the task force "Palliative Care Manual for Management of Non-Cancer Patients- a guide for health care professionals" was also launched in parallel to the formal launch.
  - A web page for the Palliative & End of Life Care Task Force was launched on the same day.



<http://slma.lk/palliative/>.

- Two CPD sessions were held before and after the launching ceremony. The “End of life care symposium included lectures on “Overview of end of life care” by Prof. Tashi Chang, “Diagnosing death” by Dr. Manoj Edirisooriya and “Ethical considerations” by Dr Clifford Perera. Dr. Ravini Karunathilake, Dr. Gamini Pathirana and Dr. Chinthaka Hathlahawatta spoke at the lecture series that was held in the evening.
- A special interactive session was conducted by Dr. Shyamalee Samaranayaka and Dr. Sankha Randanikumara on “Communication Skills”

### **3. Advocacy and Capacity Building on Healthy Nutrition – through the health workforce**

#### **3.1 Symposium on Based Dietary Guidelines - Anniversary International Medical Congress, 2017**

##### **Topic - Adoption of Food Based Dietary Guidelines in Health Care Institutions - Is it happening?**

It has been identified that use of dietary guidelines and establishment of healthy canteens is poorly happening within the health institutions despite the measures taken. Hence, an interactive seminar was conducted with the objective of identifying challenges, opportunities and solutions in establishing healthy canteens at both government and private health institutions, based on dietary guidelines developed and circulars issued by the Ministry of Health.

The seminar was moderated by Dr. Neelamani Hewageegana, President, College of Medical Administrators and resourced by six eminent context specialist, representing both state and private sector; Dr Champika Wickremasinghe, Dr. Renuka Jayatissa, Dr. Bhanuja Wijayatilaka, Dr Ajith Alagiyawanna, Dr. Wimal Karanadagoda and Ms. Visakha Tillekeratne. The audience included invitees from many professional bodies including the College of Medical Administrators, Sri Lanka Medical Nutrition Association and College of Consultant Community Physicians.

Following recommendations were concluded after an interactive discussion with the audience. Healthy food environment should be created and steps to be taken to promote a culture of healthy eating within all health institutions, the minimum standard of healthy canteens should be established in all health institutions for which tender should be offered only with agreement of conducting canteens with the minimum standards, incentives to be provided for running healthy canteens, calorie content to be demonstrated in snacks and meals with the help of the nutritionists available in the health institutions, institutional canteens to be a part of the health institution management for which advocacy meetings to be carried out for the senior health managers and a monitoring and evaluating system to be developed for the canteens of health institutions.

#### **3.2 Inaugural Pre congress SLMA Workshop with Chinese Medical Association – NCDs the current plague of Asia 11<sup>th</sup> July 2017**

##### **Background & situation analysis**

The issue of chronic NCDs afflicts the whole of Asia. Technical cooperation between countries such as China and Sri Lanka, is a useful means of finding common solutions. The Sri Lanka Medical Association serves as the apex body that lobbies in parallel with the Ministry of Health for health priorities. The SLMA's commitment to lobby for improved coordination of all relevant sectors on NCDs dates back to 13 years ago. Actions by the SLMA can greatly assist and enhance the control and prevention of NCDs from policy to implementation.

The joint workshop between the Chinese experts and Sri Lankan experts in knowledge and data sharing provided an ideal platform for the main stakeholders to participate and learn from each other. The afternoon programme on the same day on road traffic crashes and how we can save lives was also identified as a way to strengthen a call for better national action in combating this major acute NCD. The experts on trauma emergency care and how road traffic crashes could be reduced were from Japan and China.

Additionally the 4 day main congress offered many relevant symposia from causation of NCDs to effective management and prevention. The same target audience was offered free registration to attend 5 selected symposia in order to encourage the staff to learn, network and improve their specific knowledge and skills. The Ministry of Health officials so trained included Provincial Directors, Regional Directors, Medical Officer Health, Medical officers planning and Medical officers of Non Communicable Diseases - including nurses in accident and trauma, nutritionists and Health Promotion Officers. Furthermore, relevant PG trainees (community medicine, administration, nutrition, endocrine and family medicine) were afforded selected free registration for 5 trainees in each field. A special seminar on tobacco control and unethical advertisements using the movie – Merchants of Doubt was also offered to these trainees during the congress.

**Specific objective**

- 1) To raise awareness of the current epidemiology and preventive strategies of chronic NCDs – diabetes and CVD risks,
- 2) To provide guidance for testing, management and care of the thyroid nodules manifesting quite commonly in our local practice and identify measures appropriate for our resource setting
- 3) To showcase on going initiatives on local commitment to chronic NCDs and
- 4) To release a SLMA Declaration on reducing Road Traffic Injuries that would highlight the importance of the issue and seek International Cooperation to save young lives lost at an average of more than 7 per day.

**Expected output**

Pragmatic discussions and training in preventing, screening, diagnosing and managing diabetes, cardiovascular and thyroid disease, real time data management, Medication without harm, Palliative Care in Sri Lanka, School Health, Ageing and aged care, Adoption of food based dietary guideline in health care institutions and on the Appropriate response Sri Lanka must take on Road Traffic Injuries based on the Chinese and Japanese experiences.

This workshop would be very conducive to strengthen on-going efforts that are instituted for prevention and of specific NCDs in Sri Lanka.

The workshop was an ideal platform to update our health work force's knowledge and skills and enable the Sri Lankan health systems to review, reflect and reinforce within its multiple sectors of service delivery and network with regional and international expert groups. Thereby we could overcome the many logistic issues faced locally since the recent policy shift on NCDs. The programmes were all conducted satisfactorily with good attendance and active participation. Appropriate material was projected and distributed.

Lessons learnt were summarized as a basis for the overall SLMA statement of the entire proceeding and a single document on measures that required to be taken to bridge existing gaps on national priority areas of health. These issues were well documented and handed over to the DGHS relevant sections of the Ministry of Health and related organizations. These documents will also be made available on the website.

483 Doctors and Allied Health staff participated at the Workshop.

**3.3 Healthy Medics-Pilot Programme - November 2017****Rationale**

Non-communicable diseases (NCDs) have become a major public health problem accounting for a considerable share of the national health burden in Sri Lanka. The rapidly increasing magnitude of these diseases is contributing to widening health disparities between and within countries and increasing healthcare budget.

As most of the doctors who work hard tend to spend a sedentary lifestyle and have got used to unhealthy habits, they have become a more vulnerable group for NCDs and its complications.

As the most responsible and trusted healthcare professionals in our country, doctors are ethically bound to practice what they preach to their clients and be role models to the society.

**Objectives**

To inculcate healthy habits (food and physical activity) among doctor community

To minimize unhealthy habits (unhealthy food, smoking and alcohol) and stress in doctor community

To make doctors mindful about their health always by institutionalizing healthy living into the academic bodies, initiating from SLMA.

**Methodology**

Above objectives to be achieved among the medics under the following main concepts;

Encouraging healthy food and beverages

Avoiding tobacco and alcohol

Engaging in stress relieving activities

Engaging in moderate physical activities

**Healthy food and beverages - strategies**

All the menus for the events (meetings, sessions, conferences, etc) should be selected according to NCD guidelines and to be approved by a panel appointed under the NCD subcommittee before finalizing.

Strictly no colored and fizzy drinks to be served at the events  
 Drinking water should be served all time  
 Sugar to be served separately always and offering alternatives (sweeteners) on request  
 Finding out the feasibility of opening a juice bar in SLMA premises  
 Avoiding tobacco and alcohol- strategies  
 All the academic bodies should be no smoking zones  
 Soft or hard liquor should not be served at any event organized by the SLMA/academic bodies  
 Engaging in stress relieving activities- strategies  
 Meditation and yoga programme  
 Counseling facility  
 Religious activities (Observing sil, Sermons, Christmas carols)  
 Stress relieving hobbies – Eg: Nature interest group/ outings  
 Encouraging at least a 7 hour sleep – How to plan your day?  
 Monthly programme with an artiste to appreciate creative work (Eg; songs)  
 Engaging in moderate physical activities- strategies  
 Organizing facilities to engage in outdoor games (Badminton, volleyball)  
 Gymnasium in SLMA  
 Organizing social dance/ aerobic classes  
 Suggestions-  
 Juice Bar at SLMA Premises with no sugar or sugar only on requests policy for an affordable price  
 Issues  
 Less involvement of male doctors for the dance class

### **3.4 Tax on Sugar Sweeten Beverages – proposed for the Budget appropriation bill for 2018**

Implementing tax on Sugar Sweetened Beverages (SSBs) by advocating the highest decision making bodies was another great achievement by the SLMA, during the year 2017.

Obesity is a global epidemic and a major risk factor linked to the growing burden of non-communicable diseases (NCDs) including heart diseases, type 2 diabetes and some forms of cancers. NCDs are the leading causes of mortality and morbidity globally and account for 70% of the deaths, nationally. Prevalence of overweight and obesity has doubled among the school children during last 10 years and one third of adult women and one fourth of adult male are overweight or obese according to the latest reports. As a result prevalence of diet related NCDs has markedly increased which has added enormous burden to the health sector and economy of the country.

Given the rising trends in overweight / obesity and diet related NCDs in the country, the expert committee of SLMA has examined the facts and evidence that contribute to these epidemics and came into conclusion that sugar consumption of the nation should be minimized with effective population based strategies. It is noticed that some beverages contain very high amount of sugar that is added during processing, or manufacturing. At present, one third of school children are consuming such beverages in the country.

Globally, fiscal measures such as taxes on SSB are increasingly recognized as effective complementary tools to address obesity at population level. In this context, countries such as Denmark, Finland, France, Hungary, Ireland, Mexico, Mauritius, Norway and Thailand have levied taxes on SSBs, while other countries such the United Kingdom, and Australia have recently announced their intention to introduce such taxes. Ending Childhood Obesity by implementing of an 'effective tax on sugar-sweetened beverages' is a key recommendation issued by the WHO.

Considering the scientific evidence and expert opinions of the context and content specialist, SLMA proposed the government to impose tax on added sugar content of the sweeten beverages as a part of a comprehensive package of interventions to control obesity and NCDs in Sri Lanka.

### **3.5 Trans fat analysis of food**

This project is designed to estimate the sugar, artificial sweeteners, salt and fat (total, saturated and trans) levels in the food items which are commonly consumed by the Sri Lankans in every day basis. This assay is conducted by the Non Communicable Diseases (NCD) Sub-committee of Sri Lanka Medical Association (SLMA) in collaboration with Industrial Technology Institute (ITI), Medical Research Institute (MRI), and several experts in the Ministry of Health. This is the first extensive and exhaustive assessment of commonly consumed food aiming to inform general public and hoping to complete by end of the March 2018.

### 3.6. Unhealthy marketing and advertising of food products

The committee is currently developing an evidence based position paper on an overt unhealthy marketing by the milk food industry. This document will be presented to DGHS and the Food Advisory Committee of Ministry of Health in conjunction with the

We also aim to change the format of helping the public in selecting food items during Aluth Awurudu in April 2018

### 3.7 The SLMA NCD Committee is a member of the NCD Alliance Sri Lanka led by Dr Mahen Wijesuriya with support by WHO Country office

The SLMA has participated in many meetings of the Alliance and during the SEARO WHO regional meeting in 2016 and has engaged in valuable feedback for the World Health Assembly meeting in 2018.

## PREVENTION OF ROAD TRAFFIC CRASHES

**Chairperson** Prof. Smath D Dharmaratne  
**Convenor** Dr. Achala Jayatilleke

### Members

Ms. Fathima Razik Cader	Mr. A W Dissanayake	Dr. S A Premaratne
Dr. Lanka Dissanayake	Dr. Ranjith Sarath Jayasekera	Dr. Tamara Kalubowila
Dr. Kumari Navaratne	Dr. Lakshmi Somatunga	Mr. Abdul Majid Nilamudeen
Mr. S D Dissanayaka	Mr. J A Jayaweera	Prof. Clay Gabler
Mr. G D A K Senaratne	Dr. (Mrs.) Nithershini Periyasamy	Mr. Palitha Fernando
Mr. Abdul Majid Nilamudeen	Dr. Amal Harsha De Silva	Dr. Parakrama Wijekoon
Dr. Thilini Wickramaarachchi	Dr. Samitha Siritunga	Dr. Champika Wickramasinghe

### Report presented by Prof S D Dharmaratne

#### Introduction

The Expert Committee on PRTCs met four times during the year 2017 and new members were appointed depending on the objectives of the committee.

Activities conducted by the Expert Committee on PRTCs during 2017 are as follows.

1. Organized a pre-congress workshop of the SLMA in collaboration with the Chinese Medical Association and supported by the World Health Organization. Comprehensive media coverage of the workshop helped to highlight the issue of morbidity and mortality resulting from road traffic crashes.
2. A letter was sent to the President of Sri Lanka, requesting an appointment for the member of the Expert Committee on PRTCs to discuss possible solutions to the burden of road injuries and deaths in Sri Lanka. It also highlighted the need of establishing a Presidential Task Force for the Prevention of Road Traffic Crashes in Sri Lanka and is waiting President's response to this letter.
3. An advocacy document was prepared and was finalized through discussions with the members and other relevant stakeholders. This will be presented to the President, the Prime Minister and the Minister of Health for the establishment of a group for the prevention and control of road crashes, injuries and deaths.
4. The RTAPC could establish a Governor's Road-safety Empowerment Expert Team (GREET), in the Central Province, under the Governor.

**Background** - All the committees, programs and initiatives working towards the prevention and control of Road Traffic Crashes (RTCs) in Sri Lanka are not effective due to their uncoordinated and non-collaborative nature. Several ministries including Health, Transport, Highways and Defense to name a few, have committees and programs for the prevention and control of RTCs but are not represented by the others nor collaborate with each other. Road deaths and injuries are increasing daily in the country. 2016 saw nearly 3000 people losing their lives to RTCs, 7-8 road users die daily in the country from RTCs. It is the view of the committee that the prevention and control of RTCs need multi-sectoral effort and continued dialogues with ministers, the Prime Minister and the President to establish a committee under the President, to address this issue.

The committee's continued efforts facilitated discussions with the Governor of the Central Province and the establishment of the GREET. The Governor is the administrative Head of the Province and can bring together all stakeholders for a coordinated effort for the prevention and control of RTCs. The committee was named the 'Governors Road-safety Empowerment Expert Team' (GREET) and the first meeting was held on July 14, 2017 at the Governor's office in Kandy. Through the work of GREET we will be able to reduce RTCs in the Central province and influence the government of Sri Lanka to adopt this model for the prevention and control of RTCs and associated deaths and injuries in Sri Lanka.

We were also given the opportunity to talk on road traffic crashes, injuries and deaths at District Coordinating Committee meetings in the Central Province and to educate politicians, policy makers and the public on the burden of this man-made epidemic.

On behalf of the Expert Committee on Prevention of Road Traffic Crashes, I and the members in the committee would like specially to thank Professor Chandrika Wijeratne, President of the SLMA and Dr. Sudharshani Wasalathanthri, Secretary of the SLMA for the support and encouragement given to me and the committee in the organization of these meetings and for helping to make them successful. In addition, a special show of appreciation to the office staff of the SLMA, and all the Council Members for their support and encouragement is shown.

### Summary

The Expert Committee on PRTC was able to initiate several collaborations, both national and international, during the year. We believe these collaborations will help to highlight the role of the SLMA in the prevention and control of this important public health issue.

## SNAKE BITE

**Chairpersons (Joint):** Prof. S A M Kularatne & Prof. Kolitha Sellaheewa  
**Convener** Dr Malik Fernando

### Members

Dr. Vinya Ariyaratne	Prof. Ariaranee Gnanathanan	Dr Christo Fernando
Dr. Shantha de Silva	Dr. Udaya de Silva	Mr. Anslem de Silva
Dr. Anjana Silva	Prof. Indika Gawarammana	Dr. S. Sivansuthan
Dr. Kalana Maduwage	Dr. N. Suganthan	Dr. Namal Rathnayake

New members joined in 2017

1. Dr. N. Suganthan
2. Dr. Shaluka Jayamanne (was appointed but has not responded to communications so is considered to have resigned.)

### Objectives of the Committee

1. Advise the SLMA Council on all matters relating to issues in connection with snakebite in Sri Lanka.
2. Be available to advise the Ministry of Health and other Government bodies on all matters relating to issues in connection with snakebite in Sri Lanka.
3. Play proactive roles in the prevention of snakebite and the promotion of best practices in the management of snakebite by venomous snakes through:
  - a. lectures and seminars at SLMA clinical and scientific meetings;
  - b. outreach programmes for doctors and other health delivery staff in provincial institutions;
  - c. radio and television programmes for the general public;
  - d. talks and publications for the general public; and
  - e. publications, including management guidelines, for medical practitioners.
5. Promote, encourage and facilitate development of effective snake antivenom for use in Sri Lanka.
6. Promote, encourage and facilitate collection of accurate data regarding snakebite and snakebite deaths.
7. Any other activities including partnering civil society organizations that may be necessary to achieve the general objectives 1 to 5.

The SBC membership is widely scattered throughout the Island (Jaffna [2], Anuradhapura [2], Peradeniya [3], Gampola, Ratnapura, Kalutara and Colombo) and for this reason it has not been possible to hold regular physical meetings. Work was carried out by e-mail. One physical meeting was held in Peradeniya at which 10 members were present, 4 being excused.

An attempt was made to recruit a member from an important snakebite research unit with initial success but there was total lack of response to communications and the 'new' member is considered to have resigned. Another long-standing member has also broken communication and has not participated in any of the recent work. The younger members of the committee have shown great enthusiasm and have contributed immensely.

### Activities carried out in 2017

1. Principal activity in 2017 has been revising the Guidelines on the Management of Snakebite in Hospitals that was last revised and published in 2013. It is expected that this would be made available on the SLMA website by the year end.
2. Dr. Malik Fernando organized a symposium on 'Venomous Bites & Stings' as part of the Joint JMA/SLMA Regional meeting in Jaffna on 20th September, 2017.

3. Prof. Kolitha Sellaheewa organized a programme on management of snakebite for doctors of the area at the Dr. Neville Fernando Teaching Hospital, Malabe in which Dr. Malik Fernando participated as a speaker.

#### **Action plan for 2018**

1. Complete the guideline revision and make it available on the website.
2. Revise the Hotline participants, if necessary, and make it available on the website.
3. Make the Snakebite Prevention & First Aid articles (English, Sinhala & Tamil) available on the website, review and revise.
4. Follow-up initiatives started in the past and pursue with Ministry of Health: e-IMMR to obtain more details on snakebite information; reporting of snakebite deaths and snakebite epidemiology.

### **TOBACCO, ALCOHOL AND ILLICIT DRUGS**

**Chairperson** Prof. Narada Warnasuriya  
**Convenor** Dr. Jayamal De Silva

#### **Members**

Dr. Manoj Fernando	Dr. Sumudu Hewage	Dr. Hemantha Amarasinghe
Dr. Mahesh Rajasuriya	Dr. Nadeeka Chandraratne	Dr. Sajeeva Ranaweera
Dr. Nayana Dhanapala	Dr. Anula Wijesundara	Dr. Sameera Hewage

New members joined in 2017  
Dr. Anula Wijesundara

#### **Objectives of the Committee**

##### **General objective**

To minimize harm to human health and well-being from tobacco, alcohol and illicit drugs in Sri Lanka.

##### **Specific objectives**

1. Carry out advocacy for development, adoption and implementation effective policies to address harms of tobacco, alcohol and illicit drugs.
2. Provide technical assistance to government institutions for policy development and implementation.
3. Conduct research on the level of harm and effective interventions for preventing use and harm of tobacco, alcohol and illicit drugs.
4. Build capacity of both health and non-health sectors to address prevention of use and harms of tobacco, alcohol and illicit drugs.
5. Monitor and address tobacco and alcohol industry interference in health and other sectors.
6. Conduct public awareness initiatives to empower the public to engage in prevention and of use and harm of tobacco, alcohol and illicit drugs.

#### **Activities carried out in 2017**

1. Trainings and workshops for health professionals
  1. Training of Doctors on addressing alcohol use in communities in collaboration with NATA. 4 trainings were conducted where over 60 Doctors from 5 provinces were trained. They will be provided continuous technical support and encouragement by the Committee.
  2. Conducted a one hour session at Good Intern programme on tobacco and alcohol
  3. Conducted training Primary Healthcare Workers doctors in tobacco and alcohol demand reduction in Kegalle District with the Ministry of Health
2. Technical support for development of the Alcohol Strategy, based on the National Alcohol Policy to NATA and Ministry of Health. Two members represented SLMA at technical workshops and assisted in development of drafts. This activity is ongoing.
3. NATA / Bloomberg Smokeless tobacco project: The Committee is the main technical partner of this project, which is funded by the Tobacco Free Kids, an INGO funded by the Bloomberg Foundation. Through this initiative.

The committee was involved in

1. Preparation of Gazette notification banning Smokeless tobacco,
2. Setting of tobacco victims group at Apeksha Hospital, Maharagama
3. Conducting the national Summit on Smokeless Tobacco



4. Carrying out several capacity building workshops for enforcement on the NATA Act and the gazette notification banning smokeless tobacco to Police and Excise officers and Public Health Inspectors
4. Technical Support Centre for Combating Tobacco, Faculty of Medicine, Colombo. It is funded by the WHO FCTC Secretariat and Bloomberg Foundation. The University of Bath, UK is the collaborating partner. The committee is the official technical partner of this Centre.
  1. Two members of the Committee are members of the Technical Advisory Panel and members of the review board which review postings on its website.
  2. The committee provided technical support for multi-stakeholder meeting on tobacco industry interference conducted by this Center, which as Chaired the Chairperson of the Committee.
  3. The committee conducted session for media persons at the workshop for Heads of Media conducted by this Centre
  4. The committee also assisted this Center in conducting a parallel session at the SLMA Annual Session Tobacco Industry activities
5. Study on Economics of Tobacco and Alcohol in Sri Lanka – Technical Support by Committee, 3 Members in the project team and one in the Expert Panel.
  1. Report published in WHO Web Site – April 2017
  2. Journal Article on the economic costs of tobacco related cancers in Sri Lanka– Published in BMJ Tobacco Control, a very high impact factor Journal. Three members are authors of this publication (first, second and fourth authors) with the author affiliation being SLMA.
  3. Journal Article submitted to on the Economic Costs of Alcohol Use in Sri Lanka. Three members are authors, (first, second and third authors) with author affiliation being SLMA.
6. Tobacco and Alcohol Taxation – Budget Proposals sent to President Prime Minister, Minister of Finance, Minister of Health. It was also released to the media.
  1. Published in full in Daily Mirror
  2. Two news articles based on this statement on the Island.
  3. Prepared and handed over briefing on the issue to the Hon. Minister of Health on his request.
  4. Visited newspapers and met Editors. Articles in Sinhala newspapers. Attended press conference to discuss Proposals on tobacco and alcohol taxation by the SLMA, which was given wide publicity on newspapers.
  5. Publication of editorials on the need for effective alcohol taxation policy on Daily Mirror and the Island, following lobbying, before budget warning that the government was considering to reduce the price of beer and increasing its availability.
  6. Following the official announcement of this policy in the budget, the interaction with the media was intensified. Many news articles, editorials quoting SLMA, interviews with SLMA President and Members of this Committee, appeared in support of SLMA stance on the budget proposals in both the English and Sinhala newspapers.
  7. The news media has taken the issue forward with cartoons and feature articles on the subject. All the false arguments made by the government and the industry to justify these policies were countered in the media. Overall, this media coverage was able to easily eclipse the industry position in the media and the articles which were written in support for the budget proposals.
7. Radio programmes – Sinhala (tobacco), English (tobacco, alcohol and illicit Drugs)
8. Initiation of preparation of Curriculum on tobacco use cessation for undergraduate doctors and nurses and post-graduate doctors
9. Provision of technical support to NATA for initiation FCTC implementation project which will be supported by the WHO and the WHO FCTC Secretariat.
10. Commenced development of technical papers. Ongoing
  1. Alcohol and poverty
  2. Media Guidelines on tobacco, alcohol and illicit drugs
11. Continued technical support to the Presidential Task on Drug Use. This Task Force is Chaired by HE the President and consist of Secretaries of and Heads of key government institutions. Two members of the committee represent the SLMA in this Taskforce and provide technical inputs.
12. Providing technical assistance to NATA on conducting Study on the effectiveness of pictorial warnings. This study is ongoing and will be published in an academic journal.

#### **Action plan for 2018**

1. Continuing provision of technical support to the National Authority on Tobacco and Alcohol and the Presidential Task Force on Drug Use Prevention
2. Provide support to the Centre for Combating Tobacco, Faculty of Medicine, University of Colombo
3. Advocacy on effective tobacco and alcohol taxation
4. Finalize technical publications: Alcohol and poverty, Media Guidelines on tobacco, alcohol and illicit drugs
5. Finalization of the curriculum on Tobacco Use Cessation for doctors and health professionals

## WOMEN'S HEALTH

**Chairperson** Professor Sharaine Fernando  
**Secretary** Dr. Nalinda Silva

### Members

Prof Jennifer Perera  
 Prof.Anuruddhi Edirisinghe  
 Ms.Leisha de Silva  
 Dr.Bimalka Senevirathna

Prof Nalika Gunawardena  
 Dr.Thioma Munasingha  
 Dr.Amanthi Bandusena  
 Dr.Sampatha Gunawardene

Prof.Chandrika Wijeyaratne  
 Dr.Sepali Kottegoda  
 Dr.Shamini Prathapan

### New members joined in 2017

Dr.Sumudu Hewage

### Objectives of the Committee

#### General objectives

1. To sensitize the health sector on Sexual Harassment in Workplaces.
2. To empower vulnerable populations by providing health education.
3. To promote healthy life styles among under privileged communities and vulnerable groups.

#### Specific objectives

1. To implement the Guidelines to address Sexual Harassment in Workplaces in the Ministry of Health.
2. To conduct educational programmes on sexual health among workers in free trade zones.
3. To provide training of trainers (ToT) programmes to foster healthy lifestyles among migratory/ expatriate workers in partnership with Foreign Employment Bureau (FEB).
4. To disseminate educational material on sexual health for new entrants to Universities.
5. To conduct preventive programmes in target communities on breast cancer and cervical cancer with special emphasis on early detection methods such as self-breast examination.

### Attendance at Committee meetings

Name	Number of meetings attended	Number of meetings excused
Prof Sharaine Fernando (Chairperson)	6	0
Prof Jennifer Perera	1	4
Prof Nalika Gunawardena	3	3
Prof.Chandrika Wijerathna	1	4
Prof.Anuruddhi Edirisinghe	-	3
Dr.Thioma Munasingha	1	5
Dr.Sepali Kottegoda	1	5
Ms.Leisha de Silva	5	1
Dr. Amanthi Bandusena	2	3
Dr.Shamini Prathapan	3	2
Dr.Bimalka Senevirathna	1	4
Dr.Sumudu Hewage	1	3
Dr.Sampatha Gunawardene	5	-
Dr.Nalinda Silva (Secretary)	5	-

### Activities carried out in 2017

1. Distribution of leaflets on reproductive health among undergraduates of state universities.
2. A symposium on women's health at the Annual Sessions of the SLMA.
3. A public lecture on "Protect your bones and your future" to mark the World Osteoporosis day.

4. Implementation of the “Guidelines to Address Sexual harassment in workplaces” in hospitals in the Ministry of Health.

#### **Action plan for 2018**

Organization of following activities,

- Training of trainers (ToT) programmes to foster healthy lifestyles among migratory/ expatriate workers in partnership with Foreign Employment Bureau (FEB).
- Educational programmes on sexual health among workers in free trade zones.
- Preventive programmes in target communities on breast cancer and cervical cancer with special emphasis on early detection methods such as self-breast examination.

### **HEALTH CARE QUALITY & SAFETY**

**Chairperson & Convener:** Dr Kushlani Jayatilleke

#### **Members**

Dr. Amitha Fernando	Dr. Ashok Perera	Dr. Christo Fernando
Dr. Clifford Perera	Dr. Priyadarshani Galappatthy	Dr. J. P. Jayasuriya
Dr. Mihindu Wijenayake	Dr. Rathnasiri A. Hewage	Dr. Indika Jagoda
Dr. Kalyani Guruge	Dr. Neelamani R. Hewageegana	Dr. Palitha Abeykoon
Prof. Jennifer Perera	Dr. Ranjan Dias	Dr. Ruvaiz Haniffa
Dr. Sarath Samarage	Dr. Shanthi Dalpatadu	Dr. S Sridharan

#### **New members joined in 2017**

Dr Upuli Wijemanna

#### **Activities in relation to SLMA Objectives of the Committee**

##### **Objectives of the committee**

1. Promote clinical governance and clinical audits in health sector.
2. To promote knowledge of medical professionals on clinical governance and audits

##### **Attendance at Committee meetings**

<b>Name</b>	<b>Number of meetings attended</b>	<b>Number of meetings excused</b>
Dr. Kushlani Jayatilleke	8	-
Dr. Sarath Samarage	4	-
Dr. Christo Fernando	4	-
Dr. Kalyani Guruge	3	-
Prof. Jennifer Perera	2	-
Dr. Neelamani R. Hewageegana	-	2
Dr. Clifford Perera	4	2
Dr. Priyadarshani Galappatthy	4	1
Dr. J. P. Jayasuriya	-	-
Dr. Upuli Wijemanna	4	1
Dr. Ranjan Dias	2	-
Dr. Ashok Perera	4	-
Dr. Rathnasiri A. Hewage	-	1
Dr. Indika Jagoda	3	2

Dr. Palitha Abeykoon	-	1
Dr. Shanthi Dalpatadu	1	
Dr. S Sridharan	2	2
Dr. Amitha Fernando	-	-
Dr. Ruvaiz Haniffa	-	-
Dr. Mihindu Wijenayake	-	-

#### Activities carried out in 2017

1. Developed a training programme on clinical governance and audit
2. Conducted a workshop on clinical governance and audit based on the above doctors developed programme for the MOs/nurses in quality units of hospitals and other MOs
3. Workshop on Clinical governance and audits was held as a partial fulfillment of the Postgraduate Diploma in Healthcare Quality and Patient Safety of Faculty of Medicine, University of Colombo. Prof. Jennifer Perera Dr. Sarath Samarage, Prof. Priyadarshani Galapaththi, Dr. Kushlani Jayathilake, Dr. Upuli Wijemanne, Dr. Indika Jagoda and Dr. Ashok Perera participated as resource persons.
4. Media seminar was held at the HEB on 13<sup>th</sup> September for World Patient Safety day on medication safety. It was attended by the president SLMA and Prof Galappaththy. An article on this was published in the SLMA newsletter.

#### Action plan for 2018

1. Planning to develop a module on Patient safety to be included in undergraduate curricula of Medical faculties
2. Activities pertaining to National action Plan on medication safety

### FORUM FOR ETHICS COMMITTEES (FERCSL)

**Chairperson** : Prof. Chandanie Wanigatunge

**Convener** : Dr. Shamini Prathapan

#### Members

The management committee of FERCSL comprises of three members from each member ERCs. The member ERCs are:

ERC, Sri Lanka College of Paediatricians  
ERC, Faculty of Medicine, Colombo  
ERC, Institute of Indigenous Medicine (IIM)  
ERC, Faculty of Medicine, Jaffna  
ERC, Faculty of Medicine, Kelaniya  
ERC, Provincial General Hospital, Kurunegala  
ERC, National Institute of Mental Health  
ERC, Faculty of Medicine, Peradeniya  
ERC, Faculty of Medicine and Allied Sciences, Rajarata  
ERC, Faculty of Applied Sciences, Rajarata  
ERC, Sri Lanka Medical Association  
ERC, Faculty of Medical Sciences – Sri Jayewardanapura  
ERC, Medical Research Institute of Sri Lanka  
ERC, Faculty of Medicine, General Sir John Kotelawala Defence University  
ERC, Faculty of Medicine, South Asian Institute of Technology and Medicine  
ERC, Faculty of Graduate Studies, University of Colombo  
ERC, PGIM University of Colombo  
ERC of the Health informatics Society  
ERC, FM, Ruhuna

#### New members joined in 2017

ERC, Faculty of Graduate Studies, University of Colombo  
ERC, PGIM University of Colombo  
ERC of the Health informatics Society  
ERC, FM, Ruhuna

## Objectives of the Committee

### General objectives

1. To enhance the capacity of medical professionals

### Specific objectives

1. To facilitate training and educational opportunities for members of ERCs in the country in research ethics.
2. To facilitate training and educational opportunities for researchers in the country in research ethics
3. To redefine the role of ethics among institutions interested in research ethics and form a larger consensus group with these institutions and other healthcare related associations, colleges and societies
4. To foster the ERCs to maintain uniform standards in ethics review and be sustainable

### Attendance at Committee meetings

Institution	Members	Number of meetings attended	Number of meetings excused
FM / Colombo	Dr. Panduka Karunanayake	-	3
	Dr. Enoke Corea	-	1
	Dr. Nilakshi Samaranayake	-	-
FM / Jaffna	Dr.R.Surenthirakumar	-	2
	Dr. T. Navaratnaraja	2	1
	Dr.K. Kandeepan	3	-
FM / KDU	Dr. A. Balasuriya	1	2
	Dr. Varuna Navaratne	-	-
FM / Kelaniya	Dr.Sureka Chackrewarthy	2	-
	Dr.M.Chandratilake	-	-
	Dr.Wasanthi Subasinghe	2	-
FM/ Peradeniya	Prof. P. V. R. Kumarasiri	2	1
	Dr S T Tennakoon	1	-
	Dr J K Dissanayake	3	-
FM / Rajarata	Prof.Suneth Agampodi	-	-
	Dr.Senaka Pilapitiya	2	-
	Dr.Gayani Amarasinghe	-	-
FM / Ruhuna	Prof. A De S Nagahawatte	1	-
	Dr. C.M. Wickramathilake	1	-
	Dr. Gayani Liyanage	1	-
FM / SAIM	Prof.N.de Silva	-	-
	Mr. Nilanga Abeysinghe	2	-
	Dr.Randula Samarasinghe	1	-
FMS / SJP	Prof. Renu Wickremasinghe	2	-
	Dr. Manori Gamage	1	1
	Dr. Shamini Prathapan	3	-
FGS / Colombo	Dr. D.B.D.L. Samaranayake		1
	Professor S.A. Norbert		-
	Prof. Jennifer Perera		1
PGIM / Colombo	Professor Vajira Dissanayake	-	-
	Dr Achala Jayatilleke	-	1
	Dr Himani Molligoda	1	
Rajarata Applied Sciences	Dr. Lalith Senarathna	3	-
	Dr. Chathuranga Bamunuarachchige	-	1
	Dr. Manoj Fernando	-	-
SLMA	Prof. Chandanie Wanigatunge	3	-
	Dr. Malik Fernando	2	1
	Prof. Shalini Sri Ranganathan	3	-
IIM	Dr.WMSJ Kumari	2	1
	Dr. Kamal Perera	1	2
	Dr.AHM Mawjood	2	1
TH Kurunagela	Dr. Dr P.E.K.B. Ranatunga	2	1
	Dr. M.M.P.T. Jayasekara	1	1
	Dr S.R. Manilgama	2	-
MRI	Dr. Dharshan de Silva	-	-
	Ms. Kumudini Kulatunga	1	-

	Mr. Ramesh Ratnasingham	1	-
NIMH	Dr. H. Gambheera	-	-
	Dr. Chamila Abeywickema	-	-
	Dr. J.Mendis	1	1
	Dr. G N Lucas	2	-
College of Paediatricians	Dr. B J C Perera	-	-
	Dr. Rasika Gunapala	-	-
	Dr. Arjuna Wijekoon	1	-
Health informatics Society	Dr. Prasad Ranatunga	1	-
	Dr. Kusal Wijayaweera	1	-

#### Activities carried out in 2017

Six workshops were conducted by FERCSL for members of ERCs and researchers.

##### a. Workshop for ERC members in Jaffna

A two and a half day workshop was conducted successfully in Jaffna on 5<sup>th</sup> and 6<sup>th</sup> of January 2017. Researchers and ERC members attended the workshop, which was conducted by Prof. Chandanie Wanigatunge.

##### b. Workshop for KDU on Ethics Workshop for Researchers

The Post graduate Faculty of the Sir John Kotalawala Defense University conducted a one day workshop for all post graduate students on the 23<sup>rd</sup> of April 2017 at the KDU. The following topics and resources were identified:

Topic	Speaker
Fundamentals of Research Ethics and Guidelines	Prof. Chandanie Wanigatunge
Ethics of Clinical trials	Prof. Chandanie Wanigatunge
Ethics in engineering research	Dr. Rangajeewa Ratnayake
Ethics of Sociology related research	Prof Amala de Silva
Ethics in Animal Research	Dr. Mayuri Thammitiyagodage
Ethics of Qualitative research in medicine	Dr.Shamini Prathapan
Ethics involving military groups	Dr A. Balasuriya

##### c. Workshop on Ethics Workshop for Researchers at Moratuwa

This was organized by the Dean of the Post Graduate Faculty of the Moratuwa University and was held in the Library Auditorium of the Moratuwa University on the 15<sup>th</sup> June 2017 for all researchers. The aim of the workshop as to facilitate the Moratuwa University in forming their own ethics review committee. The presentations and their respective speakers are as follows:

Topic	Speaker
Fundamentals of Research Ethics and Guidelines	Prof. Chandanie Wanigatunge Professor of Pharmacology, FMS USJ Chairperson, FERCSL
Ethics of Qualitative Research	Dr.Shamini Prathapan Senior Lecturer in Community Medicine, FMS USJ
Ethics of Clinical trials	Prof. Chandanie Wanigatunge Professor of Pharmacology, FMS USJ Chairperson, FERCSL
Ethics in Social Science Research	Prof Amala de Silva Professor in Economics, University of Colombo

##### d. Workshop on Ethical issues in Paediatric Health Research

This was conducted on the 19<sup>th</sup> of June 2017 at the Lionel Memorial Auditorium, SLMA. The presentations and their respective speakers are as follows:

**e. Workshop on Good Clinical Practices**

<b>Title</b>	<b>Resource Person</b>
Do we need research in children and are they vulnerable?	Dr.B.J.C.Perera Specialist Consultant Paediatrician and Honorary Senior Fellow (PGIM), Joint Editor, Sri Lanka Journal of Child Health
Ensuring autonomy: Assent, dissent and consent in paediatric researches	Professor Chandanie Wanigatunge Chairperson, FERCSL, Chairperson, SLMA ERC
Ethical issues in observational studies in children	Dr Gitanjali Sathiadas Senior Lecturer In Paediatrics and Consultant Paediatrician
Ethical issues in experimental studies in children	Professor Shalini Sri Ranganathan Member, ERC/SLMA and Clinical Trial Subcommittee/ Faculty of Medicine, Colombo, Section Editor/ Ceylon Medical Journal
Risk Vs. Benefit assessment in studies involving children	Dr. Jithangi Wanigasinghe Senior Lecturer and Consultant Paediatric Neurologist

- f. The annual GCP workshop was held on the 1<sup>st</sup> and 2<sup>nd</sup> of November 2017. The presentations and their respective speakers are as follows:

<b>Title</b>	<b>Resource Person</b>
Introduction to GCP Principles What is GCP? Need for GCP?	Prof Priyadarshani Galappaththy Professor in Pharmacology FM, Colombo
Drug development process	Dr Channa Ranasinha Senior Lecturer in Pharmacology, FM, Kelaniya
Research misconduct and COI	Dr Malik Fernando ERC, SLMA
Clinical Trial protocol and IB	Dr Nirmala Wijekoone Senior Lecturer in Pharmacology, FMS, USJ
Role and Responsibilities of PI	Dr Noel Somasundaram Consultant Endocrinologist
Regulatory requirements for clinical trials and legal frame work	Mr Arjuna Pathmaperuma Regulatory Pharmacist NMDRA/ SCOCT
Role of the sponsor & CRO	Prof Vajira Dissanayake Professor of Anatomy, FM, Colombo Board member, FERCAP
Participant safety and adverse effects	Prof Shalini Sri Ranganathan Professor in Pharmacology, FM, Colombo
Documentation & record keeping	Prof G R Constantine Professor in Clinical Medicine, FM, Colombo
Research ethics in Clinical Trials	Prof. Chandanie Wanigatunge Chairperson, FERCSL Chairperson, ERC SLMA
Ethics review committee – function with special ref to GCP and Clinical Trials	Dr Panduka Karunanayake Senior Lecturer in Clinical Medicine, FM, Colombo, Secretary ERC, FM Colombo
Investigational products	Prof Shalini Sri Ranganathan Professor in Pharmacology, FM, Colombo
Informed consent	Dr Manouri Gamage Senior Lecturer, FMS, USJ



**g. The International Academic sessions of the Sri Lanka Medical Association 2017**

This was held on the 14th of July 2017 on “clinical research and ethics”. Dr.Shamini Prathapan and Dr.Malik Fernando were Chairpersons at this session. The three speakers and the topics were

1. Conflict of interests for clinicians and researchers – Prof.N.Warnasuriya
2. Ethics and Dilemma in end of life care – Dr.Loranthi Samarasinghe
3. Challenges in Research Ethics – Local and Regional issues – Prof. Chandanie Wanigatunge.

**h. Reviewing of FERCSL Operational Guidelines**

A committee consisting of Prof. Chandanie Wanigatunge, Prof. A. Pathmeswaren, Dr. Shamini Prathapan, Dr. Malik Fernando and Dr. Sampath Tennakoon were appointed to review the existing FERCSL guidelines. The revised guideline is in print and will be circulated to all ERCs in Sri Lanka.

**i. Accreditation of the ERCs**

The ERC of the Faculty of Medicine, University of Jaffna and the ERC of the Faculty of Medicine, University of Rajarata underwent the review process under the Strategic Initiative for Developing Capacity in Ethical Review (SIDCER) programme of the Forum for Ethical Review Committees of the Asia and the Western Pacific (FERCAP). The surveys were held in collaboration with FERCSL which coordinated the survey related activities including identification of local surveyors.

**j. e-newsletter**

An e-newsletter of the FERCSL was circulated by the FERCSL among its member ERC's. The second e-newsletter will be circulated in December 2017.

**Action plan for 2018**

Strategies	Action Plan
4.1 Facilitate training and educational opportunities for members of ERCs in the country in Research ethics	4.1.1. Conduct workshops on basic research ethics
	4.1.2. Conduct workshops on ethics in related special areas
	4.1.3. Conduct workshops in GCP
	4.1.4. Conduct workshops in SOP
	4.1.5. Conduct workshops on function of ERCs to newly established ERCs
4.2 Facilitate training and educational opportunities for researchers in the country in research ethics	4.2.1. Conducted workshops on basic research ethics
	4.2.2. Conduct workshops on ethics in related special areas
	4.2.2. Conduct workshops in GCP
4.3 Redefine the role of ethics among institutions interested in research ethics and form a larger consensus group with these institutions and other healthcare related associations, colleges and societies	4.3.1. Provide guidance for new ERCs to form a core group in their own institutions to enhance capacity in Ethics Review Committees of the Country by Stipulating Guidelines and Standard Operating Procedures for member ERCs
4.4 Foster the ERCs to maintain uniform standards in ethics review and be sustainable	4.4.1. Promote the ERCs to measure and provide accountability regarding the quality and effectiveness of ethical review by engaging them in the SIDCER recognition programme
	4.4.2. Promote the ERCs to measure and provide accountability regarding the quality and effectiveness of ethical review by engaging them in the SIDCER re - recognition programme

The status of the Expert Committees of the SLMA were reviewed at the beginning of the year and a report was presented to the Council by Prof. Chandanie Wanigatunge. Based on the findings, the committees were requested to review their membership and remove members who are not active, to submit a TOR and their work plan for 2017 based on the SLMA corporate plan, to specify the period of office of the Chairperson and the Secretary as 3 years with the option of being re-elected and to reactivate the Media Committee with the PRO coordinating with all Expert Committees. In May 2017, all Expert Committees were requested to assess their activities as per the corporate plan of the SLMA and to develop their own performance indicators in line with the corporate plan. The responses of 11 Expert Committees were tabulated and presented to the Council (**Annexure 7**). The ex-co member coordinated this activity was Dr. Achala Balasuriya.

## 18. CENTRAL CPD

**Chairperson**  
**Convenor**

Dr Sunil Seneviratne Epa  
Dr V Murali

**Members**

Dr Ruvaiz Haniffa  
Dr. L J Muhandiramge

Dr Pamoda M Amarakoon

Prof Kumar Mendis

This report was compiled by Dr. Sunil Seneviratne Epa

Several meetings were held with stake holders during the year with a view to reach a consensus on introducing CPD on a voluntary basis. GMOA has agreed to support such a voluntary CPD programme for its members. We also had several discussions with the Director General of Health who agreed to set up a CPD cell at the Ministry level for this purpose. Composition of this CPD Cell and under whose purview it will function at MOH are to be decided shortly. A circular will soon be issued by the Ministry to all medical officers to the effect that MOH now recognizes CPD as a of policy in its effort to improve quality of service.

We also revised the CPD credit point scheme to be on par with the currently adopted international standards. CCPD Committee acknowledges the support received from all medical professional collages and associations in this respect. CPD portal was developed which was linked to the SLMA website for members to have password protected access.

## 19. MONTHLY NEWSLETTER

The SLMA newsletter (SLMA<sub>NEWS</sub>) maintained its contract with the publisher, This Source Pvt Ltd, which has been in effect since January 2015. The page numbers of the newsletter remained at 32 with 16 pages for content and 16 for advertisements. Revenue generated from advertisements on 8 of those pages was received by the SLMA, thus contributing significantly to increase the income of the SLMA. The newsletter was published regularly each month since January 2017 with the December issue currently in preparation. The newsletter was helpful in disseminating information regarding the various activities conducted throughout the year by the SLMA. In addition, it also provided a platform for highlighting various topics of interest to the medical profession. The number of copies printed for distribution to the SLMA membership was maintained at 3,500 while the web copy of the newsletter was freely accessible and obtained almost 15,000 views each month.

## 20. SOCIAL ACTIVITIES

**Joint Social Secretaries:** Dr. Christo Fernando and Dr Pramilla Senanayake

**Members of the Concert Committee / Dance Committee**

Prof. Chandrika Wijeyaratne  
Dr. Yamuna Rajapakse  
Dr. Kalyani Guruge  
Dr. Sankha Randenikumara

Dr. Sudharshani Wasalathanthri  
Dr. Achala Balasuriya  
Dr. Gazzarly Nizamdeen

Dr. Ruvaiz Haniffa  
Dr. Preethi Wijegunewardene  
Dr. Sajith Edirisinghe

**The Doctors Concert**

The SLMA Doctors Concert 2017 was held on 15th July from 7.30 pm onwards at the Hotel Galadari Ballroom. The Concert commenced on time at 7.30 PM with a short speech by the President, Prof. Chandrika Wijeyaratne. The event took place in front of an appreciative cosmopolitan audience who enjoyed each of the 25 performances. The Social Secretaries had worked very hard to ensure all logistical arrangements were in place and presented a titillating programme of a variegated musical and dramatic extravaganza.

The amazing talents of doctors and their family members were presented in a glittering array of many different presentations. The performers gave off their very best and the final conglomeration of the programme was labelled as the "best ever" by a discerning audience of over 400, the highest ever attendance at a Doctors Concert held so far.

## The Medical Dance

The Medical Dance was held on 8th December 2017 at the Oak Room, The Cinnamon Grand. All appropriate arrangements, logistics and the finer details, were worked out by a very capable and committed Dance Committee of the SLMA.

Initial preparations were undertaken for a considerable period of time prior to the event. There were many meetings with a myriad of matters being discussed at those gatherings.

The final presentation of this profoundly awaited glamour event, the Medical Dance 2017, took place on the 8th December in the Grand Ballroom of Hotel Cinnamon Grand from 8.00 pm onwards. There were around 400 guests who had a really wonderful time at an evening of superlative music complemented and adorned by an outstandingly opulent sit-down dinner. Music was provided by two of the acclaimed leaders amongst the bands of Sri Lanka, "Misty" and "Flame". The band Aura comprising of Dr. Christo Fernando (Drums), Dr. Farazad Nazeem (Keyboards), Timal Jayamanne (Bass) and Ray Gomes (Guitar) provided musical accompaniment to Drs. Yamuna Rajapakse, Nilanka Munasinghe and Savinki Rambadagalle. Their performance was applauded by all. Popular Radio Personality, Raymond Reed of Lite FM chipped in with two songs in his own inimitable style. The Christmas Carols segment was led by Dr. Yamuna Rajapakse and Dr. B J C Perera. The compère for the show was the inimitable Clifford Richards, a connoisseur amongst them all. Very many grand prizes were also awarded to the winners of a plethora of draws and contests during the event.

The evening began with preliminary mocktails from 8 to 8.30 pm. This helped to facilitate camaraderie and bonhomie amongst the participants. The dance proper started at 8.30 pm to the scintillating music provided by "Flame". The dance floor was opened by Prof. Chandrika Wijeyaratne (President, SLMA) and her Husband Prof. Mandika Wijeyaratne. They set the tempo for the rest of the evening and the other band "Misty" joined in with an equally dazzling repertoire of their own. The bands took turns at short intervals to provide excellent and continuous fare for the participants of the dance and this led to the dancers enjoying an alluring night to remember. The fabulous and plush five-course formal dinner, augmented by coffee and chocolates, was served from around 9.30 pm. There were more than 60 prizes on offer including 4 Air Tickets for the Entrance, Table and Raffle Draws. There were also prizes for the Baila and Jive Competitions.

The dance concluded around 3.30 am and the opinion of many who attended the Dance was that it had been the best ever Medical Dance held so far.

This magnificent event was made possible through the exceptional efforts of all members of the Dance Committee, especially Dr. Christo Fernando and Dr. Pramilla Senanayake, who looked into every aspect of the dance with meticulous attention to detail, should be specially mentioned. Some of the logistical arrangements and other details were capably attended to by Drs. Sudharshani Wasalathanthri, Yamuna Rajapakse, Sajith Edirisinghe, Gazally Nizamdeen, and other Members of the dance committee. Many members of the committee played a part in securing sponsorships for the event and advertisements for the souvenir.





## 21. DOCTORS' CRICKET SRI LANKA (DCSL)



Doctors' Cricket Sri Lanka (DCSL) is a cricket club which consists of members of Medical profession representing SLMA. Doctors started their cricket season for 2017 after a fantastic season in 2016 by winning all the matches in annual Law - Medical Cricket encounter, Annual Doctors vs. Architects Cricket encounter and the triangular Professionals league 20/20 Championship.

DCSL continued their winning streak by beating the Architects team in their annual cricket encounter played at Thurstan college cricket grounds. Doctors showed clinical performance in all three departments by restricting the

architects in to 106/8 in rain disturbed 35 over game. In reply doctors scored the target in 20 overs with only 3 wickets down. Rajiv Nirmalasingham the captain of doctors' cricket team won both Man of the match and the best batsman awards for his excellent display of all round cricket while Kasun Wijegunawardena was awarded for his bowling performance.

DCSL went on to Professionals cricket league 2017 as the defending champions and it was an expanded cricketing event this year representing Doctors, Lawyers, Engineers, Architects and the Pilots. DCSL played 4 matches in the league stage and were able to win 2 matches against Architects and Pilots, lost against Lawyers and, the match between doctors and engineers was a wash out and ended in a draw.

Engineers with 7 points topped the points table with 3 wins and 1 draw. Doctors and lawyers had 5 points each after the league stage and were placed second. According to the net run rate, lawyers qualified for finals with Engineers and doctors team had to settle for the 3rd place in 2017 Professionals league. Engineers representing IESL emerged champions while lawyers representing BAR association were runners up. Dr. Gauribahan Thevaraja of doctors' team won the player of the tournament award for his all-round performance.

Annual Law medical cricket encounter 2017 was held at NCC cricket grounds on 10th December and the Doctors team retained the trophy for the 3rd consecutive Year. The Doctors team was led by Dr. Rajiv Nirmalasingham and the rest of the team consisted of Lahiru Senanayake, Sriharan Ganeshamoorthy, Gowribahan Thevaraja, Supun de Silva, Rusiru Jaythilaka, Kasun Wijeyagunawardana, Thushara Rodrigo, Thilina Samarasinghe, Aamila Kanangara, Sadiranga Walpita, Pubudu Senevirathna, Randeer Karunanayake, Dharshana Jayawickrama, S W C A Lakmal and Balakrishnan Mayuran. Prof. Indika Karunathilake serves as the patron of DCSL.

It is proposed that the SLMA should commence a meaningful and sustained corporate sponsorship to encourage medical doctors to take part in regular practices and improve their skills as well as their own physical fitness.

## 22. NEW MEMBERS

The number of new members for the year 2017 (including the names presented to the Council on 1<sup>st</sup> December 2017) is as follows.

Life	116
Ordinary	81
Student	77

The list of members enrolled during the year 2017 is given in **Annexure 8**.

## 23. TREASURER'S REPORT

*(Prepared by Honorary Treasurer Dr.Achala Balasuriya)*

The Sri Lanka Medical Association Treasurer's report for 2016/2017 is shown below. The passing year 2017 was indeed a memorable year for the SLMA in terms of both its vibrant academic and social activities as well as in the new outlook achieved through changes made to the SLMA interior, such as refurbishment of the downstairs committee / original council room and construction of the new men's toilet, together with many other minor upgrades done to the building.

The recurrent expenditure of the SLMA for 2017 was mainly for salaries of employees, EPF.ETF and bonus payment. The total cost for the year 2017 was Rs. 5,116,827/=

The total administrative expense for routine repairs, maintenance and upkeep of the premises for the last 12 months was Rs. 1,929,407/=

The total income from the 130<sup>th</sup> Anniversary International Medical Congress was Rs.21,131,175.00. When the expenses for the congress (Rs 14,251,160.61) is deducted the nett profit was Rs 6,880,014.39.

The nett profit following the SLMA walk 2017 was Rs. 1,214,985.60

The summary of main refurbishment activities carried out during this year and the relevant expenditure are as follows:

Activity	Cost
Refurbishment of committee room in the ground floor- (A/C Furniture)	Rs. 1,315,829.00
Refurbishment of Men's toilet	Rs. 3,449,937.13

The nett profit from the Anniversary International Medical Congress and the Run and Walk after deducting the cost for renovations stands at a figure of Rs 4,765,766.13 as shown below.

Activity	Income	Expenses	Profit
Annual Congress	Rs. 21,131,175.00	Rs. 14,251,160.61	Rs. 6,880,014.39
SLMA Run and Walk	Rs. 2,450,000.00	Rs. 1,235,014.40	Rs. 1,214,985.60
SLMA annual Dance	Rs. 4,911,000.00	Rs. 3,691,146.50	Rs. 1,219,853.50
Total	Rs 28,492,175.00	Rs. 19,177,321.51	Rs. 9,314,853.49

Profit from Annual Congress + run and walk + Dinner Dance	Rs. 9,314,853.49
Cost of renovations / refurbishment	Rs. 4,765,766.13
Balance	Rs. 4,549,087.36

#### Bank Balances

The total sum of fixed deposits by the end of financial year 2017 is 16,673,057.00 Total earnings from the fixed deposits during the year amounted to Rs 1,790,963/=

Cash and bank balance as of 31/10/2017 remains at 19,865,251/=

Total assets less current liabilities inclusive of property, plant, equipment together with cash and deposits is estimated as at 31/10/2017.

I wish to acknowledge with gratitude the guidance given by Prof Chandrika Wijeyaratne, President SLMA in guiding me to carry out my duties as the Hon. Treasurer for the year 2017. I also thank Dr. Sudarshani Wasalathathri & Assistant Treasurer Dr. Achala Jayatilake for their commitment and unstinted dedication in conducting SLMA activities. I sincerely appreciate the assistance given to me by Ms Jayarani Tennekoon in preparing this report and all the financial statement throughout the year. I also thank SLMA staff headed by Mr.D.S Perera for their friendly assistance given to me to carryout my duties as Treasurer.

## 24. AUDITORS' REPORT 2016/2017

Report of the auditors is given in the **Annexure 9**.

An internal Audit Committee was established which is to function as a seven member Standing Committee. The Chairman will be a Past President, the two incumbent Vice Presidents, the incumbent Assistant Treasurer and a total of four SLMA members will constitute the Committee. Meetings of the Audit Committee will be held monthly in the first Monday of each month. Dr. Lucian Jayasuriya was appointed as the first Chairman.

## 25. ADVOCACY

### 1. LAW COMMISSION PROPOSAL ON MEDICAL TERMINATION OF PREGNANCY

On request of the Perinatal Society of Sri Lanka, the Council appointed a committee comprising of Dr. Clifford Perera, Prof. Ravindra Fernando, Prof. Saroj Jayasinghe, Prof. Lalitha Mendis and Dr. Sajith Edirisinghe to look into the amendments to the Penal Code No. 2 of 1883 to extend the permitted instances of medical termination of pregnancy and consequential amendment to the Code of Criminal Procedure Act No. 15 of 1979 and the report of the SLMA stand was submitted (**Annexure 10**).



## 2. CRISIS IN MEDICAL EDUCATION / SAIMT ISSUE

A special Council meeting was held on 18<sup>th</sup> February 2017 to discuss the crisis situation. A statement on the SLMA stand was released to the press in English, Sinhala and Tamil languages and a subcommittee was appointed to formulate a detailed report (**Annexure 11.1**). The SLMA being an apolitical, non-trade union organization, had a series of meetings with all stakeholders including SLMC, GMOA, Parents of state medical students and teachers of SAIMT with a view to facilitate a fair solution for all groups.

The draft statement on the Government's decision to abolish SAIMT and to establish a not-for-profit institute under the Higher Education Ministry was discussed in the Council followed by a press release (**Annexure 11.2**).

Another statement was released to the press vehemently condemning the unacceptable behavior of a group of young men and women claiming to be medical students in front of the SLMC (**Annexure 11.3**).

## 3. CONCERNS EXPRESSED REGARDING 2016 BUDGET PROPOSALS PERTAINING TO HEALTH

A SLMA delegation met with the former Minister of Finance and following were discussed.

- a) Dr Susantha de Silva, Chairman of SLMA's *Expert committee on Health Management* presented the following concerns of SLMA regarding 2016 Budget Proposals pertaining to Health.
  - 1) Insurance scheme: it was highlighted that preschool children and the elderly are more vulnerable and should have been considered.  
Insurer preference for the age group of 5-19 years, the government's commitment to support the student population and youth to ensure better productivity and the ease of monitoring the beneficiaries was discussed.  
The SLMA reiterated that the current culture of a health checkup alone through insurance schemes does not ensure good health.  
Outcome: It was agreed to discuss these issues further. The SLMA released a statement to the press (**Annexure 12**)
  - 2) Private Public Partnership: It was explained that private sector involvement is mainly to help in the construction of multistoried buildings that would help release the vast health facility lands to be used for other purposes; such as private laboratories and paying wards that would function independently, but would be more conveniently located for all patients to access. It was noted that currently government health facilities are surrounded by private laboratory facilities, which are utilized by the state sector patients.  
The SLMA was assured that there would be no mix up of the running of government and private health services, although in same locality, and that they would be run as separate entities.
  - 3) Skills training: Was reiterated that training by private sector was not limited to workers going for foreign employment.  
Outcome: specific areas of training in health will be discussed.
  - 4) Cost sheet: the SLMA expressed its support for issuance of a cost sheet that adds value to the services rendered free of charge

## 4. BUDGET PROPOSAL FOR THE APPROPRIATION BILL 2018

### The Tax on Alcohol and Tobacco Products and the availability of Alcohol Products

The Expert Committee on Tobacco, Alcohol and Illicit Drugs of the Sri Lanka Medical Association (SLMA) recommended that the taxation and price of tobacco and alcohol products should be increased this year to further reduce the affordability of these products.

One important consideration that is usually overlooked is that the majority of the adult population in Sri Lanka does not use tobacco or alcohol. Over 85% of adults do not smoke and over 80% of adults do not consume alcohol, according to the statistics of the Ministry of Health. A study by the National Authority on Tobacco and Alcohol (NATA), SLMA and the World Health Organization (WHO) showed that the annual economic cost of tobacco and alcohol use was at least Rupees 209 billion in Sri Lanka. Therefore, in this case, a minority habit causes extensive economic and

social harm to the entire population of the country. The only beneficiaries of this situation are the industries that produce and market these products.

The Expert Committee recommended that the price of such products should increase in view of the following reasons:

- Making alcohol and tobacco more affordable and available will lead to more young people taking up alcohol and tobacco and lead to more problems in society, an increase in health care bills and much suffering for individuals and their families.
- Scientific research has shown that the overall consumption or the per-capita consumption (consumption per person) comes down with price increases. As per capita consumption is proportionate to the extent of alcohol and tobacco related problems in a society, a reduction in alcohol and tobacco related problems will be seen with reduced consumption.
- Econometric Studies also show that the tax increase will increase the government revenue at the same time. Agencies such as the World Health Organization strongly recommend increasing taxation to reduce harm and increase government revenue for both alcohol and tobacco. Both the tobacco and alcohol industries use the bogeys of “smuggling” and “increase” of illicit products and substitute products to mislead policy makers. There is no basis or sound evidence for these arguments, which are used by the industry lobby.
- There is also very strong evidence that increasing the price of cigarettes and alcohol will also prevent young persons including school children taking up cigarettes and alcohol.
- Both tobacco and alcohol are direct causes of poverty and ill health. It has been shown that the poor are the biggest beneficiaries of increasing the prices of these substances as they reduce their own consumption when the prices are increased. Therefore it is a pro-poor policy, not otherwise. The illicit trade should be dealt with by appropriate law enforcement and not by trying to compete by price.

It has also been recently announced in Parliament that the Ministry of Tourism is seeking the relaxation of laws restricting the availability of alcohol products, to make such products easily available for “tourists”.

There is no evidence anywhere in the world that tourists visit specific countries to consume alcohol. Even if it was the case, Sri Lanka should surely not aspire to be one of them. The “tourist industry” is another bogey by the industry, which seems to have misled several policy makers. The effect of increasing availability of alcohol will simply increase the use of alcohol by Sri Lankans, not tourists.

There is ample evidence that increasing the availability of alcohol will not only increase its use, but also escalate social problems, such as domestic other forms of violence and road traffic accidents. The effects mentioned on the tourism industry seems irrelevant when it comes to the strata of tourists who in fact bring in foreign currency. These tourists will anyhow stay in star class hotels and do have access to alcoholic beverages.

Hence, the SLMA strongly recommended increasing the tax on alcohol and tobacco products, taking into account inflation and affordability. The SLMA also requested the Government of Sri Lanka not to initiate any steps towards relaxing the licensing and other laws which will enable alcohol to be available and accessible easily. The SLMA release a statement to the press regarding this (**Annexure 13**).

### **Tax on Sugar Sweeten Beverages**

Implementing tax on Sugar Sweetened Beverages (SSBs) by advocating the highest decisionmaking bodies was another great achievement by the SLMA, during the year 2017.

Considering the scientific evidence and expert opinions of the context and content specialist, SLMA proposed the government to impose tax on added sugar content of the sweeten beverages as a part of a comprehensive package of interventions to control obesity and NCDs in Sri Lanka. The SLMA released a statement to press (**Annexure 14**).

## **5. LONG TERM PLAN FOR DENGUE PREVENTION**

SLMA facilitated a meeting between Dr. Panduka Wijeyaratne, Chairman, Tropical and Environmental Disease and Health Associates (Pvt) and the Dengue Control Unit of the Ministry of Health. The key obstacle pointed out was the lack of a strong management structure and suggested the following to ensure an effective long-term plan.

- A National level strategy covering all districts regardless of the risk level.
- Continuous interventions are required. Not sporadic.
- Minimally a five-year strategy with regular review and feedback.
- A 50% reduction has to be targeted at the end of one year with 10 – 15% reduction thereafter.



- Key stakeholder participation complementing the existing plan - Consider getting the involvement of hotel and transport sectors and nationwide Micro, Small and Medium enterprises (MSMEs) in all districts providing them with necessary training and knowledge
- Involvement of Defense and security establishments in all districts
- Household coverage in the country – 5 million houses

A meeting was arranged with the Health Secretary to lobby for the implementation of a management system with the inputs from Dr. Panduka Wijeyaratne to provide guidance and the necessary framework.

## 26. RENOVATIONS AND REFURBISHMENT OF SLMA MEETING ROOM AND MEN'S TOILET



## 27. HUMANITARIAN ACTIVITIES

### SLMA FLOOD RELIEF CAMPAIGN 2017

The torrential rains in May 2017 - the worst to hit Sri Lanka since 2003 - have swamped western and southern regions of the country with some of the most affected areas in Kalutara, Ratnapura and Matara districts. Government institutes, civil societies, tri-forces and individuals took most of the responsibility in providing initial aid to people affected by floods. As a professional organization with a social responsibility, Sri Lanka Medical Association (SLMA) decided to step into provide necessary medical and other aid to people affected by this catastrophe.

Medical clinics were organized at affected areas of the country to provide essential healthcare when they needed them the most. The first round of emergency medical relief camps was carried out on 31<sup>st</sup> May 2017 in Sabaragamuwa in conjunction with the National Institute of Occupational Safety and Health (NIOSH) of Ministry of Labour led by its Director General Dr Champika Wickremasinghe.

A total of five medical clinics were conducted in Pelmadulla, Kahawatta, Batugedara and Marapana areas in Ratnapura district. The clinics served over 600 patients, most of whom have never received any medical support after the floods. Medicinal supplies, logistics for medical team and the clinics, transportation and the support staff were sponsored by NIOSH. SLMA coordinated the medical team consisting of several consultants including council members of SLMA, medical officers attached to ministry of health and few nurses from Colombo South Teaching Hospital. Commonly observed conditions amongst the patients seen at clinics included skin infections, respiratory infections and diarrhoeal diseases. About 20% of the patients seen at clinics were less than 18 years.



The second round of medical clinics was organized in the Matara district on Wednesday, 7<sup>th</sup> June 2017. In parallel to medical clinics, the SLMA was also engaged in distributing dry rations, cooking utensils, footwear, and other necessary items to affected people with contributions from well-wishers and a variety of organizations. Most importantly, group discussions were held for the afflicted to be given an opportunity to recall and express their experiences and their problems and the feedback was sent to the acting DGHS within 24 hours.

The following organizations and individuals donated medicinal and other necessary items for the flood relief campaign of Matara district.

Pharmaceutical items including the drugs for the clinics were provided by the National Hospital of Sri Lanka. The series of medical clinics were organized with the support and partnership of Ministry of Health, Nutrition and Indigenous Medicine. The acting DGHS Dr. Sarath Amunugama supported the SLMA in coordinating the activities. The support received from the Provincial Director of Health Services of Southern Province Dr. Gamini Wijesuriya, Regional Director of Health Services of Matara district Dr. Uapali Karunaratne, Regional Epidemiologist of Matara district Dr. Thilak Jayaweera, medical officers of health of Thihagoda and Morawaka areas as well as the field level public health staff of the respective MOH areas were crucial in coordinating and organizing the clinics. The assistance and advice by the Director of Base Hospital Deniyaya Dr. Somaratne was also invaluable.

The following Council members joined the medical clinics conducted in Matara district on 7<sup>th</sup> June.

- Prof. Chandrika Wijeyaratne (President)
- Dr. B. J. C. Perera
- Dr. Sarath Gamini de Silva
- Dr. Preethi Wijegoonewardena
- Dr. Sunil Seneviratne Epa
- Prof. Chandani Wanigatunge
- Dr. Clifford Perera
- Dr. Bhanuja Wijayatilaka
- Dr. Pamod Amarakoon

In addition, medical officers representing different institutions of Ministry of Health, demonstrators from faculty of medical sciences of University of Sri Jayewardenapura, health promotion officers of Nirogi Lanka Project, Pharmacists and Dispensers of national hospital of Sri Lanka, trainee nurses from nursing training school Colombo and physiotherapists from ministry of health participated in the medical clinics.

Clinics were conducted in 3 different locations, at Nadugala temple at Thihagoda MOH area, Kottewatta area in Thihagoda MOH division and in a temporary relief camp located in Morawaka area. The team which included the consultant Paediatrician Dr. B. J. C. Perera also visited the Paediatric ward of Morawake District Hospital and provided specialist Paediatric advice and care. Dr. Preethi Wijegoonewardena, Family Medicine specialist also helped

in the OPD. The teams also distributed dry rations and other donations to the needy people handed over to SLMA by kind donors. A total of 276 patients attended the medical clinics conducted by the 3 teams. Following are basic statistics of the patients attended to medical clinics.

Following are few moments captured by our photographer.



## TSUNAMI DISASTER RELIEF PROJECT

**Report Presented** by Dr Suriyakanthie Amarasekera  
Coordinator of the CMAAO / SLMA Scholarship Fund

The CMAAO / SLMA Joint Scholarship, administered by the Tsunami Disaster Fund is the main Social Responsibility project of the SLMA.

The Scholarship was launched in December 2006 for children who had lost one or both parents in the Tsunami Disaster of 2004, by investing the generous donation of US \$ 50,000/- by the Confederation of Medical Associations of Asia and Oceania (CMAAO), and is being continued successfully.

I am pleased to report that of the original 24 Scholarship recipients in 1007, five students have completed their Educational and Vocational Training activities and are gainfully employed. Two of these are holders of Diploma in 3 D Animation Graphic Design, one a Diploma Holder in Beauty Culture, one a trained Bacolader Operator and one employed as a Motor Mechanic having successfully concluded a training course in Motor Mechanics for school leavers conducted by the department of Education. Of the balance we were able to follow up 3 students who studied

up to A Levels, 3 up to O Levels and a further 3 stopped communicating with the SLMA inspite of repeated letters. All these have had their scholarship terminated over the past 10 years.

There are 11 CMAAO/ SLMA Scholarship recipients for the year 2017. Of these one is an undergraduate at the University of Kelaniya, in the 2nd year, following a Degree Course in Information Technology. Her Award has been increased to Rs 5000/- monthly from January 2016 to enable her to meet the additional expense of living in a hostel.

Another student is following the AAT course and is expected to take up her Part II Exam in January 2018. Six students are reading for their A levels in their respective schools and all there and they have all been receiving Rs 3500/- monthly from January 2017. The balance 3 students are studying in grade 10 and 11 and have been receiving Rs 3000/- monthly. One of the students having taken up her Ordinary levels and has ceased to communicate with the SLMA. Her Scholarship will be terminated with effect from December 2017.

The reduction in the number of recipients over the years has enabled us to increase the award from a flat rate of Rs 2000/- monthly to the structured rate in operation now. We have also been awarding an extra allowance each December to enable the students to purchase Books, Uniforms etc. This year we are able to increase the special award to Rs 3000/- per child.

All these payments have been made using the monthly interest, leaving the capital intact. This privilege of being able to extend a helping hand to these young ones who have faced so much tragedy in their lives has indeed been a source of immense joy and pleasure.

## **28. COLLABORATIONS WITH THE CHINESE MEDICAL ASSOCIATION**

The collaborative Pre-congress workshop titled 'Non-Communicable Diseases – The Current Plague of Asia' was held on 11<sup>th</sup> July 2017 with the participation of 5 Chinese speakers. Following this, a local resource person Prof. Dilani Lokuhetti was invited by the Chinese Medical Association for a national meeting on Thyroid Disease in November 2017.

A delegation for the Sri Lanka Medical Association participated at the Belt and Road International Diabetes Forum in Chongqing, China from 20<sup>th</sup>-22<sup>nd</sup> November 2017. The delegation comprised of the President SLMA, Prof Chandrika Wijeyaratne, Council members, Prof Chandanie Wanigatunge and Dr Achala Balasuriya and SLMA member Dr Chaminda Garusinghe.

Professor Chandanie Wanigatunge made a presentation titled "Rational use of drugs in the management of Type 2 Diabetes: which was well received by the audience. The outcome of the meeting further strengthened the collaborations between the two associations and at country level to encourage exchange of training and research.

## **29. COLLABORATIONS WITH THE BRITISH MEDICAL ASSOCIATION**

On invitation of the BMA, the President SLMA contributed to a series of meetings related to the project on the 'Future role of doctors and patient centeredness'. She attended a symposium on 'The changing face of Medicine and the role of the doctor in the future' as a panelist in the session, 'The situation in my country with regard to the changes in society, health care and doctors' from 20 – 21<sup>st</sup> April 2017.

Professor Pali Hungin, President, British Medical Association attended as the Guest of Honour at the Inauguration of the 130<sup>th</sup> Anniversary International Medical Congress and addressed some of the key issues that the BMA wishes to collaborate with on common problems faced by both countries.

## **30. ORGANIZATION OF PROFESSIONAL ASSOCIATIONS (OPA)**

The SLMA nominated Dr. Ruvaiz Haniffa (Association member) and Prof. Chandrika Wijeyaratne, Dr. Lucian Jayasuriya, Prof. Anoja Fernando, Prof. Vajira HW Dissanayake, Prof. Samath Dharmaratne, Dr. Sudharshani Wasalathanthri, Dr. Achala Balasuriya and Dr. Yasas Abeywickrama as forum members for 2017. The SLMA made representation at the Annual Conference of OPA held in September 2017 and at the Annual General meeting held in October 2017.



### **31. CONTRIBUTIONS OF SLMA TO THE ACTIVITIES OF THE MINISTRY OF HEALTH**

The President SLMA or a representative appointed by her has contributed to the following;

1. The National Health Research Council
2. Advisory Committee on Health Care Reforms
3. Meeting on Joint International Health External Evaluation (JEE)
4. Steering Committee on NCD
5. Steering Committee on Palliative Care
6. National TB Prevention and Control Committee
7. Health Reforms Workshop

## Annexure 1: Programme of the 130<sup>th</sup> Anniversary International Medical Congress

**Thursday 1<sup>st</sup> July 2017**

### **Pre-congress Workshop 1: Wound Care**

In collaboration with the College of Surgeons of Sri Lanka  
College of Surgeons of Sri Lanka Auditorium

Welcome Address

Professor Chandrika N Wijeyaratne, President, SLMA

Professor MD Lamawansa, President, College of Surgeons of Sri Lanka

Introduction to wounds, wound types, factors for wound healing and cost of a wound

Dr. Mahinda Mellawathantri

Wound assessment and wound bed preparation

Dr. Ranjuka Ubaysiri

Optimizing Nutrition in wound care

Dr. Renuka Jayathissa

Microbiology in wound care

Dr. Shirani Chandrasiri

The wound beyond the usual

Dr. Indira Kahawita

Diabetic Foot Wounds

Professor Mandika Wijeyaratne

Vascular Wounds

Dr. Charitha Weerasinghe

Acute post traumatic and Post-Surgical wound care – Concepts

Dr. Shashanka Rathnayake

Wound dressings/ correct application and myths

Dr. Sathis Wijemanna

Wound cover & Reconstruction

Dr. Yasas Abeywickrama

Palliative wound care

Dr. Dilhar Samaraweera

Video demonstrations

Closing Ceremony

SLMA 130th Anniversary International Medical Congress, 2017

**Tuesday 11<sup>th</sup> July 2017**

### **Pre-congress Workshop 2: Non-Communicable Diseases – The Current Plague of Asia**

NDW Lionel Memorial Auditorium, Sri Lanka Medical Association

Opening Ceremony

National anthems

Welcome Address

Prof Chandrika N Wijeyaratne, President, SLMA

His Excellency Yi Xianliang, Ambassador of the People's Republic of China

**Symposium 1: Organized by the SLMA Expert Committee on NCDs**

**Chronic NCDs: Rational Approaches to Control and Prevent**

The trends and risk factors of Diabetes in China

Prof. Xiaoying Li

Epidemiology of chronic NCDs in Sri Lanka

Dr. Carukshi Arambepola

Noncommunicable disease – The way forward: Hong Kong experience

Dr. Shea Tat Ming

The Sri Lankan Health System response - from policy to implementation

Dr. Thilak Siriwardana

$\beta$ -receptor blocker in the era of PCI

Dr. Ge Xu

Q & A Session

**Symposium 2: The Thyroid Nodule: Sharing Experiences**

Optimal management of thyroid nodule – the Chinese experience

Dr. Shuhang Xu  
The Sri Lankan Experience:  
Management options – the decision making process  
Prof. Aloka Pathirana  
Radiological aspects  
Dr. Shanthini Rosairo  
Pathological aspects  
Prof. Dilani Lokuhetty  
Q & A Session

**Symposium 3: Organized by the SLMA Expert Committee on Prevention of Road Traffic Crashes**

**Road Traffic Crashes – How Do We Save Lives?**

Strengthening Emergency Trauma Care - highlighting its Pioneer Role  
Dr. Du Dingyuan  
Multi-disciplinary activity for road traffic injury prevention: collaboration between engineering and medicine  
Dr. Takashi Fujita  
Influence of social environment on child pedestrian injuries: time trend of child pedestrian injuries in Japan  
Dr. Shinji Nakahara  
The Sri Lankan Scenario:  
Developing a strategy – from policy to action  
Dr. Samitha Siritunge  
The Sri Lankan situation – the need for a Task Force  
Prof. Samath Dharmaratne / Dr. Achala Jayatilleke  
Q & A Session

**Thursday 13<sup>th</sup> July 2017**

**Symposium 1: The Microbiome: The picture unfolds**

"The Human Eco system - potential applications in health and disease"  
Prof. Jennifer Perera  
"Microbiome and Cancer – Is it real?"  
Prof. Kemal Deen  
"Microbiome and personalized medicine – the future"  
Dr. Padmini Ranasinghe  
"New horizons: The role of gut microbiome in maternal and child health"  
Prof. Catherine Williamson

**Symposium 2: Family Medicine: Are we fully geared for today's patient needs?**

Panel discussion  
"Whom do we need more? Qualified general practitioners or specialists?"  
Dr. Preethi Wijegoonewardene  
Dr. Ruvaiz Haniffa  
Dr. Athula Kahandaliyanage  
Dr. Palitha Abeykoon  
Prof. S. D. Jayaratne  
"An efficient Chronic care Model - Development of databases for long term conditions"  
Dr. K. Nirantharakumar  
"Communication skills in general practice"  
Prof. Nandani de Silva  
"Evidence based practice: keeping the busy family physician updated"  
Prof. Kumara Mendis

**Symposium 3: Metabolomics: The picture unfolds**

"Chronic Kidney Disease of Unknown Etiology in Sri Lanka: Quest for Understanding and Global Implications"  
Prof. Susan Sumner  
"The Microbiome, Metabolomics and Cardiovascular Disease: A Clinician-Scientist's Perspective"  
Prof. Shervanthi Homer-Vanniasinkam  
"Physical activity and South Asians: its role in the causation of metabolic disease"  
Prof. Anoop Misra

**Panel Discussion:****Anaphylaxis – how should we respond?**

Prof. Neelika Malavige

Dr. Dinithi Fernando

Dr. Nirmala Wijekoon

**Plenary Lecture 1:**

“Autoimmune disease and the Microbiome”

Prof. Suranjith Seneviratne

**Plenary lecture 2:**

“Potential Pathophysiological Phenotypes of type 2 diabetes in South Asians”

Prof. K.M. Venkat Narayan

**INAUGURATION OF THE 130<sup>TH</sup> ANNIVERSARY INTERNATIONAL MEDICAL CONGRESS**

Grant Ballroom, Galadari Hotel, Colombo

Guests take their seats

Arrival of Chief Guest

Introduction of Council Members

Ceremonial procession

National Anthem

Lighting the lamp of learning

Welcome address

Professor Chandrika Wijeyaratne, President SLMA

Awarding Honorary Life Memberships

Dr. A. T. W. P. Jayawardena

Professor Wilfred Perera

Address by Guest of Honour

Professor Pali Hungin, President, British Medical Association

Address by Chief Guest

Professor Adam Balen, Professor of Reproductive Medicine and Surgery, Leeds Teaching Hospitals, UK

Vote of thanks

Dr. Sudharshani Wasalathanthri, Honorary Secretary, SLMA

SLMA Oration 2017

“Efficacy of rupatadine in the treatment of dengue viral infections”

Professor Neelika Malavige

MBBS (Col), MRCP (UK), DPhil (Oxon), FRCP (Lond), FRCPath (UK)

Center for Dengue Research, Faculty of Medical Sciences

University of Sri Jayewardenepura, Gangodawila, Nugegoda

**Procession leaves the hall**

**Fellowship & Entertainment**

<b>Friday 14<sup>th</sup> July 2017</b>
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**Symposium 4: Cardiovascular Health**

“Acute Coronary Syndrome Sri Lanka Audit Project (ACSSLAP): The key findings”

Prof. Priyadharshani Galapaththy

“Preventive Aspect of cardiovascular health”

Dr. B.A. Muruganathan

“What is new in the treatment of heart failure”

Dr. Nimali Fernando

**Symposium 5: Data, Data and more Data**

Moderator: Dr. J. M. W. Jayasundara Bandara

“Big data and technologies in caring for patients with Diabetes Mellitus”

Dr. K. Nirantharakumar

“Leveraging healthcare data to improve outcomes in low-resource settings”

Dr. Rashan Haniffa

“Quality and Safety in Health care: the way forward with data”

Dr. Sathasivam Sridharan



**Plenary Lecture 3:**

"Thyroid function and Iodine nutrition in pregnancy"  
Prof. John Lazarus

**Plenary Lecture 4:**

"Body fat distribution, metabolic milieu and cardiovascular risk in South Asians"  
Prof. Anoop Misra

**Symposium 6: Clinical and Research Ethics**

"Conflicts of Interest for Clinicians and Researchers"  
Prof. Narada Warnasuriya  
"Ethics and Dilemmas in End of Life Care"  
Dr. Loranthe Samarasinghe  
"Challenges in Research Ethics - Local and Regional issue"  
Prof. Chandanie Wanigatunge

**Symposium 7: Thyroid Disease**

"Isolated hypothyroxinaemia in pregnancy"  
Prof. John Lazarus  
"Confusing thyroid results"  
Dr. L. D. Premawardhana  
"Thyroid dysfunction in infants"  
Dr. Navoda Atapattu

**Plenary Lecture 5:**

"Prevention and control of type 2 diabetes – from data to policy"  
Prof. K.M. Venkat Narayan

**Plenary lecture 6:**

"Changing face of medicine and role of the future doctor"  
Prof. Pali Hungin

**Symposium 8: NASH, Metabolic Syndrome & Diabetes - rational options for a 'cure'**

"Leduc Obesity Clinic"  
Dr. Kanchana Sivalingam  
"Role of liver and visceral adiposity"  
Prof. Thilak Weeraratne  
"The evidence – the global perspective"  
Dr. Dilendra Weerasinghe  
"Challenges of bariatric surgery in Sri Lanka"  
Dr. Thejana Wijeratne

**SYMPOSIUM – 'Medication without harm'**

"Preventing Medication errors: Role of prescribers and patients"  
Prof. Chandanie Wanigatunge  
"Medication errors: Role of Pharmacists and health systems"  
Dr. Nithushi Samaranayake  
"Medication safety: The Global Challenge and plans for Sri Lanka"  
Prof. Priyadarshani Galappatthy  
Panel Discussion on Sri Lankan situation and action plan

**Plenary lecture 7**

"PCOS and its spectrum"  
Prof. Adam Balen  
Launch of PCOS support group and website

**Dr. S. C. Paul Oration**

"Metabolic morbidity in obese children: what can we do?"  
Prof. Pujitha Wickramasinghe

**Session 16: Palliative Care in Sri Lanka**

"Challenges ahead"

Dr. Udayangani Ramadasa

"Place of opioids"

Dr. Suresh Kumar

"Ethical and legal aspects"

Mr. Yasantha Kodagoda

**Symposium 10: Addressing COPD: the need of 'the hour'**

"COPD: A BOLD Outlook"

Dr. K. D. Gunasekera

"COPD: The unmet need"

Dr. Amitha Fernando

"COPD: meeting the challenges"

Dr. Lakmali Amarasiri

Dr. Ghazzaly Nizamdeen

Dr. Ravini Karunatilake

**Symposium 11: Women's Health**

"Obstetric Medicine to the forefront"

Prof. Catherine Williamson

"Maternal safety through family planning"

Dr. Harsha Atapattu

"Micronutrients and GDM"

Prof. P. Saravanan

**Plenary Lecture 8:**

"IVF: latest advances and current controversies"

Prof. Adam Balen:

**Symposium 12: Neurology for the non-neurologist**

"Headache"

Dr. Thashi Chang

"Stroke"

Dr. Ajini Arasalingam

"Epilepsy"

Dr. Jithangi Wanigasinghe

**Symposium 13: Cancer – a path to cure**

"Micro RNA Bio marker for early diagnosis"

Prof. G. A. P. Ganepola

"Evolution of medical management of Cancer: The Acute Lymphocytic Leukaemia (ALL) story"

Dr. Sanjeeva Gunasekera

"Breast cancer surgery - the evolution of concepts and diverging roles"

Dr. Kanishka de Silva

**Session 20:** Free Paper session 1  
Free Paper session 2  
Free Paper session 3  
Free Paper session 4

**Session 21:**

Clinical Pearls of Practice – Good Patient Communication

Dr. Panduka Karunanayake

Dr. Arosha Dissanayake

Prof. Diyanath Samarasinghe

**Symposium 14: School Health – Challenges faced by today's school children**

"National priorities"

Prof. Pujitha Wickramasinghe

"Delivering education on reproductive health in schools"

Prof. Adam Balen

"Policy challenges on promoting healthy diets in schools"  
Dr. Angela de Silva

**Symposium 15: Ageing and aged care? - The inevitable issues**

"What is frailty? What are the tools used to assess frailty?"

Dr. Lasantha Ganewatte

"A Sri Lankan Study on Frailty"

Dr. G. D. N. Samaruthilake

"Stepping into the shoes of an elderly person"

Dr. Shiromi Maduwage

"Introduction to Multidisciplinary Care of elderly"

Dr. Dilhar Samaraweera

"A Practical Approach to multidisciplinary care"

MDT of CSTH Geriatric Clinic

**Doctors' Concert**

<b>Sunday 16<sup>th</sup> July 2017</b>
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**Symposium 16: Medical negligence – a fact or fiction?**

"Medico-legal aspects of Medical Negligence"

Dr. Clifford Perera

"Legal perspectives of Medical Negligence – Global vs. Sri Lankan trends"

Mr. Saliya Peiris PC

"Non-litigatory aspects of medical care and patient safety"

Dr. Sridharan Sathasivam

**Symposium 17: Interactive Seminar - Adoption of Food Based Dietary Guidelines in Health Care Institutions - is it happening?**

Dr. Bhanuja S. Wijayatilaka

Dr. Renuka Jayatissa

Dr. Ananda Gunasekera

Dr. Palitha Bandara

Dr. Samanthi de Silva

Dr. Visakha Tillekeratne

Dr. Shanthi Gunawardana

Dr. Ajith Alagiyawanne

Q&A session

**Plenary Lecture 9**

"Impact of maternal obesity, diabetes and cholestasis on subsequent offspring health"

Prof. Catherine Williamson

**Professor N. D. W. Lionel Memorial Oration**

"Unraveling the path towards novel antidiabetic drug leads from Sri Lankan flora"

Dr. A. P. Attanayake

**Session 26: Public forum**

Public perspective and Health system response

Speakers: Mr. Peter D'Almeida

Ms. Shehara de Silva

Responders: Dr. Sarath Gamini de Silva

Dr. Preethi Wijegoonewardene

Prof. Srinath Chandrasekara

Moderators: Prof. Saroj Jayasinghe

Dr. Susie Perera

**Session 27:** Free Paper session 5

Free Paper session 6

Free Paper session 7

Free Paper session 8

**Session 28: Plenary Lecture 10:**

"Respecting Intellectual property – real life issues for medical professionals"

Mr. Jayantha Fernando

**Dr. S. Ramachandran Memorial Oration**

"Diagnosis of snake envenoming: A challenge of 21<sup>st</sup> century in tropics"

Dr. Kalana Maduwage

Closing ceremony

**OVERSEAS RESOURCE PERSONS**

Prof. K. M. Venkat Narayan  
 Dr. Du Dingyuan  
 Dr. Shinji Nakahara  
 Prof. Pali Hungin  
 Prof. Adam Balen  
 Prof. Anoop Misra  
 Dr. L. D. Premawardhana  
 Prof. Suranjith Seneviratne  
 Dr. Shuhang Xu

Dr. Dilendra Weerasinghe  
 Dr. Takashi Fujita  
 Dr. Shea Tat Ming  
 Dr. Suresh Kumar  
 Prof. G. A. P. Ganepola  
 Dr. B. A. Muruganathan  
 Dr. Padmini D. Ranasinghe  
 Dr. Kanchana Sivalingam

Prof Catherine Williamson  
 Prof. Xiaoying Li  
 Dr. Ge Xu  
 Prof. John Lazarus  
 Prof. Shervanthi Homer-Vanniasinkam  
 Dr. K. Nirantharakumar  
 Prof. P. Saravanan  
 Prof. Susan Sumner

**RESOURCE PERSONS SRI LANKA**

Dr. Palitha Abeykoon  
 Dr. Ajini Arasalingam  
 Prof. Srinath Chandrasekara  
 Prof. Nandani de Silva  
 Dr. Samanthi de Silva  
 Prof. Kemal Deen  
 Dr. Nimali Fernando  
 Prof. Priyadharshani Galappatthy  
 Dr. Sanjeeva Gunasekera  
 Dr. Rashan Haniffa  
 Dr. Athula Kahandaliyanage  
 Mr. Yasantha Kodagoda  
 Prof. Kumara Mendis  
 Dr. Carukshi Arambepola  
 Prof. Dilani Lokuhetty  
 Dr. Samitha Siritunge  
 Dr. Shirani Chandrasiri  
 Dr. Shashanka Rathnayake  
 Dr. Sathis Wijemanna  
 Dr. Renuka Jayatissa  
 Dr. Udayangani Ramadasa  
 Dr. Loranthe Samarasinghe  
 Dr. G. D. N. Samaruthilake  
 Dr. Jithangi Wanigasinghe  
 Prof. Thilak Weeraratne  
 Dr. Bhanuja S. Wijayatilaka  
 Dr. Thejana Wijeratne

Dr. Ajith Alagiyawanne  
 Dr. Navoda Atapattu  
 Dr. Thashi Chang  
 Dr. Kanishka de Silva  
 Ms. Shehara de Silva  
 Dr. Arosha Dissanayake  
 Dr. Amitha Fernando  
 Dr. Lasantha Ganewatte  
 Dr. Ananda Gunasekera  
 Prof. S. D. Jayaratne  
 Dr. Panduka Karunanayake  
 Dr. Shiromi Maduwage  
 Dr. Ghazzaly Nizamdeen  
 Prof. Samath Dharmaratne  
 Prof. Aloka Pathirana  
 Dr. Thilak Siriwardana  
 Dr. Indira Kahawita  
 Dr. Ranjuka Ubaysiri  
 Prof. Mandika Wijeyaratne  
 Prof. Jennifer Perera  
 Ms. Achini Ranasinghe  
 Prof. Diyanath Samarasinghe  
 Dr. Sridharan Sathasivam  
 Prof. Chandanie Wanigatunge  
 Dr. Champika Wickramasinghe  
 Dr. Preethi Wijegoonewardene

Dr. Lakmali Amarasiri  
 Dr. Harsha Atapattu  
 Mr. Peter d'Almeida  
 Dr. Angela de Silva  
 Dr. Sarath Gamini de Silva  
 Dr. Dinithi Fernando  
 Mr. Jayantha Fernando  
 Dr. K. D. Gunasekera  
 Dr. Ruvaiz Haniffa  
 Dr. Renuka Jayatissa  
 Dr. Ravini Karunatilake  
 Prof. Neelika Malavige  
 Mr. Saliya Peiris  
 Dr. Achala Jayatileke  
 Dr. Shanthini Rosairo  
 Dr. Yasas Abeywickrama  
 Dr. Mahinda Mellowathantri  
 Dr. Charitha Weerasinghe  
 Dr. Dilhar Samaraweera  
 Dr. Clifford Perera  
 Dr. Nithushi Samaranyake  
 Dr. Dilhar Samaraweera  
 Dr. Visakha Tillekeratne  
 Prof. Narada Warnasuriya  
 Prof. Pujitha Wickramasinghe  
 Dr. Nirmala Wijekoon

### **130th Anniversary International Medical Congress of the Sri Lanka Medical Association**

Being an apolitical, non-trade union and a not for profit organization the Sri Lanka Medical Association has the unique capacity to play a strong advocacy role.

We encourage appropriate changes to be made within our health systems- always in partnership with the Ministry of Health and related organizations.

Health services, its organization and delivery are complex and require all stakeholders to come together to achieve targets.

The Annual Congress of the SLMA had the majority of stakeholders, ranging from clinicians representing most fields, administrators, patients and researchers alike, who came together to deliberate and discuss priority needs for the betterment of our citizens.

The Council of the SLMA fully endorses the recommendations made herein for the due attention an appropriate action by all relevant stakeholders, chiefly the Ministry of Health.

Our chief partners, the National Science Foundation of Sri Lanka, the 2nd Health Sector Development Project of the Ministry of Health funded by the World Bank and the Country Office of the World Health Organization are gratefully acknowledged.

### **The Microbiome - The picture unfolds**

Chronic Non Communicable Diseases in Sri Lanka  
Possible role of the Gut Microbiome

Most chronic diseases are caused by altered gene function, good genes being adversely influenced by environmental factors while only a few diseases can be directly attributed entirely to 'bad' genes.

The etiology of most diseases depends not only on the genetic and environmental factors alone, but also on the interaction between the two. The environmental interactions affect the human genome in numerous ways and of them; the effect of environmental factors on epigenetic modifications is particularly significant and requires thorough understanding.

Epigenetic changes refer to the changes in gene expression that occur as an adaptation to the maternal environment. This could occur through modifications in both DNA and chromatin.

This is understood to be the basis or developmental origin for most of the diseases that develop in adults. The influence of prenatal and early postnatal environmental factors on the development of various chronic diseases in adults, has been shown in human epidemiological studies.

The human body harbors trillions of bacteria. Unlike other parts of the body, the gut has vast range of microbial diversity. The microbiome refers to the >10<sup>14</sup> bacteria that reside in the human intestine, comprising a bulk of genetic material larger than the human genome.

Gut microbiota of humans are involved in a process of energy harvest which leads to the development of obesity and metabolic risks. Western scientific medicine is now coming to realise how exactly the environmental factors such as the diet, exercise and mental stress might interact with each individual's genome to cause disease. Since of late there is increasing evidence that the environment is affecting us via its influence on the type and diversity of the massive microbe population who exist within us, particularly in our gastrointestinal tract.

Metagenomics provides access to the functional gene composition of microbial communities. Massively parallel 16S rRNA gene sequencing on a next-generation sequencing platform can be used to identify traces of bacterial DNA isolated from varying samples. The Microbiome is being extensively studied worldwide, particularly in the US, UK, and Australia. There is no known research on this subject in Asia.

Chronic NCDs in Sri Lanka is thought to be one such instance where the environmental factors affect and modify the epigenome. The potential role for causing CKDu also needs in depth study.

Recommendation: To characterize the Sri Lankan human microbiome (gut, mouth, urine, skin etc.) and correlate it to ill health, chronic non-communicable diseases (NCDs) in particular. Characterization of our Microbiome and its relationship to NCDs, obesity, diabetes, fatty liver/cirrhosis, cardiovascular disease, chronic renal failure of unknown origin and many others would be of immense relevance towards predicting future disease, early diagnosis and development of novel interventions to treat these diseases.

### **Metabolomics - The picture unfolds**

The symposiums on Microbiome and Metabolomics organized by SLMA as a part of 130th Annual International Medical Congress 2017 was very informative.

Metabolomics, promises immense potential for early diagnosis, therapy monitoring and for understanding the pathogenesis of many diseases.

This symposium inspired us to initiate and carry out more research in this area and has encouraged clinicians and scientists to work together to unveil the association of metabolome with public health in Sri Lanka. To move forward it is essential that we establish a biorepository for metabolomics studies, upgrade facilities in our laboratories to carry out metabolite profiling of the population and the need of bioinformatic tools and reference databases to predict specific metabolic patterns.

### **Family medicine - Are we fully geared for today's patient needs?**

All aspects of Primary Care and the "Role of the General Practitioner as an important "PIVOT" in a Primary Health Care Team of a Country" was discussed with a specific reference to the number of patients seeking care at state 'Out Patients Departments' and 'Private General Practitioners'.

The data presented showed that on average 10 times the number seeking in hospital care were treated as Out Patients in state hospitals (5 million in admissions and 55 million OPD visits). To this one must add another estimated 15 million more patients who seek Private Primary Curative Ambulatory Care. Hence, it was convincingly showed that the bulk of curative care in the Sri Lankan state sector occurred in Primary Curative Ambulatory Care setting.

The discussion focused on Is Sri Lanka in a position to cater to this care delivery? The consensus opinion was that Sri Lanka was not in a position to do so as;

1. The state sector does not have a dedicated Primary Curative Ambulatory Care delivery system – It has neither the infrastructure nor the human resources to do so. The symposium was informed of a proposal developed by the Planning Unit of the Ministry of Health to introduce a 'State led national General Practitioner Service in a shared care model towards delivery of universal primary health care in sustainable and cost effective manner. The drawback of this proposal was that it concentrated only on the state sector and completely ignored the capacity in the private sector to deliver Primary Curative Ambulatory Care
  2. The Private sector is unregulated to such a degree in provision of Primary Curative Ambulatory Care that anybody with a medical degree without any formal training in General Practice is able to set up a clinic under the Companies Act and PHRC and engage in so called "General Practice"
- Both above factors serves to undermine the quality of Primary Curative Ambulatory Care sought by almost 70 million Sri Lankas on an annual basis.

The symposium was of the view that the Ministry of Health through the Director General Of Health Services should be made aware of these fact as an outcome of the SLMA 130th Annual International Medical Congress.

The following recommendations are made for the consideration of the DGHS and the MoH

1. Implementation of pilot project/s to evaluate the logistics of the proposed State led National General Practitioner Service with modifications proposed by the College of General Practitioners through the SLMA to include at least a few pilot sites where private sector GPs too are included in service deliver under the State led GP service.
2. As there will be a serious shortage of state (and private sector) PROPERLY trained medical officers to deliver Primary Curative Ambulatory Care based on the Principles of Family Medicine
  - a. Enhancing training programs in Family Medicine at Diploma Level (DFM) at the PGIM
  - b. Enhance training programmed in Family Medicine at Diploma Level conducted by the College of General Practitioners of Sri Lanka – The MCGP. This 2 year diploma level programme (carrying 35 credits) is recognized by the Sri Lanka Medical Council (SLMC) as registrable specialist qualification for General Practice in Sri Lanka. The state should consider recognizing this qualification by the CGPSL as a diploma level qualification for delivery of Primary Curative Preventive Care in the Health service minute.
  - c. There approximately over a 1,000 medical officers in the state system who have obtained the DFM from the PGIM. The MoH should consider deploying them on a priority basis to man the proposed State Sector GP service.
  - d. Enhance the training programme for MD in Family Medicine at the PGIM.

The above measures will ensure an efficient Primary Curative Ambulatory Care system with trained GPs in all settings in the health system.
3. Implementation of a functional referral system within the state health system and between the state and private primary health care institutions.
4. Take steps to expedite the creation of "GP Register" at the Sri Lanka Medical Council (SLMC)

This important panel discussion was held at Joint Symposium of Sri Lanka Medical Association (SLMA) and College of General Practitioners of Sri Lanka (CGPSL) at International Scientific Congress on 13th July 2017.

## **Anaphylaxis (today's killer) – how must we respond?**

### **Recommendations:**

- Empower the healthcare providers (doctors and nurses)
  - CPD programmes to improve knowledge, attitudes and skills related to diagnosis and management of anaphylaxis
  - Improve availability of adrenaline at primary care level
- Empower the affected patients and their family members
  - Develop a mechanism to issue adrenaline auto-injectors to all patients diagnosed with anaphylaxis
  - Establish 'Allergy Clinics' at all teaching hospitals to ensure that proper follow-up care is delivered

### **Data, Data and More Data**

Our recommendation from Data, data and more data sessions is analysis and use of data in decision making in health sector. Sometime back we didn't have electronic systems but now we have several systems that collect real time data. The issue is we are not using them in day to day practice.

### **Clinical and Research Ethics**

#### **Recommendations:**

1. The need to have proper guidance and laws related to end of life care especially with regard to withdrawal of life support was highlighted as an urgent need. It is recommended to have properly functioning Hospital Ethics Committees and explore the possibility of amendments to existing laws.
2. The lack of a Clinical Trials Act to govern the conduct of clinical trials was discussed especially as there are many phase 2 and 3 clinical trials being conducted in Sri Lanka now without legal oversight. This is a problem for all those who are involved in clinical trials and is a deterrent to investigators who wish to include Sri Lanka as a study site. Recommend that the Clinical Trials Act which is with the legal draftsman be gazetted.

### **Medication without harm**

#### **Medication without harm – Action plans for Sri Lanka**

Medication errors have become a global problem resulting in avoidable deaths and serious harm to patients. Recognizing the global burden, the WHO has launched medication safety as a global challenge with the objective of reducing serious harm due to medication errors by 50% in the next 5 years. In Sri Lanka, the magnitude of the problem is unknown due to paucity of data. However available studies and observations have identified the factors that lead to medication errors in Sri Lanka.

In order to prevent medication errors we wish to propose an action plan involving all stakeholders. The action plan has been drafted targeting 5 areas; the systems and practices that exist pertaining to medication safety, factors related to healthcare professionals, medicines and the patients.

- i. Systems and practices pertaining to medication safety
  - a. Establishing a medication safety working group
  - b. Implementing a medication incident reporting system to learn from and prevent errors
  - c. Encouraging use of electronic prescriptions
  - d. Having an identifiable seal for medical officers even for government sector prescriptions
  - e. Having private pharmacies manned only by qualified pharmacists
  - f. Employing graduate pharmacists as clinical pharmacists to work on medication safety
- ii. Healthcare professionals
  - a. Improving legibility of prescriptions
  - b. Implementing WHO medication safety curriculum in training of all healthcare professionals (doctors, pharmacists, nurses) at both professional/undergraduate and post graduate training
  - c. Regular CPD activities through professional colleges
  - d. Dispensing only labeled medicines
  - e. Minimizing polypharmacy
- iii. Medicines
  - a. Improving detection methods of quality failures
  - b. Reducing the large number of generic drugs registered through stringent regulation by NMRA
  - c. Regular quality checks of medicines
- iv. Patients and families
  - a. Improving medication literacy of people by publishing books/ newspaper articles in Sinhalese and Tamil
  - b. Media campaigns targeting improving patients knowledge on medicines using both electronic and print media
- v. Monitoring & Evaluation

- a. Determine the current medication error rate in the country
- b. Monitoring of activities in improving medication safety
- c. Determine the error rate in 5 years to determine the impact of activities

The key stakeholders are professional bodies such as SLMA, SLACPT, PSSSL, CCP, Directorate of Healthcare Quality and Safety of Ministry of Health, Departments of Pharmacology in Universities, SPC, NMRA, MSD and Patient groups for patient safety.

Launching a national action plan with WHO support and collaborating for a regional launch for South East Asia region with monitoring of impact of action plan would facilitate these activities to achieve the goal of 50% reduction in medication errors in Sri Lanka in the next 5 years.

### **Palliative Care in Sri Lanka**

Palliative care is largely regarded as end of life care of chronic progressive incurable diseases which end up with major disability, suffering, distress and ultimately death. When cure is not possible, as often it is not, the relief of suffering is the cardinal goal in Medicine and the heart of philosophy behind the science and practice of Palliative care.

Although the concept of Palliative care is emerging in Sri Lanka, its implementation in to routine clinical care is far below expectation. Palliative care is considered as a human right and our aim should be to provide care for all irrespective of the underlying life limiting illness or the socioeconomic status of the patient.

When we consider developing Palliative care it is essential to focus on education and training of the existing staff, and to incorporate this in to under graduate and postgraduate curricula of health care providers, create advocacy among health care providers and the general public. We need to also consider policy development, improving drug and service availability, legal aspects and to clear legislations to incorporate this service in to the health care system. Research and audit is an essential component in developing care plan accepted to our culture, lifestyle and believes. Establishment of palliative care services in hospitals and the community.

Palliative care too will be affected by the economic constraints seen in a middle income country like Sri Lanka. However the drugs for symptom control is not very expensive. Recurrent hospital admissions of patients with life limiting illnesses such as end stage cardiac failure, respiratory diseases, renal failure, and liver failure with inappropriate medical interventions would be far more costly to our health care budget.

Reluctant to prescribe opioids by health care professionals is another factor, which has limited the use of opioids in Palliative care. After publishing cancer pain guidelines developed through the National Cancer Control Program of Sri Lanka, use of opioids would improve in the future. SLMA is currently developing a hand book for symptom control in Palliative care as a guide book for management of patients with common end stage diseases in Sri Lanka.

Poor understanding among health care professional of the diversities of cultural and religious backgrounds in our patients will impact the patient's attitude on Palliative care. To overcome this challenge we need to improve communication skills of health care professional and stress the need for quality of life of the patient. The concept of Good death should also be addressed concurrently.

Sri Lanka Medical Association has identified Palliative care as an unmet need in the Sri Lankan health sector and has launched a Palliative care task force to address some of these issues.

As a major step ahead SLMA recommend the ministry of health and the Post Graduate institute of medicine to identify Palliative medicine as an independent specialty in Sri Lanka and the importance of initiation of a MD programme concurrently.

### **Addressing COPD - the need of the 'hour'**

Draft COPD Action Plan 2017 – Advocacy document

Goal: to reduce the burden of COPD by advocacy, prevention, early detection and provision of shared care

### **Background and Burden**

COPD is one of the highest prevalent chronic respiratory diseases in Sri Lanka with a prevalence of 10.5% (Global 4-12%) among the adult population. It is a hidden and unrecognized disease that is often labeled as asthma. COPD incurs a significant cost of management with sufferers admitting to state hospitals more frequently than for any other chronic respiratory disease. Annually approximately 25000 people are admitted with COPD and approx. 1000 deaths are recorded.

COPD is usually linked to smoking and the risk of COPD has been shown to drastically reduce with cessation of smoking. However, Sri Lankan data (BOLD) has shown that a large number of sufferers of COPD are non-smokers and females. Thus there is a clear indication of other important risk factors for the disease, exposure to bio-mass fuel smoke, fumes, dust and passive smoking to name a few.



<b>Prevention and Public awareness</b>		<b>Responsibility</b>
The following strategies are recommended:		
	<u>Tobacco smoking :</u>	
	A comprehensive national policy on regulation of tobacco smoking	DDG MS1unit NCD Unit NATA Ministry of mass communication
	Creating awareness on harmful effects of tobacco smoking (utilizing schools, religious institutes, community leaders) by providing educational material especially targeting school children and low socioeconomic groups	
	Targeting current smokers and increasing their access to smoking cessation programs	
	Screening current smokers for COPD	
	<u>Biomass fuels and indoor air pollution:</u>	
	Achieving the national target of reducing the use of biomass fuels by 30% by 2020	CEA MoH SLCP NCD Unit
	Minimizing or eliminating the exposure to other indoor air pollutants (mosquito coils, incense).	
	National geological survey on radon levels with relevant stakeholders	
	Multilevel programs on creating public awareness regarding the dangers of biomass fuel use and other indoor and outdoor air pollutants	
	<u>Occupational risk factors</u>	
	Identifying occupational risk factors for COPD	SLCP
	Creating awareness among employers and employees in such risk occupations	
	Screening of workers for COPD in risk occupations using standardized questionnaires	
	Increasing access to standardized tools like spirometry in screening such patients	
	Developing a comprehensive program in diagnosing, managing and addressing issues such as compensation in a coordinated manner.	
<b>Education and Health promotion</b>		<b>Responsibility</b>
	Islandwide programs to educate primary health care staff on the risk factors associated with COPD eg. Exposure to biomass fuels, smokers, exposure to environmental tobacco smoke, exposure to vehicle exhaust fumes.	MoH NPTCCD SLCP SLMA
	Educating and training primary health care staff to recognize symptoms of COPD (especially in those exposed to risk factors), and to offer screening with standardized clinical tools.	NPTCCD
	Training programs to be set up for training of lung function unit staff	SLCP NPTCCD
	Conducting certified courses in pulmonary rehabilitation and establishing programs at different levels of care	NPTCCD SLCP
	Pulmonary rehabilitation to be included in the physiotherapy undergraduate curriculum	College of Physiotherapists
	Conduct hands-on training workshops for staff in hospital emergency care units in the management of acute exacerbations of COPD; include training in basic NIV management	NPTCCD SLCP
	Educational programs for the general public regarding risk factors for COPD, implications of environmental pollution and Biomass fuel usage	SLCP CEA SLMA
	Health promotion activities among school and university students on the hazards of smoking (both active and passive), biomass fuel usage and air pollution, thereby promoting healthy behavior.	NATA
<b>Environment</b>		<b>Responsibility</b>
	Formulation and implementation of a national policy on Clean Air – The Clean Air Act	Central Environmental Authority (CEA)
	Encouraging zero waste practices including prohibiting open incineration of waste; green building policies	
	Monitoring airborne particulate matter (esp. nanoparticle) levels in busy cities	
	Vehicle emission testing	
	Encouraging cigarette smoke free zones and buildings – eg. Public buildings, playgrounds, public transportation	
<b>Screening &amp; Diagnosis</b>		<b>Responsibility</b>

	Screening of adults at healthy living centers for symptoms of chronic respiratory disease including COPD	NCD Unit NPTCCD
	Offer screening for COPD to all patients suspected to have COPD with standardized clinical tools (especially in those exposed to risk factors).	SLCP NPTCCD
	Setting up of fully functional and adequately equipped lung function labs (annex. 1) at ALL Chest clinics and Respiratory Units in hospitals.	MoH
	Increased access to spirometry (permanent/ mobile labs) for screening and early diagnosis of COPD at all levels of care ranging from Primary care to Tertiary care settings	MoH
	Appointment of personnel who have appropriate training in Spirometry to all lung function labs (chest clinics / hospitals)	MoH
	Screening of workers in occupations associated with inorganic or organic dust exposure, for COPD	NCD Unit NPTCCD
<b>Control and management</b>		<b>Responsibility</b>
	<u>Management of stable COPD</u>	
	Standardized evidence based guidelines for managing stable COPD in different care settings to be made available at all levels of care	SLCP NPTCCD
	Standardized procedures to be established for documenting initial diagnosis, severity scores, associated co-morbidities esp cardiovascular, exacerbation frequency etc at all levels of care	SLCP NPTCCD NCD Unit MoH District Health Staff
	Organized and structured follow up care of COPD patients attending clinics. This should include assessment of control, risk factor avoidance, nutrition status etc at each visit	SLCP
	Social and occupational counseling to be made accessible to all patients attending COPD clinics	SLCP SLMA
	Assessment of severity of COPD at each clinic visit with referral to specialised clinics/ rehabilitation as required	SLCP NPTCCD NCD Unit
	All COPD patients to have increased access to essential inhaled medication including LABA, LAMA and SABA	NPTCCD NCD Unit
	All patients with severe to very severe COPD to be assessed for need of Long Term Oxygen Therapy (LTOT).	SLCP NPTCCD
	Patients to whom LTOT is recommended should have access to free or price controlled oxygen refill systems and concessionary rates for electricity.	MSD CEB
	All patients with COPD to be provided with an emergency self management plan including emergency medication	NPTCCD SLCP NCD Unit
	All patients with COPD should be offered pneumococcal and seasonal influenza vaccination	
	All COPD patients should undergo a nutritional assessment at the first visit, with diet plans and subsequent nutritional assessment at follow up	
	All COPD patients should have access to a chest physiotherapist; All Chest clinics and respiratory units to have cadre created for physiotherapists	MoH College of Physiotherapists
	<u>Management of acute exacerbations of COPD</u>	
	Evidence based guidelines in the management of acute exacerbations of COPD to be made available to all hospital based care settings	MoH District Health staff SLCP NPTCCD NCD Unit MSD
	Developing appropriate triage for those patients presenting with acute exacerbations of COPD	
	Establishing fully equipped emergency respiratory care units in all Teaching, District General, and Base Hospitals. These should include Facilities for Non-Invasive Ventilation (NIV) and Invasive Ventilation with dedicated beds	
	Increasing availability for Non Invasive Ventilation (NIV) for COPD patients	
	Standardised systems for documenting acute exacerbations of COPD and linking with patients' clinic database records (Health Information Management System – HIMS)	NPTCCD MoH
	<u>Management of end-stage COPD</u>	
	All COPD patients should be assessed for severity at each clinic visit and staging done accordingly	District Health Staff NPTCCD
	All end-stage COPD patients to be referred for palliative care	SLCP
	All end-stage COPD patients to have access to community based palliative care services and social support services	SLMA - Palliative care task force

	A registry of oxygen concentrators, oxygen tanks, wheelchairs etc to be maintained at clinics/ palliative care centers and methods of distribution and recollection to be established in a fair and systematic way	MSD SLCP SLMA NPTCCD
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#### Resources:

National Multisectoral action plan for the prevention and control of non-communicable disease 2016-2020

National health strategic master plan 2016-2025 vol II – Curative services

#### Key:

MoH	:	Ministry of Health
SLCP	:	Sri Lanka College of Pulmonologists
NPTCCD	:	National Program on Tuberculosis Control and Chest Diseases
NATA	:	National Authority on Tobacco and Alcohol
MSD	:	Medical Supplies Division
NCD	:	Non Communicable Disease
CEA	:	Central Environmental Authority

#### Women's Health

Neurology for the Non-neurologist

#### Epilepsy

1. Highlight the importance of a detailed history and obtaining eye witness account.
2. Avoid labeling the patients as epileptic without detailed evaluation

#### Headache

1. The MoH to provide disposable CSF manometers to all medical wards for measurement of CSF pressure, which should be an essential part of all diagnostic lumbar punctures.

#### Stroke

1. Acute stroke units in all teaching, general hospitals
2. Rehabilitation centre ( fully fledged) in each district
3. CT scanners for all district general hospitals and later on base hospital A.
4. Form stroke thrombolysis teams in all hospitals with CT scanners and neurologist/ physicians interested in stroke.

#### School Health - Challenges faced by today's school children

Panel of speakers

Chaired by Dr. Deepika Atygalle and Dr. Ayesha Lokubalasooriya

- "National priorities" - Prof. Pujitha Wickramasinghe
- "Delivering education on reproductive health in schools" - Prof. Adam Balen
- "Policy challenges on promoting healthy diets in schools" - Dr. Angela de Silva

#### Challenges identified

1. Increasing overweight and obesity
2. Unhealthy environment – Micro & Macro; including exposure to unhealthy food promotion and advertisements (within and outside school)
3. Lack of play time; no priority given for physical activities
4. Exam oriented teaching / education.
5. Heavy curriculum which include many unwanted and age inappropriate contents results in child unfriendly education.
6. Teacher evaluation is mainly based on covering up of curriculum and results of examinations but not on overall improvement of children.
7. Uncertainty of the future scope / opportunities
8. Incapable teachers to carry out some tasks such as education of sexual health.
9. Unsafe transport for children.
10. Child depression due to one or many reasons mentioned above.
11. Need for better support on the psychosocial issues related to adolescence and reproductive changes
12. Need for orientation of teachers as a priority
13. Parents and public require greater awareness
14. Canteen policy to be monitored with effective changes

#### Ageing and aged care? – The inevitable issues

##### Recommendations:

1. Improve multidisciplinary & multisectoral coordination of elderly health care.
2. Research base information of elderly health into practice

## Adoption of Food Based Dietary Guidelines in Health Care Institutions - is it happening?

### Panel of speakers

Moderator – Dr. Neelamani Hewageegana

Dr. Bhanuja Wijayatilaka – Introduced supportive documents

Dr. Renuka Jayatissa – Strengths & weaknesses of the guidelines

Dr. Wimal Karanadagoda - Challenges and opportunities in establishing healthy canteens and healthy meal planning to patients – both government and private sector

Dr. Champika Wickremasinghe - Challenges and opportunities at higher level and potential role of HLCs at primary health care institutions

Dr. Ajith Alagiyawanna - Health promotion – what is needed to establish healthy eating habits in hospital community

Ms. Visakha Tillekeratne - The medical arena - a platform for promoting FBDGs

### Recommendations

1. Advocacy to the Senior Health Managers on FBDG
2. Institutional canteens to be a part of the health institution management
3. Incentives to be provided for running healthy canteens
4. The conditions of a healthy canteen / cardinal features should be included as conditions to the tender documents and tender should be offered only with agreement of conducting a canteen with cardinal features of a healthy canteen.
5. Calorie content to be compulsorily be provided in snacks and meals with the help of the nutritionists available in the institutions
6. FGDG should be a program not a project.
7. Promote a culture of healthy eating
8. Healthy food environment should be created in all health institutions
9. Food with high fat, sugar and salt to be regulated
10. M & E for FBDG

### Road Traffic Crashes

More than a century later, 1.2 million people are killed on roads every year and up to 50 million more are injured globally. These casualties of the road will increase if action is not taken.

Throughout the world, roads are bustling with cars, buses, trucks, motorcycles, mopeds and other types of two- and three-wheelers. By making the transportation of goods and people faster and more efficient, these vehicles support economic and social development in many countries. But while motorized travel provides many benefits, it can also do serious harm unless safety is made a priority. Pedestrians and cyclists using roads are particularly at risk. Crashes are frequent. Deaths and injuries are common.

If current trends continue, the number of people killed and injured on the world's roads will rise by more than 60% between 2000 and 2020. Most of these injuries will occur in developing countries where more and more people are using motorized transport. In these countries, cyclists, motorcyclists, users of public transport, and pedestrians are especially vulnerable to road traffic injuries.

There are solutions to the road safety problem. A wide range of effective interventions exist, and experience in countries with long histories of motorized travel has shown that a scientific, "systems approach" to road safety is essential to tackling the problem. This approach addresses the traffic system as a whole and looks at the interactions between vehicles, road users and the road infrastructure to identify solutions.

There is no single blueprint for road safety. Interventions and strategies that work in one setting may need to be adapted elsewhere. During the coming months, WHO will focus specifically on interventions relating to five of the many factors that cause road traffic deaths and injuries.

The loss and suffering associated with road traffic deaths and injuries are preventable. With firm political will and an integrated approach that addresses vehicles, the people who use roads, and the road infrastructure, roads can be made safer.

### The outcome:

Final outcome of the workshop was SLMA declaration for Road Traffic Injury prevention.

### Recommendations:

- 1) Increasing fines for motor traffic violations
- 2) Presidential task force for Road Traffic Injury prevention

### **Annexure 3: Programmes of Monthly Clinical Meetings**

#### **Tuesday 17<sup>th</sup> January 2017**

IN COLLABORATION WITH THE SRI LANKA COLLEGE OF PAEDIATRICIANS

**Topic:** Refractory Oedema of Children with Nephrotic Syndrome: Is it "overfill" or "underfill"?

**Case Presentation**

Dr S Gajendran, Senior Registrar, Lady Ridgeway Hospital  
Dr Anurudhdhika Vithana, Medical Officer, Lady Ridgeway Hospital

**Clinical Review**

Dr Vindya Gunasekara, Consultant Paediatric Nephrologist, Lady Ridgeway Hospital

**MCQs**

Dr S Gajendran & Dr Vindya Gunasekara

#### **Tuesday 21<sup>st</sup> February 2017**

IN COLLABORATION WITH THE SRI LANKA COLLEGE OF HAEMATOLOGISTS

**Case discussions and MCQs**

- Approach to anaemia.....
- Vignettes in Bleeding and thrombosis.....

Dr. Dammika Gunawardena, Consultant Haematologist/Senior Lecturer, Department of Pathology, University of Sri Jayawardenapura

Dr. Chitranga Kariyawasan, Consultant Haematologist, Department of Haematology, Sri Jayawardenapura General Hospital

#### **Tuesday 21<sup>st</sup> March 2017**

IN COLLABORATION WITH THE COLLEGE OF ANAESTHESIOLOGISTS & INTENSIVISTS SRI LANKA

**Case discussions and MCQs**

Management of Obstetric Haemorrhage

Dr Harshini Liyanage, Consultant Anaesthetist, De Soysa Maternity Hospital, Colombo 8

Dr Erandi Siriwardana, Senior Registrar in Anaesthesiology, De Soysa Maternity Hospital, Colombo 8

#### **Tuesday 16<sup>th</sup> May 2017**

IN COLLABORATION WITH THE CEYLON COLLEGE OF PHYSICIANS

**Death dying and dignity, the role of the doctor**

Dr. Arosha Dissanayake, Senior Lecture in Medicine, Professonal Medical Unit, Galle

**Emotional Response**

Dr. Dhammika Palangasinghe, Professonal Medical Unit, Galle

**Medical Diagnosis of Death**

Dr. Saamir Mohideen, Senior Registrar in Medicine, Professonal Medical Unit, Galle

**A case scenario and MCQ based discussion**

**Tuesday 20th June 2017**

IN COLLABORATION WITH THE SRI LANKA COLLEGE OF DERMATOLOGISTS

**Case Presentation**

**Two cases of Severe Cutaneous Adverse Drug Reactions**

Dr. Amila Wickramanayake & Dr. Chathuri Maddumarachchi, Senior Registrars in Dermatology, NHSL

**Management of Severe Cutaneous Adverse Drug Reactions**

Dr. Janaka Akarawita, Consultant Dermatologists, NHSL

**Picture Quiz in Dermatology**

Dr. Nuwangika Marcellin, Senior Registrar in Dermatology, CSTH

**Tuesday 15<sup>th</sup> August 2017**

IN COLLABORATION WITH THE COLLEGE OF OPHTHALMOLOGISTS

**Systemic Diseases & Eye**

**Case presentation**

Dr. Danuka Weerasinghe, Senior Registrar, National Eye Hospital

**Review Lecture**

Dr. Thavisha Udupihilla, Consultant Eye Surgeon

**MCQ**

Dr. Pradeepa K. Siriwardena, Consultant Eye Surgeon

**Picture Quiz**

Dr. Madhuwanthi Dissanayake, Consultant Eye Surgeon

**Tuesday 19<sup>th</sup> September 2017**

IN COLLABORATION WITH THE COLLEGE OF OBSTETRICIANS & GYNAECOLOGISTS OF SRI LANKA

**Recurrent miscarriage**

**Case Presentation**

Dr. Darshana Abeygunawardena, Consultant Obstetricians & Gynaecologists, Base Hospital, Elpitiya

**Discussion**

Dr. Chandana Jayasundera, Senior Lecturer, Faculty of Medicine, University of Colombo

**MCQs**

Dr. Nilan Rodrigo, Senior Lecturer, Faculty of Medicine, Sir John Kotalawala Defence University

**Tuesday 17<sup>th</sup> October 2017**

IN COLLABORATION WITH THE COLLEGE OF GENERAL PRACTITIONERS OF SRI LANKA

**MANAGEMENT OF COMPLEXITY IN FAMILY PRACTICE**

**Case presentation**

**Palliative care and patient with non specific presentation**

Dr. Asela Anthony, Senior Registrar in Family Medicine, Postgraduate Institute of Medicine

**Multimorbidity and social problems**

Dr. Dinusha Perera, Senior Registrar in Family Medicine, University of Kelaniya

**Tuesday 21<sup>st</sup> November 2017**

**Topic: Neuroleptic Malignant Syndrome: an update**

Dr. Chathurie Suraweera, Senior Lecturer in Psychiatry, Faculty of Medicine, Colombo  
Consultant Psychiatrist, National Hospital of Sri Lanka

Dr. Pubudu Yasira, Senior Registrar in Psychiatry, University Psychiatry Unit, National Hospital of Sri Lanka

**Tuesday 18<sup>th</sup> December 2017**

IN COLLABORATION WITH THE HEART ASSOCIATION OF SRI LANKA

**Topic: A lady presenting with Hemiplegia**

**MCQ by**

Dr Wasantha Rathnayake

**Case Presented by**

Dr Miriyalini Sundararajah

**Case Discussion**

Dr Sampath Withanawasam

#### **Annexure 4: Programmes of Regional Meetings**

#### **JOINT REGIONAL MEETING WITH THE HOMAGAMA CLINICAL SOCIETY**

*23<sup>rd</sup> February 2017 at the Auditorium, Base Hospital, Homagama*

##### **Registration**

Reception & Welcome address

Dr Indira Kahawita - President Homagama Clinical Society

Prof. Chandrika Wijeyaratne - President, SLMA

##### **Session 01**

Resurgence of Malaria: An Impending Threat

Dr. Manjula Danansuriya, Consultant Community Physician, Anti Malaria Campaign, Ministry of Health

Pressure ulcer prevention and care

Dr. Yasas Abeywickrama, Consultant Plastic Surgeon, CSTH

Ulcers: beyond the usual

Dr. Indira Kahawita, Consultant Dermatologist, Base Hospital, Homagama

Discussion

Palliative care is a timely need; new emerging specialty in Sri Lanka

Dr. Udayangani Ramadasa, Consultant Physician, Base Hospital, Balangoda

Palliative care in patients with neurological disorders – case based discussion

Dr. Gamini Pathirana, Consultant Neurologist NHSL

Discussion

##### **Session 02**

Chronic Obstructive Pulmonary Disease - 'the unmet need'

Dr. Amitha Fernando, Consultant Chest Physician, Central Chest Clinic, MRI and National Hospital Sri Lanka

Obstructive Sleep Apnoea - A killer not silent

Dr. Chandimani Undugodage, Consultant Chest Physician, Senior Lecturer, Faculty of Medical Sciences, University of Sri Jayewardenepura

Discussion

Addressing double burden of malnutrition through Food Based Dietary Guidelines

Dr Chandanee Vithana, Nutrition Specialist, Nutrition Division, Ministry of Health

Discussion

Clinical updates; Dengue Fever management  
Dr. Ananda Wijewickrama, Consultant Physician, National Institute of Infectious Disease  
Discussion  
Closing remarks  
Secretary - Homagama Clinical Society

#### **JOINT REGIONAL MEETING WITH THE RATHNAPURA GENERAL HOSPITAL**

*22<sup>nd</sup> March 2017 at the Auditorium, Rathnapura General Hospital*

Reception & Welcome address  
Dr. K Jeganathan  
President, Rathnapura Clinical Society  
Professor Chandrika Wijeyaratne  
President, SLMA  
Resurgence of malaria: An Impending Threat  
Dr. Manjula Danansuriya  
Consultant Community Physician, Anti Malaria Campaign, Ministry of Health  
Holistic approach of management of pain in palliative care  
Discussion  
Dr. Gihan Piyasiri  
Consultant Anesthetist, Base Hospital, Balangoda  
Chronic Obstructive Pulmonary Disease 'the unmet need'  
Discussion  
Dr. Amitha Fernando  
Consultant Chest Physician, Central Chest Clinic, MRI and National Hospital Sri Lanka  
Prevention and care of Pressure Ulcers  
Discussion  
Dr. Yasas Abeywickrama  
Consultant Plastic Surgeon, Colombo South Teaching Hospital, Colombo  
Addressing double burden of malnutrition through Food Based Dietary Guidelines  
Discussion  
Dr. Bhanuja S. Wijayatilaka  
Consultant Community Physician, Nutrition Division, Ministry of Health  
Closing remarks followed by lunch  
Dr. Sanjeeva Rajapaksha, Secretary, Rathnapura Clinical Society

#### **JOINT REGIONAL MEETING WITH THE SRI LANKAN SOCIETY OF INTERNAL MEDICINE IN COLLABORATION WITH THE ANURADHAPURA CLINICAL SOCIETY**

*5<sup>th</sup> May 2017 at the Auditorium, Anuradhapura Teaching Hospital*

National Anthem  
Lighting of the Oil lamp  
Welcome Speech by the President ACS, Dr. Randima Nanayakkara  
Welcome Speech by the President SLSIM, Dr. Wasantha Dissanayake  
Welcome Speech by the President SLMA, Prof. Chandrika Wijeyaratne  
COPD in Emergency Unit; the way forward  
Dr. Duminda Yasaratne,  
Consultant Chest Physician, Teaching Hospital, Anuradhapura  
Dengue Management -Then and now  
Dr. Nalayani Rajaratnam,  
Consultant Physician, Base Hospital Tellippalai  
Prevention and care of Pressure Ulcers  
Dr. Yasas Abeywickrama  
Consultant Plastic Surgeon, Colombo South Teaching Hospital, Kalubowila  
Dr. Amila Sashanka Rathnayaka,  
Consultant Plastic Surgeon, Teaching Hospital, Anuradhapura  
Stings and bites  
Prof. S. A. M. Kularatne  
Senior Professor of Medicine & Consultant Physician, Faculty of Medicine, University of Peradeniya  
How to Stay Young and Live Long  
Dr. D. A. R. K. Dayarathne  
Consultant Physician, DGH Ampara  
Addressing double burden of malnutrition through Food Based Dietary Guidelines



Dr. Bhanuja S. Wijayatilaka,  
Consultant Community Physician, Nutrition Division, Ministry of Health  
Gut Flora- Battle in the Gut  
Dr. K. T. Sundaresan  
Senior Lecturer and Consultant Physician, Faculty of Medicine, Eastern University, Batticaloa  
Journey towards a good death  
Dr. Udayangani Ramadasa  
Consultant Physician, Base Hospital, Balangoda  
Vote of thanks – Secretary, ACS

#### **JOINT REGIONAL MEETING WITH THE KEGALLE CLINICAL SOCIETY**

*8<sup>th</sup> August 2017 at the Auditorium, Teaching Hospital, Kegalle*

Reception & Welcome Address  
Dr. Zaffarullah Wazeer, President Kegalle Clinical Society  
Prof. Chandrika Wijeyaratne - President SLMA  
Management of Vertigo  
Discussion  
Dr. Zaffarullah Wazeer,  
Consultant ENT and Head and Neck Surgeon, Teaching Hospital, Kegalle  
“Wound”  
Discussion  
Dr. Mahen Kothalawala  
Consultant Microbiologist, Teaching Hospital, Kandy  
Palliative care is a timely need; new emerging specialty in Sri Lanka  
Discussion  
Dr. Ranjan Mallawaarachchi  
Master Trainer in palliative care, Consultant OMF Surgeon, Head, Palliative Care Unit, Base Hospital, Kuliyaipitiya  
Healthy Eating through Food Based Dietary Guidelines  
Discussion  
Dr. Bhanuja S. Wijayatilaka Consultant Community Physician, Nutrition Division, Ministry of Health.  
Weight reduction; dietary aspect  
Discussion  
Dr. Sajitha Jayasekara  
Medical Officer – Nutrition, Teaching Hospital, Kurunegala.  
Resurgence of Malaria: An Impending Threat  
Discussion  
Dr. Manjula Danansuriya  
Consultant Community Physician, Anti Malaria Campaign, Ministry of Health  
Closing remarks followed by Lunch  
Secretary - Kegalle Clinical Society

#### **JOINT REGIONAL MEETING WITH THE JAFFNA MEDICAL ASSOCIATION**

*20<sup>th</sup> – 21<sup>st</sup> September 2017 at the Valampuri Hotel, Sangiliyan Hall and Medical Student's Hostel Auditorium*

National Anthem  
Lighting of Oil Lamp  
Welcome Speech by the President JMA – Dr. A. Sritharan  
Welcome Speech by the President SLMA – Prof. Chandrika Wijeyaratne  
Launching of Dementia Book  
Managing Jelly Fish Stings – A single centre experience.  
Dr. V Sujanitha  
Consultant Physician, Teaching Hospital, Jaffna  
Venomous Bites and Stings in Children  
Dr. Gitanjali Sathiyadas  
Senior Lecturer in Paediatrics & Honorary Consultant Paediatrician, University Paediatric Unit  
Faculty of Medicine, University of Jaffna, Teaching Hospital Jaffna  
Management of Bee & Wasps stings  
Dr. A. Ragupathy  
Consultant Physician, Base Hospital Tellipallai  
Healthy Eating through Food Based Dietary Guidelines

Dr. Bhanuja S. Wijayatillaka  
 Consultant Community Physician, Nutrition Division, Ministry of Health, Nutrition and Indigenous  
 Medicine  
 Closing Remarks – Secretary SLMA  
 Heart Failure  
 Discussion  
 Dr. S M P P Premaratne  
 Consultant Cardiologist, Teaching Hospital, Jaffna  
 Pressure ulcer prevention & care  
 Discussion  
 Dr. Yasas Abeywickrama  
 Consultant Plastic Surgeon, Colombo South Teaching Hospital  
 Dementia the Basics  
 Discussion  
 Dr. A. Arasalingam  
 Consultant Neurologist, Teaching Hospital Jaffna  
 Palliative Care – Everyone's Business  
 Discussion  
 Dr. G J Pratheepan  
 Consultant Physician, Teaching Hospital Jaffna  
 Rational approach to managing hyperglycaemia in pregnancy: the Sri Lankan perspective  
 Discussion  
 Prof. Chandrika Wijeyaratne  
 Professor in Reproductive Medicine, Honorary consultant physician/endocrinologist  
 Ultrasound Emergencies in Paediatric Patients  
 Discussion  
 Dr. N. Rajendra  
 Consultant Radiologist, Base Hospital Tellipallai  
 COPD  
 Discussion  
 Dr. Amitha Fernando  
 Consultant Chest Physician, Chest Clinic, MRI, NHSL  
 Chronic Kidney Disease  
 Discussion  
 Dr. Ranga Weerakkody  
 Consultant Nephrologist, Teaching Hospital Jaffna  
 Common neonatal problems  
 Dr. Rukmal Gunatilake  
 Consultant Paediatrician, Base Hospital Point-Pedro  
 Closing Remarks & Lunch - Secretary JMA – Dr. T Sharma

**JOINT REGIONAL MEETING WITH THE NORTH WESTERN CHAPTER, COLLEGE OF GENERAL  
 PRACTITIONERS OF SRI LANKA**

*12<sup>th</sup> November 2017 at the Golden Star Beach Hotel, Negombo*

Welcome  
 Dr. Thilak Silva  
 Address  
 Dr. Carmel Fernandopulle  
 Prof. Chandrika Wijayaratne  
 Dr. Desmond Fernando Lecture  
 GPs should be in the first-line of action during a Dengue outbreak  
 Dr. Preethi Wijegoonewardene  
 Misuse of antibiotics: what can we do?  
 Lecture-discussion  
 Dr. W. Ferdinand  
 Childhood obesity project by the NWC GPs  
 Dr. Titus Fernando  
 Food based guidelines for children  
 Dr. Bhanuja Wijayatillaka  
 Allergic rhinitis: practice essentials  
 Dr. Thilak Silva  
 Update of wound care for GPs  
 Dr. Yasas Abeywickrama  
 Closing remarks

## **JOINT REGIONAL MEETING WITH THE AVISSAWELLA CLINICAL SOCIETY**

*17<sup>th</sup> November 2017 at the BOI Auditorium, Free Trade Zone, Avissawella*

National anthem  
Oil lamp  
Welcome speech  
Dr Udaya Jayakody, President, Avissawella Clinical Society  
SLMA Speech  
Prof. Chandrika Wijeyaratne – President, SLMA  
COPD, the unmet need  
Dr. Yamuna Rajapaksha,  
Consultant Chest physician, Senior Lecturer, Faculty of Medicine, Colombo  
Pressure ulcers prevention and care  
Dr. Yasas Abeywickrama,  
Consultant Plastic & Reconstructive surgeon, Colombo South teaching Hospital  
Dengue updates  
Prof. Neelika Malavige,  
Consultant Immunologist, Director - Center for Dengue Research, Department of Microbiology,  
University of Sri Jayawardenapura  
Management of ICH  
Dr. Punsith Gunawardene,  
Consultant Neurosurgeon, Nawaloka Hospital - Colombo  
QUIZ  
General knowledge  
An Overview of Osteoporosis  
Dr. Charles Antonypillai,  
Consultant Endocrinologist, Teaching Hospital, Kandy  
Psychology in Sinhala Cinema  
Dr. Shavindra Dias,  
Consultant Psychiatrist, Head of the Department of Psychiatry, Teaching Hospital - Peradeniya  
Journey through Kingdom of Seethawaka  
Dr. Philip Veerasingam,  
Senior Consultant Surgeon  
Quiz Discussion  
Vote of thanks  
Secretary of Avissawella Clinical Society  
**ANNUAL DINNER OF AVISSAWELLA CLINICAL SOCIETY**

## **JOINT REGIONAL MEETING WITH THE RUHUNA CLINICAL SOCIETY**

*30<sup>th</sup> November 2017 at the Sanaya Mension, Matara*

Ceremonial procession  
National anthem  
Lighting of traditional oil lamp  
Welcome Address  
Dr. Ranjith P. Jayasinghe, President, Ruhunu Clinical Society  
Address by the guest of honour  
Prof. Sarath Lekamwasam, Faculty of Medicine, Ruhuna University  
Address by the chief guest  
Dr. Chandrika N. Wijeyaratne, President, Sri Lanka Medical Association  
Launching of RCS web site  
Dr. Ranjith P. Jayasinghe  
Vote of thanks  
Dr. Prasanna Liyanage, Secretary, Ruhunu Clinical Society  
Ceremonial procession leaves the hall

### **Guest Lecture 1:**

Global impact on Immunization  
Prof. Sanath P. Lamabadusuriya, Professor of Paediatrics

### **Guest Lecture – 2**

Healthy eating, Is it happening?  
Dr. Bhanuja S. Wijayatilaka, Consultant Community Physician, Ministry of Health, Colombo

**Guest Lecture – 3**

Evaluation of shoulder pain  
Dr. K U R A Banagala, Senior Consultant Orthopedic Surgeon

**Guest Lecture – 4**

Resistant Hypertension  
Prof. T P Weeraratne, Professor in Medicine, Faculty of Medicine, University of Ruhuna

**Guest Lecture – 5**

Adherence to basics, the relevance in today's practice  
Prof. M D Lamawansa, Consultant Surgeon & Senior Lecturer, Faculty of Medicine, University of Peradeniya

**Guest Lecture – 6**

Recent advances in fetal surgery, what can we do?  
Dr. Tiran Dias, Consultant Obstetrician & Gynaecologist, North Colombo Teaching Hospital, Ragama

**Guest Lecture – 7**

Benefits of being sexual  
Dr. Vajira Dharmawardhana, Consultant Psychiatrist, District General Hospital, Matara

An archeological perspective on Sri Lankan History  
Prof. Raj Somsdewa, Professor in Archeology, University of Kelaniya  
Award Ceremony

## Annexure 5: Programme of the Foundation Sessions 2017

Thursday 26<sup>th</sup> October 2017

### Theme: Patient Engagement – Professional Enhancement Occupational Health & Safety

Dr. Champika Amarasinghe (Ministry of Labour and NIOSH)

**INAGURATION**

Guests take their seats  
Ceremonial Procession  
National Anthem  
Lighting the lamp of learning  
Address by President, Sri Lanka Medical Association  
Professor Chandrika Wijeyaratne  
Address by Guest of Honour  
Mr. Ravi Algama, Senior Counsel to the Supreme Court  
Address by Chief Guest  
Dr Iyanthi Abeyewickreme, Immediate Past President, SLMA  
Presentation of SLMA Research Prizes and Awards 2017  
Presentation of SLMA Awards for Excellence in Health Journalism 2017  
Awards of Appreciation – SLMA website  
Vote of thanks  
Dr Sudharshani Wasalathanthri, Honorary Secretary, SLMA  
E M Wijerama Endowment Lecture  
"Role of a Clinical Pharmacologist in Sri Lanka – Yesterday, Today, Tomorrow"  
Professor Gita Fernando, MBBS (Cey), MRCP (UK), FRCP (Lond), FCCP  
Emeritus Professor of Pharmacology, University of Sri Jayewardenepura

**Friday 27<sup>th</sup> October 2017**

Clinical Pearls for managing common ailments

**Rheumatology care – Case based discussion**

55 year old female with shoulder pain

Dr. Duminda Munidasa

21 year old male with back pain

Dr. Monika de Silva

42 year old male with right knee swelling

Dr. Jayathri Jagoda

**Gastroenterology**

Liver Failure in Dengue fever: Mechanisms and possible interventions

Dr. Anuradha Dassanayake

Managing chronic diarrhea

Dr. Nilesh Fernandopulle

Gastro-esophageal Reflux Disease

Dr. Sanjeev Samaranayake

**Nephrology**

Medical Management of Acute Kidney Injury

Dr. Mathu Selvarajah

Pitfalls in the Management of Chronic Kidney Disease

Dr. P. N. Rajakrishna

**Haematology**

Management of Anaemia

Dr. Chandana Wickramaratne

Defects in Haemostasis

Dr. Visaka Ratnamalala

Sir Nicholas Attygalle Oration

“Changing the story of pregnant mothers: A broad based approach”

Dr. Kapila Jayaratne

**Saturday 28<sup>th</sup> October 2017**

**Palliative and End of Life Care**

**Symposium on End of Life Care**

Overview of end of life care

Prof. Thashi Chang

Diagnosing dying

Dr. Manoj Edirisooriya

Ethical consideration in end of life care

Dr. Clifford Perera

**Formal Launch of Palliative & End of Life Care Manual and Website**

“Communication skills” – Role play

Dr. Shyamalee Samaranayaka & Dr. Sankha Randenikumara

**Lecture Series**

Palliative care for chronic respiratory diseases

Dr. Ravini Karunathilake

Palliative care for progressive neurological disorders

Dr. Gamini Pathirana

Palliative care for end stage cardiac diseases

Dr. Chinthaka Hathlahawatte

## **Annexure 6: Programmes of Symposia, Seminars and Workshops**

### **SYMPOSIUM ON “Theme: Tuberculosis (TB) - Every Breath Counts; Stop TB now!”**

9th February 2017 at 12.00 noon at the Lionel Memorial Auditorium

*Symposium organized by the Expert Committee on Communicable Diseases of the SLMA*

#### **Think TB, Stop TB**

*Dr. Nirupa Pallewatte,*

*Consultant Community Physician, National Programme for Tuberculosis Control & Chest Diseases, Ministry of Health, Sri Lanka*

#### **Sharing Stories of TB**

*Dr. Nieranjan Dissanayaka,*

*Consultant Chest Physician, Provincial General Hospital, Badulla*

#### **Find & Cure TB**

*Dr. Dhammika Vidanagama,*

*Consultant Microbiologist, National Hospital for Respiratory diseases, Welisara*

#### **Latent TB: Impact and Challenges for Control**

*Dr. Nieranjan Dissanayake,*

*Consultant Chest Physician, Provincial General Hospital, Badulla*

#### **Q & A session**

*By the panel of guest speakers*

### **SYMPOSIUM ON “Red Alert over Yellow Fever”**

4<sup>th</sup> of May 2017 at 11.30 at the Lionel Memorial Auditorium

*Symposium organized by the Expert Committee on Communicable Diseases of the SLMA*

Last year, outbreaks in Africa and imported cases in China

Now a major problem in Brazil

#### **Clinical presentation of Yellow fever**

*Dr. Ajantha Liyanage, Senior Lecturer, Faculty of Medical Sciences, USJP  
& Honorary Consultant Physician, CSTH, Kalubowila*

#### **Laboratory Diagnosis of Yellow fever**

*Dr. Rohitha Muthugala, Consultant Virologist, Teaching Hospital, Kandy*

#### **Epidemiology and vaccination against Yellow fever**

*Dr. Janakan Navaratnasingam, National Professional Officer,*

*Communicable Diseases & Immunization,*

*World Health Organization Country Office, Sri Lanka*

#### **Discussion**

### **WORKSHOP ON ETHICAL ISSUES IN PAEDIATRIC HEALTH RESEARCH**

Organized by the Forum for Ethics Review Committees in Sri Lanka

19<sup>th</sup> June 2017 at 8.30 a.m. at the Lionel Memorial Auditorium

Opening remarks

Professor Chandrika Wijeyaratne, President, SLMA

Outline

Professor Shalini Sri Ranganathan

Member, ERC/SLMA and Clinical Trial Subcommittee/ Faculty of Medicine, Colombo, Section Editor/ Ceylon Medical Journal

Do we need research in children and are they vulnerable?

Dr. B. J. C. Perera, Specialist Consultant Paediatrician and Honorary Senior Fellow (PGIM), Joint Editor, Sri Lanka Journal of Child Health

Ensuring autonomy: Assent, dissent and consent in paediatric researches

Professor Chandanie Wanigatunge

Chairperson, FERCSL, Chairperson, SLMA ERC

Ethical issues in observational studies in children

Dr. Gitanjali Sathiadas, Senior Lecturer In Paediatrics and Consultant Paediatrician

Ethical issues in experimental studies in children

Professor Shalini Sri Ranganathan, Member, ERC/SLMA and Clinical Trial Subcommittee/ Faculty of Medicine, Colombo, Section Editor/ Ceylon Medical Journal

Risk Vs. Benefit assessment in studies involving children  
Dr. Jithangi Wanigasinghe, Senior Lecturer and Consultant Paediatric Neurologist  
Roles of Ethics Review Committees and researchers in ensuring ethical health research in children  
Resource persons and participants

#### **SYMPOSIUM ON “Theme: Prevention of Cervical Cancer”**

25th of August 2017 at 12.00 noon at the Lionel Memorial Auditorium

*Symposium organized by the Expert Committee on Communicable Diseases of the SLMA*

##### **Holistic approach of Cervical Cancer prevention: present and future**

##### **Epidemiology and burden of cervical cancer - Sri Lanka**

Dr. Nayana de Alwis

*Consultant Community Physician, National Cancer Control Programme, Sri Lanka*

##### **Early detection and management of cervical pre-cancers**

Dr. Loshan Moonesinghe

*Consultant Community Physician, Family Health Bureau, Sri Lanka*

##### **Introduction of HPV vaccine in to National Immunization Programme: future of cervical cancer prevention**

Dr. Deepa Gamage

*Consultant Epidemiologist, Epidemiology Unit, Sri Lanka*

##### **Q & A session**

*By the panel of guest speakers*

#### **SYMPOSIUM ON “Theme: Understanding a common childhood illness; Hand, foot and mouth disease”**

21<sup>st</sup> September 2017 at 12.00 noon at the Lionel Memorial Auditorium

*Symposium organized by the Expert Committee on Communicable Diseases of the SLMA*

##### **Epidemiology of Hand, foot & mouth disease; Global and Local**

Dr. Samitha Ginige

*Consultant Epidemiologist,*

*Epidemiology Unit, Ministry of Health, Sri Lanka*

##### **Hand, foot & mouth disease; Paediatric perspective**

Dr. Nayana Liyanarachchi

*Consultant Paediatrician and Senior Lecturer, Faculty of Medicine, University of Ruhuna*

##### **Diagnostic approaches for enteroviruses**

Dr. Nadeeka Janage

*Consultant Virologist,*

*National STD & AIDS Control Programme, Sri Lanka*

##### **Q & A session**

*By the panel of guest speakers*

#### **GCP WORKSHOP FOR RESEARCHERS**

Organized by the Forum for Ethics Review Committees in Sri Lanka

1<sup>st</sup> – 2<sup>nd</sup> November 2017 at 9.00 a.m. at the Lionel Memorial Auditorium

##### **Introduction**

##### **Day 1**

Introduction

President SLMA

Introduction to GCP

Principles

What is GCP?

Need for GCP?

Prof Priyadarshani Galappaththy, Professor in Pharmacology, Faculty of Medicine, University of Colombo

Drug development process

Dr Channa Ranasinha, Senior Lecturer in Pharmacology, Faculty of Medicine, University of Kelaniya

Research misconduct and COI

Dr Malik Fernando, ERC, SLMA

Clinical Trial protocol and IB

Dr Nirmala Wijekoone, Senior Lecturer in Pharmacology, Faculty of Medical Sciences, University of Sri Jayawardenepura

Role and Responsibilities of PI  
 Dr Noel Somasundaram, Consultant Endocrinologist  
 Regulatory requirements for clinical trials and legal frame work  
 Mr Arjuna Pathmaperuma, Regulatory Pharmacist, NMDRA/ SCOCT  
 Role of the sponsor & CRO  
 Prof Vajira Dissanayake, Professor of Anatomy, Faculty of Medicine, University of Colombo  
 Board member, FERCAP

## Day 2

Participant safety and adverse effects  
 Prof. Shalini Sri Ranganathan, Professor in Pharmacology, Faculty of Medicine, University of Colombo  
 Documentation & record keeping  
 Prof G R Constantine, Professor in Clinical Medicine, Faculty of Medicine, University of Colombo  
 Research ethics in Clinical Trials  
 Prof. Chandanie Wanigatunge, Chairperson, FERCSL  
 Chairperson, ERC SLMA  
 Ethics review committee – function with special ref to GCP and Clinical Trials  
 Dr Panduka Karunanayake, Senior Lecturer in Clinical Medicine, Faculty of Medicine, University of Colombo  
 Secretary ERC, Faculty of Medicine, University of Colombo  
 Investigational products  
 Prof Shalini Sri Ranganathan, Professor in Pharmacology, Faculty of Medicine, University of Colombo  
 Informed consent  
 Dr Manouri Gamage, Senior Lecturer, Faculty of Medical Sciences, University of Sri Jayawardenepura

## CAREER GUIDANCE SEMINAR FOR JUNIOR DOCTORS

5<sup>th</sup> November 2017, at 8.30 am at the Lionel Memorial Auditorium

### Session I

Welcome Address	-	Prof. Chandrika Wijeyaratne
Introduction & Cadre	-	Dr. Ruvaiz Haniffa
Post Graduate Training Programme	-	Dr. Himali Molligoda
Dermatology	-	Dr. Nayani Madarasinghe
Surgery & Finer Specialities	-	Dr. Ranjan Dias

### QUESTIONS

### Session II

Medicine & Finer Specialities	-	Dr. Dilhar Samaraweera
Obstetrics & Gynaecology	-	Dr. Sanath Lanerolle
Paediatrics	-	Dr. R Ajanthan
Universities	-	Prof. Vajira HW Dissanayake
Venereology	-	Dr. Chandrika Jayakody

### QUESTIONS

### Session III

Anaesthesiology	-	Dr. Ramya Amarasena
General Practice	-	Dr. Maithri Rupasinghe
Radiology	-	Dr. Harsha Dissanayake
Community Physicians	-	Dr. A Balasuriya
Microbiology	-	Dr. Geethika Patabandige
Ophthalmology	-	Dr. Binara Amaraasinghe

### QUESTIONS

### Session IV

Pathology	-	Prof. Lakmini Mudduwa
Medical Administration	-	Dr. Vijith Gunasekera
Forensic Medicine	-	Prof. Ravindra Fernando
Otorhinolaryngology	-	<i>Invited but did not attend</i>
Psychiatry	-	<i>Invited but did not attend</i>
Armed Services	-	<i>Invited but did not attend</i>

### QUESTIONS



## SYMPOSIUM ON “Candidaemia – Bridging the Gaps”

23<sup>rd</sup> November 2017, at 12.00 noon at the Lionel Memorial Auditorium

### **Candidaemia - disseminated candidosis**

*Professor Ajith Nagahawatte*

*Professor of Microbiology, Faculty of Medicine, University of Ruhuna, Sri Lanka*

### **Management strategies of candidaemia in the era of new antifungals**

*Dr. Samanmalee Gunasekera*

*Consultant Microbiologist, Apeksha Hospital (National Cancer Institute), Maharagama, Sri Lanka*

### **Laboratory diagnosis of candidaemia – an update**

*Dr. Primali Jayasekera*

*Consultant Medical Mycologist, Head-Department of Mycology, Medical Research Institute, Colombo 8, Sri Lanka*

### **Q & A session**

*By the panel of guest speakers*

## **Annexure 7: Expert Committee Activities as per the Corporate Plan**

### **SLMA – Expert Committees**

	<b>Expert Committee</b>	<b>Chairperson</b>	<b>Convenor</b>
Com01	Communicable Diseases	Dr Ranjith Perera	Dr Hasini Banneheke
Com03	Ethics Review	Prof Chandanie Wanigatunge	Dr Jayanie Weeratne
Com04	Ethics	Dr Preethi Wijegoonewardene	Dr Harshini Rajapakse
Com06	Health Management	Dr Susantha de Silva	Dr Rani Fernando
Com07	Healthcare Quality & Safety	Dr Kushlani Jayatilleke	Dr A I Jagoda
Com08	Media	Dr Ruvaiz Haniffa	
Com09	Medicinal Drugs	Prof Gita Fernando	Dr Pradeepa Jayawardena
Com10	Non Communicable Diseases	Dr Palitha Karunapema	Dr Eranga Colombage Dr Sashika Sandaruwani
Com11	Prevention of Road Traffic Accidents	Prof S D Dharmaratne	Dr Nitheshini Periyasamy
Com12	Research Promotion (Working Group)	Dr Achala Jayatilleke	Dr Lathika Athauda
Com13	Snake bites	Prof S A M Kularatne Dr Kolitha Sellaheewa	Dr Manisha Abeyewickreme
Com14	Sri Lanka Clinical Trials Registry	Prof Colvin Goonaratna	Dr Udaya Ranawaka
Com15	Tobacco, Alcohol and Illicit Drugs	Dr Narada Warnasuriya	Dr Sajeewa Ranaweera
Com16	Women's Health	Prof Sharaine Fernando	Dr Nalinda Silva
Com17	FERCSL	Prof Chandanie Wanigatunge	Dr Shamini Prathapan
Com18	Medical Education	Dr Palitha Abeykoon	Dr Madhava Chandrathilake

### **SLMA Strategic Plan – Objectives**

The Objectives of the Strategic Plan of the SLMA are as follows:

#### **Objective 1:**

*To advocate the reorientation of the health sector towards health promotion with a life cycle approach*

#### **Objective 2:**

*To engage the non-health sector in taking on equal responsibility in the prevention and reducing health inequities*

#### **Objective 3:**

*To promote healthy lifestyle and address major causative factors for NCDs among vulnerable populations through health promotion approach*

#### **Objective 4:**

*To enhance the capacity of medical professionals*

**Objective 5:**

To play an advocacy role towards a comprehensive curative and preventive healthcare for the community

**SLMA Strategic Plan - Performance Indicators****Objective 1:**

To advocate the reorientation of the health sector towards health promotion with a life cycle approach

Expert Committee	Activity/Process	Performance Indicator
<b>Ethics</b>		
<b>Health Management</b>		
<b>Health Care Quality &amp; Safety</b>	Introducing Adverse event Reporting and learning from adverse events and near misses – Designing and implementing adverse event reporting form <b>Outcome:</b> Adverse event reporting was introduced to the healthcare institutions through the Director Quality and safety of Ministry of Health.	Feedback on adverse events reported and lessons learnt – Number of reports
	Introduction of WHO Surgical Safety Checklist to hospitals – workshops to facilitate implementation of WHO surgical safety check list. <b>Outcome:</b> Safe surgery in healthcare.	Number of workshops carried out on surgical safety check list
	Introduction of medication incident reporting system and taking preventive actions upon reporting – workshops to educate healthcare professionals on reporting and taking preventive action <b>Outcome:</b> Reduction of medication errors in hospitals	Number of medication incidents reported and actions taken to prevent such errors
	Introducing clinical audits into health sector as an essential component in maintaining healthcare quality and safety – has designed a 2 day workshop on clinical governance and clinical audits <b>Outcome:</b> Mandatory clinical audits should be introduced to clinical units. By performing regular clinical audits in healthcare settings with feedback through which quality and safety can be improved by taking preventive and corrective action.	Number of workshops carried out on Clinical governance and audit
<b>Media</b>		
<b>Medicinal Drugs</b>	Provide specialist advice to national level organizations/committees such as National Therapeutic Committee, National Advisory Committee on Combating Antimicrobial Resistance (AMR), Sub Committee on Clinical Trials / Ministry of Health, Formulary revision for supply of medicines to state sector hospitals) needed to advocate the reorientation of the health sector towards health promotion.	Number of such assignments undertaken by the members of Medicinal Drugs Committee/SLMA
<b>Non Communicable Diseases</b>		
<b>Prevention of Road Traffic Accidents</b>		
<b>Research Promotion</b>		
<b>Tobacco, Alcohol and Illicit Drugs</b>		
<b>Women's Health</b>	<ul style="list-style-type: none"> <li>- Implementation of the Guidelines to address Sexual Harassment in Workplaces in the Ministry of Health.</li> <li>- Raising awareness about the above guidelines among health care professionals.</li> </ul>	
<b>Medical Education</b>		

**Objective 2:**

To engage the non-health sector in taking on equal responsibility in the prevention and reducing health inequities

Expert Committee	Activity/Process	Performance Indicator
<b>Ethics</b>		
<b>Health Management</b>		
<b>Media</b>		
<b>Non Communicable</b>		

<b>Diseases</b>		
<b>Prevention of Road Traffic Accidents</b>		
<b>Research Promotion</b>		
<b>Tobacco, Alcohol and Illicit Drugs</b>		
<b>Women's Health</b>	Educational programmes on sexual health among workers in free trade zones.	
<b>Medical Education</b>		

### Objective 3

To promote healthy lifestyle and address major causative factors for NCDs among vulnerable populations through health promotion approach

<b>Expert Committee</b>	<b>Activity/Process</b>	<b>Performance Indicator</b>
<b>Ethics</b>		
<b>Health Management</b>		
<b>Media</b>		
<b>Non Communicable Diseases</b>		
<b>Prevention of Road Traffic Accidents</b>		
<b>Research Promotion</b>		
<b>Tobacco, Alcohol and Illicit Drugs</b>		
<b>Women's Health</b>	Training of trainers (ToT) programmes to foster healthy lifestyles among migratory/ expatriate workers in partnership with Foreign Employment Bureau.	
<b>Medical Education</b>		

### Objective 4

To enhance the capacity of medical professionals

<b>Expert Committee</b>	<b>Activity/Process</b>	<b>Performance Indicator</b>
<b>Communicable Diseases</b>	Committee has always being working with other colleges in providing CME to members. ECCD organized a symposium on Tuberculosis in February 2017. The book on "100 case of leprosy" published as a collaborative effort with Sri Lanka college of Dermatologists and was distributed to medical libraries, health care institutions on the government sector and private sector and all members interested in.	
<b>Ethics Review</b>	<ul style="list-style-type: none"> <li>- Provide guidance on ethical aspects of research to enhance research ethics capacity in those engaged in research</li> <li>- Provide ethical oversight to research projects that have been approved by SLMA ERC</li> </ul>	
<b>Ethics</b>		
<b>Health Management</b>		
<b>Health Care Quality &amp; Safety</b>	Improve knowledge of doctors on healthcare quality and safety – Pre-congress workshop at SLMA for doctors on Adverse event reporting in 2016 <b>Outcome:</b> Improve the healthcare quality and safety by increasing knowledge in doctors, on adverse event reporting and learning from these events and by taking preventive actions.	Knowledge of doctors on healthcare quality and safety- audit reports
	Improve awareness of medication safety among all healthcare professionals (doctors, nurses and pharmacists) 1.Workshops, symposia in CPD activities 2. Include the components of WHO medication safety curriculum to medical schools <b>Outcome:</b> Improve the knowledge of HCP	1. Number of workshops held 2. Number of medical schools implementing the curriculum
	Improve knowledge of doctors on clinical audits – 2 day workshop on clinical governance and clinical audits	Number of workshops carried out on Clinical

	<b>Outcome:</b> Improve the healthcare quality and safety by increasing knowledge in doctors, on clinical audits	governance and audit
<b>Media</b>		
<b>Medicinal Drugs</b>	Organize therapeutic update lectures to update the knowledge of postgraduate trainees, junior and senior doctors on therapeutics	Number of Continuous Professional Development activities held under the purview of the Medicinal Drugs Committee of SLMA
<b>Non Communicable Diseases</b>		
<b>Prevention of Road Traffic Accidents</b>		
<b>Research Promotion</b>		
<b>Snake bites</b>	<ol style="list-style-type: none"> <li>1. A reporting system for snakebite deaths in hospital.</li> <li>2. Data collection on admissions for snakebite. We developed a form for this in association with the Epid. Unit of the Ministry but at the last moment the EU said they did not have the resources to implement.</li> </ol>	
<b>Sri Lanka Clinical Trials Registry</b>	<ol style="list-style-type: none"> <li>1. Create awareness on clinical trial registration among medical professionals in Sri Lanka through scientific communications, in the following categories, <ul style="list-style-type: none"> <li>• Journal articles</li> <li>• Oral presentations</li> <li>• Invited talks at meetings</li> <li>• Other articles e.g. newsletters</li> </ul> </li> </ol>	Improve from one in 2016 to a total of two from all of the above categories for 2017.
	<ol style="list-style-type: none"> <li>2. Improve clinical trial registration awareness and improve research methodology among postgraduates students at the Post Graduate Institute of Medicine, University of Colombo. (PGIM). Establish time for a session on trial registration at one of the bi annual research methodology workshops conducted by the PGIM</li> </ol>	Improve from no sessions to one session per year for 2017
<b>Tobacco, Alcohol and Illicit Drugs</b>		
<b>Women's Health</b>	Organization of symposia/ CPD programmes on relevant topics in collaboration with SLMA and colleges. Eg: Symposium on heart disease in pregnancy in collaboration with SLCOG	
<b>FERCSL</b>	<ol style="list-style-type: none"> <li>1. Facilitate training and educational opportunities for members of ERCs in the country in Research ethics <ol style="list-style-type: none"> <li>1.1 Conducted workshops on basic research ethics</li> <li>1.2 Conduct workshops on ethics in related special areas</li> <li>1.3 Conduct workshops in GCP</li> <li>1.4 Conduct workshops in SOP</li> <li>1.5 Conduct workshops on function of ERCs to newly established ERCs</li> </ol> </li> </ol>	<ol style="list-style-type: none"> <li>1.1 One workshop on basic ethics per year</li> <li>1.2 One to two workshop on ethics in a related special area</li> <li>1.3 Once in two years conduct workshops in GCP</li> <li>1.4 Once in two years conduct workshops in SOP</li> <li>1.5 One to two workshops on function of ERCs per year</li> </ol>
	<ol style="list-style-type: none"> <li>2. Facilitate training and educational opportunities for researchers in the country in research ethics <ol style="list-style-type: none"> <li>2.1 Conducted workshops on basic research ethics</li> <li>2.2 Conduct workshops on ethics in related special areas</li> <li>2.2 Conduct workshops in GCP</li> </ol> </li> </ol>	<ol style="list-style-type: none"> <li>2.1 One workshop on basic ethics per year</li> <li>2.2 One to two workshop on ethics in a related special area</li> <li>2.3 Once in two years conduct workshops in GCP</li> </ol>

	3. Redefine the role of ethics among institutions interested in research ethics and form a larger consensus group with these institutions and other healthcare related associations, colleges and societies 3.1 Provide guidance for new ERCs to form a core group in their own institutions to enhance capacity in Ethics Review Committees of the Country by Stipulating Guidelines and Standard Operating Procedures for member ERCs	3.1 Increase the number of ERCs in the country if and when necessary
	4. Foster the ERCs to maintain uniform standards in ethics review and be sustainable 4.1 Promote the ERCs to measure and provide accountability regarding the quality and effectiveness of ethical review by engaging them in the SIDCER recognition programme 4.2 Promote the ERCs to measure and provide accountability regarding the quality and effectiveness of ethical review by engaging them in the SIDCER re - recognition programme	4.1 Increase the number of ERCs with SIDCER recognition by 10% in the next 3 years 4.2 Increase the number of ERCs with SIDCER re - recognition by 50% in the next 3 years
<b>Medical Education</b>		

### Objective 5

To play an advocacy role towards a comprehensive curative and preventive healthcare for the community

Expert Committee	Activity/Process	Performance Indicator
<b>Communicable Diseases</b>	<ul style="list-style-type: none"> <li>- Vaccine book which is being reviewed is also a collaborative effort with other professional colleges.</li> <li>- Future symposia on yellow fever, dengue diagnosis, leptospirosis, microbiota and infectious diseases during disasters are being listed as future topics for year 2017 and 2018.</li> </ul>	
<b>Ethics</b>		
<b>Health Management</b>		
<b>Media</b>		
<b>Medicinal Drugs</b>	Conduct symposia addressing the current issues pertaining to curative and preventive health care for community with media participation; eg AMR, Medication safety	Number of such symposia held
	Prepare booklets/ newspaper articles addressing the current issues pertaining to curative and preventive health care for community	Number of such booklets/ newspaper articles prepared
<b>Non Communicable Diseases</b>		
<b>Prevention of Road Traffic Accidents</b>		
<b>Research Promotion</b>		
<b>Tobacco, Alcohol and Illicit Drugs</b>		
<b>Women's Health</b>	<ul style="list-style-type: none"> <li>- Dissemination of educational material on sexual health for new entrants to Universities.</li> <li>- Preventive programmes in target communities on breast cancer and cervical cancer with special emphasis on early detection methods such as self-breast examination.</li> </ul>	
<b>Medical Education</b>		

## Annexure 8: List of New Members

### Life Members

Dr. S. Vishnukumar	Dr. B. G. Lawrence	Dr. W.P.P. Ratnasekara
Dr. G G A Gayani	Dr. H A P Wimalagunawardhana	Dr. C L Senanayake
Dr. A R D A Seneviratne	Dr. M K Wasana	Dr. A Keshavaraj
Dr. H M B H Denuwara	Dr. Jayasiri Wijayasiriwardhana	Dr. D J S Perera
Dr. M. M. G. Rathnasiri	Dr. D. M. Vidanapathirana	Dr. D. T. U. Denipitiya
Dr. M. N. Danansuriya	Dr. L. L. P. de Silva Karunasekara	Dr. Umesh Jayarajah
Dr. I. K. B. Weerasekara	Dr. P. J. D. Perera	Dr. A. K. Malwatta
Dr. A. T. I. M. Amarasinghe	Dr. W. R. M. M. Senevirathna	Dr. W. A. J. L. Weragoda
Dr. A. H. M. Nizri	Dr. G. V. T. Pushpakumari	Prof. A. P. Premawardhena
Dr. M. S. Salieh	Dr. A. V. G. Chandrasriyani	Dr. M. Balachandren
Dr. R. M. G. D. Ratnayake	Dr. M. K. R. Salgado	Dr. H. A. A. Wickramasinghe
Dr. G. Mayurathan	Dr. I. S. Yaddhegige	Dr. R. L. Fernando
Dr. K. P. M. D. A. R. Fernando	Dr. W. M. S. A. Weerakoon	Dr. L. K. G. Nandanie
Dr. M. G. Navaratne	Dr. H. T. S. Sirisena	Dr. M. S. B. Tillakaratne
Dr. S. D. Denawaka	Dr. Chanaka Liyanage	Dr. C. M. B. Herath
Dr. D. S. Warapitiya	Dr. T. N. Wickramarathna	Dr. Janaka Liyanage
Dr. A. A. T. Udayasiri	Dr. K. P. M. S. Hemachandra	Dr. W. A. D. S. C. Wickramasinghe
Dr. L. S. Veerasingam	Dr. A. K. Nuwani Dilina	Dr. P. E. A. N. R. Ranathunga
Dr. Thenuka Sivasundaram	Dr. M. A. C. Lakmal	Dr. S. N. Seneviratne
Dr. A. M. A. T. R. K. Alagiyawanna	Dr. M. T. M. Ashfaq	Dr. M. D. M. S. Wijayabandara
Dr. M. U. D. Gunarathna	Dr. H. C. Fernando	Dr. T. D. A. P. C. Thanthirarachchi
Dr. K. R. P. A. P. Karunanayake	Dr. S. Pahalawatta	Dr. (Mrs) Komathy Sathiyapal
Dr. Kulanayagam Sathiyapal	Dr. Priyankara Gunaweera	Dr. E. G. H. E. De Silva
Dr. A. H. W. De Silva	Dr. Nishshanka Weerasuriya	Dr. G S P Ranasinghe
Dr. M I N Christopher	Dr. T T Pathirajamudali	Dr. U M Gunasekara
Dr. P V S R Karunaratna	Dr. H M A Ediriweera	Dr. N N T M Wickremasinghe
Dr. D P Jayasena	Dr. I U Wimalasiri	Dr. V S Thuduvage
Dr. K G S R Weerakoon	Dr. M A M Irfan Shanfari	Dr. P J Weeraratne
Dr. J M P M Jayamaha	Dr. K M C L B Senaratne	Dr. Darshani Abeysekera
Dr. S. S. Withana	Dr. S. U. D. Samarasinghe	Dr. A. S. Samarasinghe
Dr. A. S. Athapathu	Dr. B. A. A. J. Jayawardena	Dr. U. L. Thoufeek
Dr. L. P. Paranaheewa	Dr. F. I. Nazeer	Dr. B. K. S. Bulathsinhala
Dr. M. A. M. Kulasinghe	Dr. B. Sainiranjan	Dr. C. J. Denawaka
Dr. D. M. S. T. Gnanarathne	Dr. H. F. S. Fonseka	Dr. C. A. Hettiarachchi
Dr. S. D. L. P. Subasinghe	Dr. S. M. Ruhunage	Dr. E. T. R. De Silva
Dr. A. S. Fernando	Dr. M. N. G. G. D. Pramitha	Dr. L. P. Halambarachchige
Dr. I. C. Makawita	Dr. Y. L. P. P. Goonathilake	Dr. M. N. Pinto
Dr. A. E. J. de Silva Goonathilake	Dr. Sithara Dissanayake	Dr. J. R. Fonseka
Dr. N. A. W. M. R. D. M. K. Dehigama	Prof. R. M. Mudiyanse	

### Ordinary Members

Dr. D P Amaratunga	Dr. N. S. Jayathilake	Dr. C. L. Wanigasinghe
Dr. C. Hettihewa	Dr. E. M. Siriwardena	Dr. Buddhini Samaraweera
Dr. Amila Gamage	Dr. G. H. P. Gayani	Dr. H. S. Liyanage
Dr. D. P. Amaratunga	Dr. V. Sivasankar	Dr. I. R. D. J. Fernando
Dr. B. M. S. Fernando	Dr. N. P. Gammanpila	Dr. J. A. Nillethi
Dr. M. T. de Silva	Dr. N. S. W. Pathirana	Dr. J. I. A. Abeynayake
Dr. T. Cassim	Dr. N. N. Weerasekera	Dr. A. S. I. Aththaragama
Dr. D. M. J. M. Ambagammama	Dr. J. M. S. V. Croos	Dr. N. M. H. De Silva
Dr. D. M. N. T. K. Ekanayake	Dr. U. A. B. Urugoda	Dr. T. V. Soundaram
Dr. M. A. H. Siribaddana	Dr. N. M. T. C. Jayasekara	Dr. N. W. Kodithuwakku
Dr. A. W. S. Kumara	Dr. T. M. S. H. Dharmaratne	Dr. H. I. Udanyanee
Dr. D. S. Rathnayake	Dr. V. S. Mohottala	Dr. B. K. S. Bulathsinhala
Dr. M. A. M. Kulasinghe	Dr. B. Sainiranjan	Dr. C. J. Denawaka
Dr. D. M. S. T. Gnanarathne	Dr. H. F. S. Fonseka	Dr. C. A. Hettiarachchi
Dr. S. D. L. P. Subasinghe	Dr. S. M. Ruhunage	Dr. A. K. S. Lakmali
Dr. R. M. S. S. Rathnayake	Dr. W. D. S. Fernando	Dr. U. B. Walawege
Dr. B. V. I. Prasadi	Dr. H. G. N. Rohini Angammana	Dr. A. H. Angammana
Dr. R. R. Senaratne	Dr. Anushiya Sriharan	Dr. S. Mythily
Prof. Deepaka D Weerasekera	Dr. I. N. A. P. Piyasena	Dr. S. F. Izzana

Dr. M. N. Kalaldeen  
 Dr. P. N. S. K. Fernando  
 Dr. H. D. Senarathne  
 Dr. Nazneen Nazeer  
 Dr. C. S. Paththinige  
 Dr. C. S. Ranaweera  
 Dr. Ayesha Lokubalasoorya  
 Dr. J. P. Silva  
 Dr. G. M. U. B. Wijeratne  
 Dr. M. Dantanarayana  
 Dr. S. P. Buwanayaka  
 Dr. R. J. K. D. R. L. Ranatunga  
 Dr. M. G. Nisansala Lakmali  
 Dr. R. M. S. S. Rathnayake

Dr. K. D. H. D. Weerasekera  
 Dr. M. R. Jameel  
 Dr. F. F. Fayaz  
 Dr. P. G. K. De Silva  
 Dr. K. A. S. H. Thilakarathna  
 Dr. K. H. N. Jayawardhana  
 Dr. V. Yamini  
 Dr. M. A. D. M. Alagiyawanna  
 Dr. H. A. L. Padmini  
 Dr. M. Uwais  
 Dr. S. Pragaash  
 Dr. R. G. L. Gunawardane  
 Dr. K. K. D. T. D. Abeynayake  
 Dr. W. D. S. Fernando

Dr. D. P. M. A. Senavirathna  
 Dr. B. G. M. Samaranayake  
 Dr. W. L. C. A. Liyanage  
 Dr. S. K. Liyanage  
 Dr. G. Pragasan  
 Dr. I. P. Godakanda  
 Dr. W. B. R. Gunawardena  
 Dr. G. P. Perera  
 Dr. U. K. S. R. Udupitiya  
 Dr. J. A. D. J. S. K. Jayakody  
 Dr. L. S. K. Jayaweera  
 Dr. G. G. Chamal Sanjeewa  
 Dr. A. K. S. Lakmali

#### Student members

Mrs. M. O. F. Rajiyah  
 Miss. L. E. D. I. Kumari  
 Mr. P. C. Karunananda  
 Mr. N. M. Gamlath  
 Mr. P. K. Amarasinghe  
 Miss. A. R. D. V. S. Ramanayake  
 Mr. T. Rameshkumar  
 Mr. L. Y. W. M. Wanninayake  
 Miss. S. M. D. D. V. Senarath  
 Mr. M. S. Faizer  
 Mr. K. A. Malith Yeshan  
 Miss. Diranjaladevi Pathmanathan  
 Miss. S. R. P. D. Senanayake  
 Mr. A. M. W. B. M. K. Gayantha Ekneligoda  
 Mr. R. M. A. G. Ranasinghe  
 Miss. D. B. Y. J. Kumari  
 Miss. I. P. De Silva  
 Miss. M. U. Dayaratne  
 Miss. D. D. K. Dangalla  
 Miss. S. M. S. N. Karunanayake  
 Miss. D. R. K. Kalansooriya  
 Mr. H. M. S. P. Chandrasekara  
 Miss. T. Choden  
 Miss. Hasara Jayasekara  
 Miss. K. P. K. Neelanayani Wijerathne  
 Mr. K. A. C. J. Kulathunga  
 Miss. W. A. P. S. Wickramarachchi  
 Mr. W. M. C. S. Wijesundara  
 Miss. Y. Sandeepani Deegodagamage  
 Miss. W. S. P. De Silva

Miss. V. Mahendralingam  
 Miss. K. A. S. T. Karunarathna  
 Miss. V. R. Weerasekera  
 Mr. A. J. de Silva Goonetilleke  
 Miss. G. P. Rashmila  
 Miss. P. Arunagirinathan  
 Miss. P. S. Rathnappuli  
 Mr. I. A. Maharambe  
 Mr. S. M. Walpita  
 Miss. G. K. B. M. Wimalarathna  
 Miss. L. K. N. Y. Gunarathna  
 Miss. Dikshaladevi Pathmanathan  
 Miss. P. A. H. Fernandopulle  
 Miss. A. A. N. Madushani  
 Miss. W. S. P. De Silva  
 Miss. B. R. De Silva  
 Mr. O. R. B. Karunanayake  
 Miss. B. H. S. R. Batagoda  
 Miss. D. R. Karunaratne  
 Mr. W. L. S. Karunarathna  
 Mr. H. M. C. S. Bandara  
 Miss. P. D. Jayamini Kaushalya  
 Miss. W. C. M. Samaraweera  
 Miss. D. B. Y. Jayani Kumari  
 Mr. A. I. Liyanage  
 Mr. B. M. I. U. Mendis

Miss. N. C. Mahaarachchi  
 Miss. I. K. Nipunage  
 Miss. K. A. D. V. Rathnasiri  
 Mr. W. R. M. P. Kumara  
 Miss. H. A. R. Ranawaka  
 Miss. N. Vamasivam  
 Mr. J. G. T. Udara  
 Miss. S. P. Vidanagamage  
 Mr. V. Srimurugathas  
 Miss. Y. M. K. A. Yapa  
 Mr. U. S. Hewagamage  
 Miss. S. K. A. Madumanthi  
 Mr. Sritharan Elankeeran  
 Miss. A. B. G. de Silva  
 Mr. K. A. C. J. Kulathunga  
 Mr. B. M. I. U. Mendis  
 Mr. I. D. B. A. Dayarathna  
 Miss. S. L. Delwatta  
 Miss. K. T. Mendis  
 Mr. H. A. S. Jeewantha  
 Miss. R. P. N. Jayawardana  
 Mr. B. P. N. D. Chandrasiri  
 Miss. K. S. Attanayakege  
 Mr. R. M. A. G. Ranasinghe  
 Miss. A. A. N. Madushani  
 Miss. W. A. A. M. Weerasinghe  
 Mr. D. H. Malith Niluka  
 Miss. P. C. Aluthbaduge  
 Miss. P. K. Madushika  
 Miss. K. P. K. N. Wijerathne

## Annexure 9: Auditors' Report

### DETAILED INCOME & EXPENDITURE STATEMENT YEAR ENDED 31<sup>ST</sup> OCTOBER 2016

#### 13. INCOMING RESOURCES

	For the Year ended 31.10.2017 Rs.	For the Year ended 31.10.2016 Rs.
Subscription and Entrance Fee	1,485,434	1,859,939
Anniversary International Medical Conference	26,620,780	21,342,310
Rent Income	5,044,162	5,123,026
Auditorium and Council Room Hire	806,250	330,500
Career Guidance Seminar	36,000	-
Income from Ceylon Medical Journal (13.1)	892,267	351,384
	<u>34,884,893</u>	<u>29,007,159</u>

#### 13.1 Income from Ceylon Medical Journal

	For the Year ended 31.10.2017 Rs.	For the Year ended 31.10.2016 Rs.
Library Subscription	750	-
Sale of Journal	3,500	1,500
Processing Fee	263,017	349,884
Grants	625,000	-
	<u>892,267</u>	<u>351,384</u>

#### 14. PROJECT EXPENDITURE

	For the Year ended 31.10.2017 Rs.	For the Year ended 31.10.2016 Rs.
Operational Expenditure (14.1)	2,859,424	1,825,282
Annual Academic Session (14.2)	15,969,880	10,349,025
Ceylon Medical Journal (14.3)	559,200	883,504
	<u>19,388,504</u>	<u>13,057,810</u>

#### 14.1 Operational Expenditure

	For the Year ended 31.10.2017 Rs.	For the Year ended 31.10.2016 Rs.
Paper Advertisement	40,462	44,012
Auditorium Equipment Repair	52,932	157,164
Lectures and Meetings	830,489	328,784
Foundation Celebration Session	784,550	396,502
Career Guidance Seminar Expenses	31,810	-
Regional Conference Expenses	536,257	219,900
Sessions Co-coordinator Monthly Allowance	382,295	462,000
Medical Writing Workshop	6,900	-
Workshop Expenses	31,786	100,675
Special Event	-	57,245
CPD Project Expenses	161,943	59,000
	<u>2,859,424</u>	<u>1,825,282</u>



**14.2 Annual Academic Sessions**

	For the Year ended 31.10.2017 Rs.	For the Year ended 31.10.2016 Rs.
Annual Academic Sessions	15,969,880	10,349,025
	<u>15,969,880</u>	<u>10,349,025</u>

**14.3 Ceylon Medical Journal**

	For the Year ended 31.10.2017 Rs.	For the Year ended 31.10.2016 Rs.
Stamp Charges	-	900
Printing and Stationary	13,301	3,505
Computer and Fax Machine Maintenance	69,664	418,062
Salaries	299,766	299,100
EPF and ETF	44,965	44,855
Telephone and Fax	51,279	40,233
Monthly Allowance	22,000	13,600
Bonus	25,190	23,900
Sundry expense	6,800	4,000
Web Site expense	25,000	35,000
Sundry expense	1,255	349
	<u>559,200</u>	<u>883,504</u>

**15. OTHER INCOME**

	For the Year ended 31.10.2017 Rs.	For the Year ended 31.10.2016 Rs.
Sale of Books	95,084	68,627
Interest Income	1,790,963	969,498
Sponsorship and Other Donations	5,957,402	5,360,706
Sundry Income	489,282	816,847
Electricity Income	934,832	842,885
Amortization of Grants	126,739	134,683
Clinical Trial Registry Proposal	865,643	243,696
Income from Annual Medical Dance	872,254	1,202,870
Income from FERCSL Conference	250,960	64,400
ERC Income	108,381	-
Workshop Registration	3,000	8,625
End AIDS Road Map WHO	81,059	-
SLMA ID	11,000	-
Flood relief donation	119,065	-
	<u>11,705,664</u>	<u>9,712,837</u>

**ADMINISTRATIVE EXPENSES**

	For the Year ended 31.10.2017 Rs.	For the Year ended 31.10.2016 Rs.
Salary and Overtime	4,017,737	4,423,562
E.P.F and E.T.F	524,181	582,859
Bonus	574,909	509,931
Electricity	1,890,599	1,849,618

Printing and Stationery	569,476	548,088
Postage	103,593	52,875
Staff Welfare	97,395	151,946
Repair and Maintenance	1,929,407	1,421,867
Water	120,421	163,511
Depreciation	2,139,500	1,476,012
OPA Membership Fee	21,850	21,090
Travelling and Hiring	90,759	68,064
President Induction Ceremony	315,349	439,901
Fax and Telephone	380,487	558,034
Rates and Taxes	201,432	123,585
Internet Charges	227,082	187,609
Audit Fees	40,457	389,351
Gratuity	227,910	145,027
Franking Machine	630,144	679,872
Council Group Photograph	45,200	109,000
Annual Return Expenses	116,470	86,035
Security Charges	400,188	236,327
Research Promotion Grant	150,000	364,330
Bank Charges	71,402	71,967
Sundry Expenses	321,295	399,990
Daily News Publication Expenses		9,360
News Letter Advertisement Collection Expenses	248,000	167,000
AGM Meeting Expenses	64,695	12,188
Law and Medical Cricket Match Expenses	533,000	110,000
Membership Fees	104,473	122,063
Consultancy Fees	16,650	16,650
FERCAP Expenses	45,113	-
Quik book expense	17,595	17,595
Annual Medical Dance- Net Expense	-	-
ERC Expense	-	505,034
Clinical Nutrition Meeing 2015	-	33,493
Library Subscription	-	6,000
Fixed asset disposal	288,137	-
Charity & Donation	1,250,000	-
Promotion & Extra activities	85,000	-
	<u>17,843,256</u>	<u>16,059,833</u>

## **Annexure 10: Law Commission Proposal on Medical Termination of Pregnancy**

The Council of the Sri Lanka Medical Association hereby informs you of the report of the subcommittee of senior experts who were appointed to peruse, deliberate and recommend on the proposals of the Law Commission to provide for the Medical Termination of Pregnancy in cases of Rape and Serious Foetal Impairment.

The subcommittee noted the principal recommendations of the Law Commission contained in the draft Bill noted by the subcommittee are as follows:

Grounds for termination

The termination of a pregnancy should continue to be a criminal offence (as set out in Section 306 of the Penal Code) other than, as stated above, in the following circumstances

- a) in the case of rape;
- b) in the case of serious foetal impairment.

The subcommittee members discussed the escalating incidence and consequences of sexual abuse in Sri Lanka in the current context and also noted the polarized views on induced abortions.

Following further discussion with the Council in February 2017 the Sri Lanka Medical Association's report is as follows:

We are in broad agreement with the recommendations made by the Law Commission.

We also take into consideration that

- 1. Rapid advancement of technology now enables very early detection of foetal abnormalities and a whole new field of "Foetal Medicine" is now in practice in Sri Lanka
- 2. Termination of pregnancy is achievable at higher standards through modern advancements of medicine and hence medical termination of pregnancy is a safe practice

However we wish to reiterate that the decision for medical termination of pregnancy in cases of rape case must be based on firm scientific evidence/opinion expressed within a reasonable period.

## **Annexure 11: Statements on Current Crisis of Medical Education**

### **Annex 11.1 Position Statement of the Sri Lanka Medical Association on the current crisis in the health service and medical education scenario of Sri Lanka**

The Sri Lanka Medical Association is deeply concerned about the implications of the current situation on the health sector and the general public. We consider this to be a defining moment in the history of medical practice in our country which may lead to grave consequences.

The mandate that has so far been accepted to be held by the Sri Lanka Medical Council (SLMC) in maintaining the standards of the profession and medical education is now being questioned. This has been brought to light by the recent Court of Appeal verdict.

The Sri Lanka Medical Association (SLMA) is particularly concerned that the Sri Lanka Medical Council (SLMC) has limited powers to regulate medical education. Therefore, there is an urgent need to enact the required legislation to make the Sri Lanka Medical Council, an independent authority with adequate powers to protect the public from unqualified or substandard medical practitioners. As an initial effort towards this, we urge the authorities to work towards immediate enactment of the required gazette notification for the implementation of the Minimal Standards of Medical Education in our country.

The Sri Lanka Medical Association also wishes to state that this organization, as the apex medical body that represents all grades of doctors in the country, is not against properly constituted and regulated Private Medical Education which needs further discussion. It is our considered opinion that Private Medical Education in Sri Lanka and the SAIMT issue at hand, though related, are two separate entities.

#### **Annex 11.2      Sri Lanka Medical Association (SLMA) Statement on the Government's decision to abolish SAIMT and to establish a not-for-profit Institute under the Higher Education Ministry**

The SLMA has been deeply concerned over the prevalent situation with regards to the medical education and health sectors in the country since February 2017.

In light of this decision by the government the SLMA as a non-political, non-trade union apex body representing ALL grades of the profession in Sri Lanka calls upon;

1. Medical students of all state medical faculties to immediately return to their respective academic activities, which are funded by the citizens of Sri Lanka without any, further delays.
2. The parents of medical students attached to all state medical faculties to encourage and ensure that their children return to their academic activities without any further delays.
3. The academic staff of all state medical faculties and their respective medical teachers trade unions to create, ensure and sustain an environment in which students can commence and continue their interrupted academic activities without any further delays.
4. The University Grants Commission (UGC) of Sri Lanka to ensure that all staff attached to all medical faculties perform their duties as per UGC and all other relevant government rules, regulations and circulars without any further delays.
5. All medical doctors in Sri Lanka to adhere to and maintain the highest standards of medical professionalism in providing healthcare services to the citizens of Sri Lanka in an uninterrupted manner.

The Sri Lanka Medical Association (SLMA) wishes to further reiterate its position with regards to the health services and medical education scenario in the country as follows (Vide SLMA position statement on health services and medical education scenario in Sri Lanka dated 21st February 2017)

1. The SLMA is particularly concerned that under existing rules and regulations prevalent in the Medical Ordinance and the Universities Act the Sri Lanka Medical Council (SLMC) has limited powers to regulate and ensure standards of medical education in Sri Lanka. Therefore, there is an urgent and unavoidable need to enact legislation to make the SLMC an independent authority with adequate powers to protect the public from unqualified or substandard medical practitioners.
2. The SLMA also wishes to state that this organization, as the apex medical body that represents all grades of doctors in the country, is not against properly constituted and regulated Private Medical Education in the country.

#### **Annex 11.3      Press Release condemning the incident opposite the SLMC**

The Sri Lanka Medical Association (SLMA) is quite disturbed to learn about the unfortunate incident that has taken place opposite the Sri Lanka Medical Council (SLMC) recently. The President of the SLMC, a respected emeritus professor of the Colombo Medical Faculty, was hooted at and his vehicle kicked on by a group of young men and women claiming to be medical students protesting against a private medical school.

While the fundamental right to protest should be preserved in any democratic society, such unruly behaviour is unbecoming of civilized citizens, let alone medical students.

We at the SLMA vehemently condemn this despicable act and urge the Deans and other authorities to conduct a thorough investigation so that the wrongdoers could be dealt with severely without delay.

## **Annexure 12: Insurance Scheme for Children (Press Release)**

### **Concerns of the Sri Lanka Medical Association regarding the proposed Health Insurance scheme for school children**

The Cabinet recently approved a proposal to introduce a health insurance scheme for all school children between the ages of 5 and 19 years at a cost of Rs. 2700 million to the government. Based on media reports, the Ministry of Education has already taken steps to commence implementation of the insurance scheme. The Sri Lanka Medical Association (SLMA) is deeply concerned about the proposed insurance scheme for the reasons outlined below:

1. The insurance scheme has been embarked upon without consultation with the relevant stakeholders. Neither the Ministry of Health nor professional medical bodies have been engaged in planning or implementing the insurance scheme, which will have wide-ranging implications for the health sector. The SLMA expressed concerns about the health insurance scheme to the Ministry of Health and the Ministry of Finance in November 2016 when it was included as a budget proposal.
2. Given the existence of the free national health service, the justification for an insurance scheme for school-going children is unclear. If the insurance scheme is implemented, the government will cover premiums for an age group that generally requires very little curative care. If at all, this health insurance scheme should target children with critical and chronic illnesses who are unable to access timely care in the public health sector.
3. The major health issues afflicting the school-going population such as malnutrition, obesity, unhealthy eating patterns, insufficient physical activity, exam stress and broader mental health concerns will not be addressed by this insurance scheme. The solutions to these problems lie in health promotion rather than the provision of curative care.
4. If the said health insurance scheme is to advance equity of access, there needs to be a strong regulatory framework in place. We see no evidence of plans to implement mechanisms to regulate the private healthcare and insurance industries.
5. Research conducted by the SLMA with the World Health Organization and the Ministry of Health suggests that the implementation of national health insurance may increase healthcare costs for the government. Given the fiscal constraints experienced by the government, these funds may need to be drawn from allocations to the public health sector, which will negatively impact healthcare access for users of the public system.

In light of these concerns, the SLMA urges the government to reconsider implementing this insurance scheme, and, instead, direct these funds toward strengthening primary care, as outlined in the SLMA's proposals for 2018 budget. Developing a strong primary care system, encompassing preventive and curative services, will be beneficial to all Sri Lankans, including school-going children.

## **Annexure 13: The Tax on Alcohol and Tobacco Products and the availability of Alcohol**

### **Budget Proposal for the Appropriation Bill 2018**

#### **PRESS RELEASE**

The Expert Committee on Tobacco, Alcohol and Illicit Drugs of the Sri Lanka Medical Association (SLMA) recommends that the taxation and price of tobacco and alcohol products should be increased this year to further reduce the affordability of these products.

One important consideration that is usually overlooked is that the majority of the adult population in Sri Lanka does not use tobacco or alcohol. Over 85% of adults do not smoke and over 80% of adults do not consume alcohol, according to the statistics of the Ministry of Health. A study by the National Authority on Tobacco and Alcohol (NATA), SLMA and the World Health Organization (WHO) showed that the annual economic cost of tobacco and alcohol use was at least Rupees 209 billion in Sri Lanka. Therefore, in this case, a minority habit causes extensive economic and social harm to the entire population of the country. The only beneficiaries of this situation are the industries that produce and market these products.

The Expert Committee recommends that the price of such products should increase in view of the following reasons:

- Making alcohol and tobacco more affordable and available will lead to more young people taking up alcohol and tobacco and lead to more problems in society, an increase in health care bills and much suffering for individuals and their families.
- Scientific research has shown that the overall consumption or the per-capita consumption (consumption per person) comes down with price increases. As per capita consumption is proportionate to the extent of alcohol and tobacco related problems in a society, a reduction in alcohol and tobacco related problems will be seen with reduced consumption.
- Econometric Studies also show that the tax increase will increase the government revenue at the same time. Agencies such as the World Health Organization strongly recommend increasing taxation to reduce harm and increase government revenue for both alcohol and tobacco. Both the tobacco and alcohol industries use the bogeys of “smuggling” and “increase” of illicit products and substitute products to mislead policy makers. There is no basis or sound evidence for these arguments, which are used by the industry lobby.
- There is also very strong evidence that increasing the price of cigarettes and alcohol will also prevent young persons including school children taking up cigarettes and alcohol.
- Both tobacco and alcohol are direct causes of poverty and ill health. It has been shown that the poor are the biggest beneficiaries of increasing the prices of these substances as they reduce their own consumption when the prices are increased. Therefore it is a pro-poor policy, not otherwise. The illicit trade should be dealt with by appropriate law enforcement and not by trying to compete by price.

It has also been recently announced in Parliament that the Ministry of Tourism is seeking the relaxation of laws restricting the availability of alcohol products, to make such products easily available for “tourists”.

There is no evidence anywhere in the world that tourists visit specific countries to consume alcohol. Even if it was the case, Sri Lanka should surely not aspire to be one of them. The “tourist industry” is another bogey by the industry, which seems to have misled several policy makers. The effect of increasing availability of alcohol will simply increase the use of alcohol by Sri Lankans, not tourists.

There is ample evidence that increasing the availability of alcohol will not only increase its use, but also escalate social problems, such as domestic other forms of violence and road traffic accidents. The effects mentioned on the tourism industry seems irrelevant when it comes to the strata of tourists who in fact bring in foreign currency. These tourists will anyhow stay in star class hotels and do have access to alcoholic beverages.

Hence, we strongly recommend increasing the tax on alcohol and tobacco products, taking into account inflation and affordability. The SLMA also requests the Government of Sri Lanka not to initiate any steps towards relaxing the licensing and other laws which will enable alcohol to be available and accessible easily.

## **Annexure 14: Taxation on Sweetened Beverages**

### **PRESS RELEASE**

The Sri Lanka Medical Association wishes to make a strong recommendation on the above subject in concurrence with major stakeholders, viz. NCD Alliance Sri Lanka, Diabetes Association of Sri Lanka and Sri Lanka Medical Nutrition Association.

#### **Background**

Obesity is a global epidemic and a major risk factor linked to the growing burden of non-communicable diseases (NCDs) including heart disease, type 2 diabetes and some forms of cancers. NCDs are the leading causes of premature mortality and morbidity globally and nationally. In Sri Lanka 70% of the deaths occur due to chronic NCDs with nearly 1/5<sup>th</sup> of this being premature.

The prevalence of overweight and obesity has doubled among schoolchildren over the last 10 years; while one third of adult females and one fourth of adult males are overweight in the country. As a result the prevalence of diabetes has increased by approximately 300% over the last 2 decades, which has added an enormous burden to the health sector with increasing treatment costs related to diabetes related complications.

The Ministry of Health developed a National Chronic NCD policy (2010) and a multi sectoral NCD Strategic Plan for the Prevention and Control of NCDs 2017 -2025. These strategies set an ambitious target of halting a further rise in obesity and diabetes prevalence and aim for 0% by 2025.

#### **Evidence for action**

Given the rising trends in obesity and diabetes, the Expert Committee on Non-communicable diseases of the SLMA has examined the factors that contribute to these epidemics

- Given the persistent trend of a rise in overweight and obesity, the related illnesses, disability, and death will have an increasingly adverse impact on the Sri Lankan population. Even a small increase in weight among individuals of normal weight has major implications for metabolic dysfunction, diabetes, heart disease, and cancer risk.
- Sugar Sweetened Beverages (SSB) contain sugar that is added during processing, manufacturing, packaging, or preparation. **At present, one third of schoolchildren are consuming these unhealthy beverages in Sri Lanka.**
- High sugar consumption mainly through processed and ultra-processed food products is one of the **major risk factors for obesity and co-morbidities such as diabetes.** Hence, the **sugar concentration as well as the quantity of sugar in the container must be taken into account.** Large size containers obviously contain heavy amounts of sugar; with no guarantee how much people consume once brought to the home.
- Some beverages contain non-sugar sweeteners (NSS), which have not been proven as being totally healthy. There is emerging evidence to conclude that NSS do contribute to ill-health.
- Ending Childhood Obesity by implementing an 'effective tax on sugar-sweetened beverages' is a key recommendation issued by the World Health Organization.
- **Available evidence suggests that a 20 per cent increase of the price of SSBs is required to have a significant impact on purchasing, consumption, and ultimately a reduction of obesity and a population-wide health gain.**
- Globally, fiscal measures such as taxes are increasingly recognized as effective complementary tools to address obesity at population level. In this context, countries such as Denmark, Finland, France, Hungary, Ireland, Mexico, Mauritius, Norway and Thailand have levied taxes on SSBs, while other countries such as the United Kingdom, and Australia have recently announced their intention to introduce such taxes.

### ***Scope of the Tax on Beverages***

Many beverages contain added caloric sweeteners such as sucrose, high-fructose corn syrup (HFCS), or fruit-juice concentrates, which include but are not limited to: fruit, vegetable or mixed juices, water based flavored drinks including 'sport and energy drinks', coffee, coffee substitute, tea and herbal drinks, chocolate or malt based drinks, cereal grain and tree nut based beverages, milk or dairy based drinks.

### ***Proposed Taxation for Sweetened Beverages:***

The most accurate proxy for harm caused by sweetened beverages is its **added sugar content**. The advantage of this approach is that it is better targeted and the tax is in direct proportion to the level of added sugar in beverages. However, other caloric sweeteners in beverages are also to be considered for taxation procedure.

### ***Recommendation***

**We strongly recommend imposing taxation on sweetened beverages as a part of a comprehensive package of interventions throughout the life-course to control chronic NCDs in Sri Lanka.** Some guidelines to impose taxation on sweetened beverages are mentioned below for your kind consideration.

1. Ten percent Tax to be imposed on all beverages with the total sugar concentration more than 6g/100ml
2. Further, tax to be added if the total sugar content exceeds 18g and to be increased in dose dependent manner as total sugar increases irrespective of the container size.
3. Other caloric sweeteners in beverages are also to be considered for this taxation procedure.

We pledge our best support to the government of Sri Lanka in taking effective measures to stem the tide of chronic NCDs and thereby increase national productivity, and ensure optimal health in our future generations.