

## 1. ANNUAL GENERAL MEETING 2014

The Annual General Meeting of the Sri Lanka Medical Association was held on the 20<sup>th</sup> December 2014 at 7.00 p.m. at the Lionel Memorial Auditorium, Wijerama House, Colombo 7. Dr Palitha Abeykoon chaired the meeting. He thanked the Council, members and the staff of the SLMA office for their contributions towards making the activities of the SLMA a success. He summarised the achievements and shortcomings during the year and stressed the need for continuing improvement. Dr Ruvaiz Haniffa tabled the Annual Report 2014 and the minutes of the previous Annual General Meeting held in 14<sup>th</sup> December 2013. The minutes were unanimously confirmed by the membership. Dr Ruvaiz Haniffa thanked the President, the Council, members of the Association, and the staff of the SLMA for the support given during the year 2014.

### ELECTION OF OFFICE BEARERS

The following Office Bearers and Council Members were unanimously elected.

<b>President</b>	Prof Jennifer Perera
<b>President Elect</b>	Dr Iyanthi Abeyewickreme
<b>Vice Presidents</b>	Dr Navoda Atapattu Dr Padma Gunaratne
<b>Secretary</b>	Dr Ranil Jayawardena
<b>Assistant Secretaries</b>	Dr Priyani Amaratunge Dr Sudarshi Seneviratne Dr Shamini Prathapan Prof Sharmini Gunawardena
<b>Treasurer</b>	Dr Samantha de Silva
<b>Assistant Treasurer</b>	Dr Asiri Rodrigo
<b>Public Relations Officer</b>	Dr Kalyani Guruge
<b>Social Secretaries</b>	Dr Lasantha Malavige Dr Preethi Wijegoonewardene
<b>Past President Representative</b>	Dr J B Peiris

### ELECTED COUNCIL MEMBERS

Dr Dennis J Aloysius, Dr S B Agampodi, Dr Sarath Gamini de Silva, Prof. Vajira HW Dissanayake, Prof. S D Dharmaratne, Dr Amaya Ellawala, Dr Christo Fernando, Prof. Deepika Fernando, Dr T R Fernando, Dr Sahan T Guruge, Dr N R Hewageegana, Dr Ruvaiz Haniffa, Dr Lucian Jayasuriya, Dr Kapila Jayaratne, Dr Pradeepa Jayawardena, Prof. Saroj Jayasinghe, Dr Indika Karunathilake, Dr Chiranthi K Liyanage, Dr B J C Perera, Dr Priyanga Ranasinghe, Dr Shyamalee Samaranayake, Dr Sunil Seneviratne Epa, Dr Pramilla Senanayake, Dr Sumithra Tissera, Dr Gamini Walgampaya, Dr Deepal Wijesooriya.

### EX-OFFICIO COUNCIL MEMBERS

Dr Palitha Abeykoon (Immediate Past President), Dr Ruvaiz Haniffa (Out – going Secretary), Dr Anuruddha Abeygunasekera (Co-editor, CMJ), Prof Varuni de Silva (Co-editor, CMJ)

## 2. INDUCTION OF THE PRESIDENT

The Induction Ceremony of Prof. Jennifer Perera, the new President of Sri Lanka Medical Association for the year 2014, was held on 3<sup>rd</sup> January 2015, at HNB Towers, Colombo 10. The induction took place amidst a large and distinguished gathering which packed the hall to capacity.

The Presidential Address generated much interest among those present. The President highlighted the achievements of the Sri Lankan health sector and went on to emphasise the pressing need for reforms in the health sector specially with regard to improved primary care, patient and community engagement, health leadership and ethical partnerships with industry in providing better quality health for Sri Lanka. The presidential address was given wide publicity by both the electronic and print media.

The Ceremonial induction was followed by a reception and fellowship at the same venue.



*Dr Palitha Abeykoon inducting Prof Jennifer Perera as President SLMA 2015*



*Prof Jennifer Perera delivering the Presidential Address*

### 3. COUNCIL MEETINGS

There were 12 Council meetings held in 2015. The attendance of members at the Council meetings is given below:

Name	No.	Excuses	Name	No.	Excuses
Prof Jennifer Perera	12	(-)	Prof S D Dharmaratne	08	(2)
Dr Iyanthi Abeyewickreme	09	(3)	Dr Christo Fernando	10	(1)
Dr Palitha Abeykoon	08	(-)	Prof Deepika Feranndo	06	(4)
Dr Ranil Jayawardena	11	(1)	Dr T R Fernando	09	(2)
Dr Navoda Atapattu	08	(4)	Dr Sahan T Guruge	11	(1)
Dr Padma Gunaratne	09	(2)	Dr N R Hewageegana	05	(5)
Dr Lasantha Malavige	06	(1)	Dr Ruvaiz Haniffa	07	(3)
Dr Preethi Wijegoonewardene	08	(1)	Dr Lucian Jayasuriya	09	(2)
Dr Samantha de Silva	09	(3)	Dr Kapila Jayaratne	04	(3)
Dr Asiri Rodrigo	04	(4)	Dr Pradeepa Jayawardane	08	(2)
Dr Kalyani Guruge	09	(2)	Prof Saroj Jayasinghe	09	(-)
Dr Sudarshi Seneviratne	07	(5)	Dr Indika Karunathilake	09	(2)
Dr Shamini Prathapana	08	(2)	Dr Chiranthi K Liyanage	07	(3)
Dr Priyani Amaratunge	08	(2)	Dr B J C Perera	11	(1)
Prof Sharmini Gunawardena	09	(2)	Dr J B Peiris	08	(1)
Dr A M Abeygunasekera	06	(3)	Dr Priyanga Ranasinghe	10	(1)
Prof Varuni de Silva	04	(4)	Dr Shayamalee Samaranayake	08	(2)
Dr Dennis J Aloysius	09	(1)	Dr Sunil Seneviratne Epa	07	(5)
Dr S B Agampodi	02	(2)	Dr Pramilla Senanayake	08	(1)
Dr Sarath Gamini de Silva	10	(1)	Dr Sumithra Tissera	10	(-)
Prof Vajira HW Dissanayake	06	(6)	Dr Gamini Walgampaya	03	(2)
Dr Amaya Ellawala	08	(2)	Dr Deepal Wijesooriya	06	(2)

### 4. 128<sup>TH</sup> ANNIVERSARY SCIENTIFIC MEDICAL CONGRESS

The inauguration of the 128<sup>th</sup> Anniversary Scientific Medical Congress was held at Cinnamon Grand Hotel on 5<sup>th</sup> July 2015 and the Scientific Sessions were held at the Hotel Galadari from 6<sup>th</sup> July – 8<sup>th</sup> July. The Chief Guest was Chairman, University Grant Commission, Prof Mohan de Silva. The Guest of Honour was Dr Jacob Kumaresan, WHO Representative of Sri Lanka.

The theme of the Congress was “Connect, Communicate, Collaborate for improved Healthcare”. It brought together a number of key stakeholders and led to a very productive discussion. There were 8 pre-congress sessions and two post congress sessions which were “Workplace based Research and Writing”, “Perspectives of Values in Medicine”, “Complementary and alternative medicine: could we integrate for better care”, “Patient safety: collaborative multi-sector

workshop based on cases”, “Seminar on Managing Non cancer pains: key for better clinical practice”, “Past, Present and Future Challenges of Health and Nutrition of Estate/Plantation Community”, “Approach to Sleep Symptoms: Sleepy or Sleepless”, “Allergy- the unmet need”, “Peer learning and and “Managing the Obese patient: combining treatment modalities” . All were relatively well attended. Dr Padma Gunaratne chaired the congress committee and gave committed leadership.

The Main Scientific Sessions recorded a good attendance. There were 372 full registrants and 165 who registered for the day or for an event. In addition there were 99 guest speakers including 33 from overseas. From the large number of papers submitted, 78 were selected for oral presentation and 164 were displayed as posters. The detailed programme is given in **annex 1**.

During the Sessions four orations were delivered. The SLMA Oration, titled “Friendly fire – neurons under attack ! Studies from Sri Lanka” was delivered by Dr Thashi Chang, MBBS (Col), MD, MRCP (UK), FRCP (Lon), FCCP, Dphil (Oxon), Senior Lecturer and Specialist Neurologist, Department of Clinical Medicine, Faculty of Medicine, University of Colombo. The S. C. Paul Oration “Analysis of anaestheticadaptations and observations in Thoracoscopic and Laparoscopic surgeries” was delivered by Dr Vasanthi Pinto, MD, FCARCSI, FRCA Head of the Department & Senior Lecturer in Anaesthesiology, Faculty of Medicine, University of Peradeniya. The Prof N D W Lionel Memorial Oration titled “A lifetime of research in pulmonology” by Dr B J C Perera MBBS (Cey), DCH (Cey), DCH (Eng), MD (Paed), FRCP (Edin), FRCP (Lond), FRCPC (UK), FSLCPaed, FCCP, FCGP (SL), Consultant Paediatrician and Dr S Ramachandran memorial oration titled “Epidemiology of migration and mental health in Sri Lanka: local insight for a global impact” by Dr Chesmal Siriwardhana MD, MSc, PhD Senior Lecturer in Public Health, Anglia Ruskin University, UK



Audience

Section of the invitees









SLMA Banquet

## 5. SLMA ORATIONS AND AWARDS

### ORATIONS

All SLMA Orations was advertised, excluding the E M Wijerama Endowment Lecture, Dr S Ramachandran Memorial Oration and Professor NDW Lionel Memorial Oration. The E M Wijerama Endowment Lecture was awarded to a person who has contributed to the SLMA and the topic of the oration was decided by the Orator. The decisions regarding the E M Wijerama Lecture are made by the honours committee. The Dr S Ramachandran Memorial Oration and the Prof. NDW Lionel Memorial Oration were awarded by Council decision. Other Orations were selected by a panel of appropriate experts who constituted the Orations Committee. The following orations were awarded and delivered in 2015.

#### THE SLMA ORATION

**Sunday 5<sup>th</sup> July 2015**

"Friendly fire – neurons under attack! Studies from Sri Lanka"

Dr Thashi Chang, *MBBS (Col), MD, MRCP (UK), FRCP (Lon), FCCP, Dphil (Oxon), Senior Lecturer and Specialist Neurologist, Department of Clinical Medicine, Faculty of Medicine, University of Colombo*

#### PROFESSOR N D W LIONEL MEMORIAL ORATION

**Monday 6<sup>th</sup> July 2015**

"A lifetime of research in pulmonology"

Dr B J C Perera *MBBS (Cey), DCH (Cey), DCH (Eng), MD (Paed), FRCP (Edin), FRCP (Lond), FRCPCH (UK), FSLCPaed, FCCP, FCGP (SL), Consultant Paediatrician*

**S C PAUL ORATION**  
**Tuesday 7<sup>th</sup> July 2015**

"Analysis of anaesthetic adaptations and observations in Thoracoscopic and Laparoscopic surgeries"  
Dr Vasanthi Pinto, MD, FCARCSI, FRCA Head of the Department & Senior Lecturer in Anaesthesiology, Faculty of Medicine, University of Peradeniya.

**DR S RAMACHANDRAN MEMORIAL ORATION**  
**Friday 8<sup>th</sup> July 2015**

"Epidemiology of migration and mental health in Sri Lanka: local insight for a global impact"  
Dr Chesmal Siriwardhana MD, MSc, PhD  
Senior Lecturer in Public Health, Anglia Ruskin University, UK

**E M WIJERAMA ENDOWMENT LECTURE**  
**Wednesday 28<sup>th</sup> October 2015**

Emotional and spiritual intelligence and its relevance to medicine  
Dr. Sunil Seneviratne Epa MD, MRCP (UK), FRCP (London), FCCP  
Consultant Physician

**SIR MARCUS FERNANDO ORATION**  
**Thursday 29<sup>th</sup> October 2015**

"Laparoscopic Cholecystectomy – Simple yet complicated"  
Dr Chandika Liyanage MBBS, MPhil (ANU), MS (C'bo), MRCS (Eng)  
Senior Lecturer (Grade II), Department of Surgery, Faculty of Medicine, University of Kelaniya, Ragama

**SIR NICHOLAS ATTYGALLE ORATION**  
**Friday 20<sup>th</sup> November 2015**

None qualified. Therefore the following symposium was held in his memory

**"COMMON MEDICAL DISORDERS IN PREGNANCY"**

Chairpersons: Professor Harshalal Seneviratne, Emeritus Professor of Obstetrics and Gynaecology  
Dr. J. B. Peiris, Consultant Neurologist, Past President SLMA

**Opening ceremony/ Introductory lecture by President SLMA on Sri Nicholas Attygalle**

**"Thyroid disease management in pregnancy"**

Dr. Pradeep De Silva, MBBS, MS, FRCOG (UK)  
Consultant Obstetrician and Gynaecologist, Colombo North Teaching Hospital

**"Diabetes in pregnancy"**

Dr. Dhammika Silva, MD, MS, MRCOG (UK)  
Senior Lecturer in Obstetrics and Gynaecology, Sri Jayawardenepura University, Sri Lanka

**"Heart disease in pregnancy: how can we improve maternal outcome?"**

Dr. (Mrs) TRN Fernando, MBBS, MS, MRCOG (UK)  
Senior Lecturer in Obstetrics and Gynaecology, Rajarata University, Sri Lanka

**MURUGESAR SINNETAMBY ORATION**  
**Thursday, 3 December 2015**

None qualified. Therefore the following symposium was held in his memory

**GENETICS, FETAL MEDICINE, AND ASSISTED REPRODUCTIVE TECHNOLOGIES**

**Welcome Address and Address on the Life of Dr. Murugesar Sinnnetamby**

Prof. Jennifer Perera, President, SLMA

**Genetics of Disorders of Sexual Development**

Dr. Nirmala Sirisena MBBS, MSc  
Senior Lecturer and Clinical Geneticist, Human Genetics Unit, Faculty of Medicine, University of Colombo

**Genetics of Subfertility and Recurrent Pregnancy Loss**

Prof. Vajira H. W. Dissanayake MBBS, PhD, FNASSL  
Director, Human Genetics Unit, Faculty of Medicine, University of Colombo

### **Prenatal Testing**

Dr. Tiran Dias MBBS, MD, MRCOG, MD, Advanced Diploma in Fetal Medicine (UK)  
Consultant Obstetrician and Gynaecologist and Fetal Medicine Specialist, Department of Obstetrics and Gynaecology, University of Kelaniya

### **Assisted Reproductive Technologies**

Dr. Thilina Paliyawadana MBBS, MRCOG, MSc in Clin Embryo, MPhil Embryologist  
Department of Obstetrics and Gynaecology, University of Kelaniya



Dr Thashi Chang Orator, SLMA Oration being congratulated by the President



Awarding the medal to the S C Paul Orator, Dr Vasanthi Pinto



Dr B J C Perera delivering NDW Lionel Memorial Oration



Dr Chesmal Siriwardene delivering Dr S Ramachandran Oration

### **E M Wijerama Prize**

**A randomized control study of audio versus visual distraction to reduce patient discomfort during colonoscopy**

De Silva AP<sup>1</sup>, Nandamuni Y<sup>1</sup>, Rajapakshe NN<sup>1</sup>, Nanayakkara S<sup>1</sup>, Perera KR<sup>2</sup>, Kodisinghe SK<sup>2</sup>, Subasinghe SKC<sup>2</sup>, Niriella M. A<sup>1</sup>, Dassanayake AS<sup>1</sup>, Pathmeswaran A<sup>1</sup>, De Silva HJ<sup>1</sup>

<sup>1</sup>Faculty of Medicine, University of Kelaniya, Ragama, Sri Lanka

<sup>2</sup>University Medical Unit, Colombo North Teaching Hospital, Ragama, Sri Lanka

### **S E Seneviratna Prize**

**Bullying in schools among early adolescents in Galenbindunuweva educational zone: prevalence, types, common responses and effectiveness of a health promotion intervention**

Jayasinghe VPKK<sup>1</sup>, Perera KMN<sup>2</sup>, Guruge GND<sup>1</sup>

<sup>1</sup>Health Promotion Division, Biological Department, Faculty of Applied Sciences, Rajarata University of Sri Lanka

<sup>2</sup>Department of Public Health, Faculty of Medicine, University of Kelaniya

#### H K T Fernando Prize

**An investigation of food borne outbreak among army soldiers in four military establishments in North Central Province**

Kothalawala M<sup>1</sup>, Subasinghe SMA<sup>2</sup>, Hewavitharana SP<sup>3</sup>, Kannangara KMM<sup>4</sup>, Pathirage MVSC<sup>5</sup>

<sup>1</sup>Teaching Hospital Kandy, Sri Lanka

<sup>2</sup>District General Hospital Polonnaruwa, Sri Lanka

<sup>3</sup>MOH Hinguragoda, Sri Lanka

<sup>4</sup>Military Hospital, Sri Lanka

<sup>5</sup>Medical Research Institute, Sri Lanka

#### Sir Nicholas Attygalle Prize

**Effectiveness of a lifestyle modification programme in reducing cardiometabolic risk markers in urban Sri Lankan women with pre-diabetes**

Waidyatilaka PHIU<sup>1</sup>, de Silva A<sup>2</sup>, Lanerolle P<sup>1</sup>, Wickremasinghe R<sup>3</sup>, Atukorala S<sup>1</sup>

<sup>1</sup>Department of Biochemistry and Molecular Biology, Faculty of Medicine, University of Colombo, Sri Lanka

<sup>2</sup>Department of Physiology, Faculty of Medicine, University of Colombo, Sri Lanka

<sup>3</sup>Department of Public Health, Faculty of Medicine, University of Kelaniya, Ragama, Sri Lanka,

#### Wilson Peiris Prize

**Randomised, single blind clinical trial on intramuscular long acting ACTH versus oral prednisolone for long term control of epileptic spasms**

Wanigasinghe J<sup>1</sup>, Arambepola C<sup>1</sup>, Sri Ranganathan S<sup>1</sup>, Sumanasena S<sup>1</sup>, Mohumdirum E<sup>1</sup>, Attanapola G<sup>1</sup>

<sup>1</sup>University of Colombo

#### Daphne Attygalle Prize for the best paper in Cancer

**Development of modified mismatch PCR-RFLP to screen mutations in codon 12 and 13 of K-ras gene of colorectal (CRC) patients in Sri Lanka**

Dhilhani MFF<sup>1</sup>, De Zoysa MIM<sup>2</sup>, Chandrasekharam NV<sup>1</sup>, Gunawardene YINS<sup>4</sup>, Lokuhetti MDS<sup>3</sup>, Dassanayake RS<sup>1</sup>

<sup>1</sup>Department of Chemistry, Faculty of Science, University of Colombo, Sri Lanka

<sup>2</sup>Department of Surgery, Faculty of Medicine, University of Colombo, Sri Lanka

<sup>3</sup>Department of Pathology, Faculty of Medicine, University of Colombo, Sri Lanka

<sup>4</sup>Molecular Medicine Unit, Faculty of Medicine, University of Kelaniya, Ragama, Sri Lanka

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

None qualify

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

**A diagnostic model for Leptospirosis for use in resource limited settings**

Rajapakse S<sup>1</sup>, Weeratunga PN<sup>1</sup>, Rodrigo C<sup>1</sup>, Sriharan S<sup>1</sup>, Niloofa MJR<sup>2</sup>, Fernando N<sup>2</sup>, de Silva HJ<sup>3</sup>, Karunanayake L<sup>4</sup>, Premawansa S<sup>5</sup>, Handunnetti S<sup>2</sup>

<sup>1</sup>Tropical Medicine Research Unit, Department of Clinical Medicine, Faculty of Medicine, University of Colombo, Sri Lanka.

<sup>2</sup>Institute of Biochemistry, Molecular Biology and Biotechnology, University of Colombo, Sri Lanka.

<sup>3</sup>Department of Medicine, Faculty of Medicine, University of Kelaniya, Ragama, Sri Lanka.

<sup>4</sup>Department of Bacteriology, Medical Research Institute, Colombo, Sri Lanka.

<sup>5</sup>Department of Zoology, University of Colombo, Sri Lanka.

#### Special Prize in Cardiology

**The immediate outcome of intravenous Enoxaparin followed by subcutaneous Enoxaparin versus only subcutaneous Enoxaparin as adjunctive therapy for fibrinolysis in ST-elevated myocardial infarction in patients admitted to emergency treatment unit at teaching hospital Batticaloa**

Arulnithy K<sup>1</sup>, Hewarathna UI<sup>2</sup>, Narayanapillai S<sup>1</sup>, Santhavani T S<sup>1</sup>, Sivapramyan A<sup>1</sup>, Ladahumanan D<sup>1</sup>

<sup>1</sup>Department of cardiology, Teaching Hospital, Batticaloa

<sup>2</sup>Department of cardiology, Teaching Hospital, Kandy



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

**Urine micro albumin/creatinine ratio in wistar rats given unboiled and boiled water collected from dug wells in high disease prevalent areas for CKDU in North Central Province (NCP) and water from low disease prevalent Huruluwewa area in NCP**

Thammitiyagodage MG<sup>1</sup>, Gunatillake MM<sup>1</sup>, Karunakaran R<sup>1</sup>, Kumara WGSS<sup>1</sup>, Galhena BP<sup>2</sup>, Thabrew MI<sup>3</sup>

<sup>1</sup>*Medical Research Institute, Sri Lanka*

<sup>2</sup>*Department of Biochemistry and Clinical Chemistry, Faculty of Medicine, Kelaniya, Sri Lanka*

<sup>3</sup>*Institute of Biochemistry, Molecular Biology and Biotechnology, University of Colombo, Sri Lanka*

#### **SLMA prize for the best poster**

**Impact of a ward-based clinical pharmacy service in reducing drug-related hospital re-admissions in patients with chronic non-communicable diseases: evidence from a controlled trial in Sri Lanka**

Shanika LGT<sup>1</sup>, Wijekoon N<sup>2</sup>, Jayamanne S<sup>1,2</sup>, Coombes J<sup>1</sup>, Mamunuwa N<sup>1</sup>, Dawson A<sup>1</sup>, De Silva HA<sup>2</sup>

<sup>1</sup>*South Asian Clinical Toxicology Research Collaboration*

<sup>2</sup>*Faculty of Medicine, University of Kelaniya*

#### **CNAPT Award**

**“A quantitative exploration of the sociocultural context of teenage pregnancy in Sri Lanka”**

Dr N R Hewageegana

#### **SLMA Research Grant 2015**

**“Temporal trends in morbidity among older patients hospitalized to public inpatient facilities in Sri Lanka”**

Dr P V D S Dharmagunawardena, Education, Research and Training Unit, Ministry of Health

#### **G R Handy Award for the best paper in Cardiology published in the year 2015**

**“Testosterone and high- sensitive C-reactive protein in coronary artery disease patients awaiting coronary artery bypass graft”**

Dr Chandima Wickramatilake, Faculty of Medicine, University Ruhuna

#### **Glaxo Wellcome Research Award for the year 2015**

**“Estimation of salt intake and its association with blood pressure among adults”**

Dr Chandima Wickramatilake, Faculty of Medicine, University Ruhuna

#### **Dr. Thistle Jayawardena Research Grant for Intensive Care 2015**

**“Noise level variations in intensive care units in the Colombo group of hospitals”**

Dr. Maheeka Nirmalee Rajamuni, National Hospital of Sri Lanka

#### **Prof. Wilfred S E Perera Travel Award in Bioethics 2015**

***IRB Audit of Herbal Study Protocols* has been accepted for an oral presentation during the next FERCAP International Conference to be held in Nagasaki University, Japan on November 22-24, 2015.**

Dr. Chandanie Wanigatunge, Faculty of Medical Sciences, University of Sri Jayawardenepura

#### **FAIRMED Foundation Award 2015**

Not Awarded

## 6. MONTHLY CLINICAL MEETINGS

The SLMA held a total of 11 monthly clinical meetings this year on every 3<sup>rd</sup> Tuesday of the month. We are grateful to Dr Sudarshi Seneviratne, Assistant Secretary who organized this programme.

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 programme is given in the Annex 2.

The monthly clinical meeting is a continuing professional development (CPD) activity targeted mainly at registrars in training. The CPD committee and the Council have approved their recognition for award of CDP points under the category designated "Teaching Activities".

## 7. REGIONAL MEETINGS

Ten meetings were held with clinical societies and medical associations in outstations in 2015. These meetings were well attended by the regional members. Dr Sharmini Prathapan with Dr Asiri Rodrigo organized the regional meetings with much diligence. The participation from the SLMA however needs to be improved. The academic programmes of these meetings are given in **Annex 3**. These meetings were meticulously organized by the Assistant Secretary Dr Shamini Prathapan with her team. The Ministry of Health provide transport for these regional meetings.

### **Joint Clinical Meeting with the Chilaw Clinical Society**

*25<sup>th</sup> January 2015 at the Chilaw Rest House, Chilaw*

### **Joint Clinical Meeting with the Homagama Clinical Society**

*16<sup>th</sup> February 2015 at the Auditorium, Base Hospital, Homagama*

### **Joint Clinical Meeting with the Hill Country Clinical Society**

*9<sup>th</sup> March 2015 at the Auditorium – District General Hospital, Nuwara Eliya*

### **Joint Regional Meeting with Kurunegala Clinical Society**

*18<sup>th</sup> March 2015 at the Auditorium, General Hospital, Kurunegala*

### **Joint Academic Session with Ruhunu Clinical Society**

*20<sup>th</sup> May 2015 at the Auditorium, General Hospital, Matara*

### **Joint Academic Session with Sri Jayawardenepura Clinical Society**

*27<sup>th</sup> June 2015 at Auditorium, Sri Jayawardenepura General Hospital*

### **Joint Academic Session with Ratnapura Clinical Society**

*26<sup>th</sup> August 2015 at Auditorium, Ratnapura General Hospital*

### **Joint Clinical Meeting with the Vavuniya Medical Association**

*23<sup>rd</sup> September 2015 at the Eye Auditorium, Vavuniya General Hospital*

### **Joint Clinical Meeting with the Puttalam Clinical Society**

*21<sup>st</sup> October 2015 at the Auditorium, Puttalam Base Hospital (PBH)*

### **Joint Academic Session with Avissawella Clinical Society**

*27<sup>th</sup> November 2015 at the Auditorium, BOI Centre, Industrial Park, Avissawella*

## 8. SLMA FOUNDATION SESSIONS

The Foundation Sessions 2015 of the SLMA was jointly organised together with the Anuradhapura Clinical Society and took place from 28<sup>th</sup> – 30<sup>th</sup> October 2015 in the Professorial Unit Auditorium, Teaching Hospital, Anuradhapura. The Sri Lanka medical doctors and Dentists Association of United Kingdom were collaborators in the Foundation sessions and they provided expertise as speakers in many pre congress and scientific sessions. The Sessions were a great success with enthusiastic participation by doctors from all parts of the island.

The Sessions were ceremoniously inaugurated on the 28<sup>th</sup> October at the Professorial Unit Auditorium, Teaching Hospital, Anuradhapura. Dr Palitha Abeykoon, Immediate Past President of the SLMA graced the occasion as Chief Guest and the

Guest of Honour was Dr Niranjala meegodawithanage, the past President of the Anuradhapura Clinical Society. The Academic programme was wide and varied, and included the E M Wijerama Endowment Lecture “Emotional and spiritual intelligence and its relevance to medicine” which was delivered by Dr. Sunil Seneviratne Epa MD, MRCP (UK), FRCP (London), FCCP, Consultant Physician.

SLMA awards and the media awards were presented during the ceremonial inauguration. The detailed programme of the Foundation Sessions is given in **Annex 4**.



Awarding the medal to the E M Wijerama Endowment Lecturer,  
Dr Sunil Seneviratne Epa



Lighting of the oil lamp



Participants



Awarding the medal to the Sir Marcus Fernando Orator,  
Dr Chandika Gamage

## 9. GUEST LECTURES

Several Guest lectures were held during the year 2015.

### Guest Lecture

#### “Keeping our Humanity in an age of Technological Medicine”

*Prof John Wyatte, BSc, MBBS (Lond), MRCP (UK), DCH (Lond), FRCP (Lond), FRCPCH  
Emeritus Professor of Neonatal Paediatrics, UCL, Previously Professor of Neonatal Paediatrics, Ethics & Perinatology and  
Consultant Neonatologist, Institute for Women's Health, University College London Medical School  
18<sup>th</sup> February, 2015 from 12.00 noon – 1.30 p.m. at the New Lecture Hall, Faculty of Medicine, University of Colombo*

### Guest Lecture

#### “Implementation of next generation sequencing in Clinical Medicine”

*Dr Michael Paumen Ph.D Senior Director, Medical Sciences, Asia Pacific & Japan Thermo Fisher Scientific life Sciences  
Solutions Group*

*And*

#### “Metagenomics – Increasing the speed and accuracy of diagnosing infectious diseases with NGS”

*Dr Anupama Gaur Ph.D Business Development lead – NGS and Clinical Applications, Thermo Fisher Scientific – Life  
Science Solutions (Life Technologies)*

*19<sup>th</sup> February, 2015 from 12.15 p.m. – 1.15 p.m. at the New Lecture Hall, Faculty of Medicine, University of Colombo*



## **History of Medicine Lecture 2015**

### **“The evolution of Mental Health in Sri Lanka: from providing care for people with lunacy to Promotion of Mental Health”**

*Prof Nalaka Mendis, FRCPsych Emeritus Professor of Psychiatry, University of Colombo*

26<sup>th</sup> February, 2015 from 6.30 p.m.at the Faculty Board Room, Faculty of Medicine, University of Colombo

## **Therapeutic Update on “Medicines in Depression”**

*Dr Padma Gunaratne*

*Consultant Neurologist, National Hospital of Sri Lanka, Colombo*

27<sup>th</sup> February, 2015 from 12.00 noon – 1.00 p.m.at the Auditorium of the Department of Clinical Medicine, National Hospital of Sri Lanka, Colombo

*Organised by the Medicinal Drugs Committee of SLMA*

## **Guest Lecture**

### **“Writing and publishing journal articles: ways to decrease stress and increase success”**

*Dr Babara Gastel BA (Yale), MD, MPH (John Hopkins), Professor of Integrative biosciences, Humanities in Medicine and Biotechnology at Texas A & M University*

18<sup>th</sup> March, 2015 from 12.00 noon – 1.00 p.m.at the Faculty Board Room, Faculty of Medicine, University of Colombo

## **Guest Lecture**

### **“Intimate partner violence in Sri Lanka: the transnational experience & global context” A Scoping Review**

*Dr Vathsala Jayasuriya, Consultant Community Physician, Co-Principal Investigator, Strengthening the health sector response to IPV, Ryerson University, Toronto*

18<sup>th</sup> March, 2015 from 12.00 noon – 1.00 p.m.at the Faculty Board Room, Faculty of Medicine, University of Colombo

## **Therapeutic Update on “Medicines in Depression”**

*Professor Raveen Hanwell, Head of the Department, Professor in Psychiatry, Department of Psychiatry, Faculty of Medicine, Colombo*

26<sup>th</sup> March, 2015 from 12.00 noon – 1.00 p.m.at the Lionel Memorial Auditorium, SLMA

*Organised by the Medicinal Drugs Committee of SLMA*

## **Therapeutic Update on “Medicines in Childhood Epilepsy”**

*Dr Jithangi Wanigasinghe, Senior Lecturer / Paediatrics, Faculty of Medicine, Colombo*

5<sup>th</sup> June, 2015 from 12.00 noon – 1.00 p.m.at the Lionel Memorial Auditorium, SLMA

*Organised by the Medicinal Drugs Committee of SLMA*

## **Therapeutic Update on “Medicines in Chronic Obstructive Pulmonary Disease (COPD)”**

*Dr Kirithi Gunasekera, Consultant Respiratory Physician, Central Chest Clinic/ National Hospital of Sri Lanka, Colombo*

7<sup>th</sup> August, 2015 from 12.00 noon to 1.00 p.m.at the Lionel Memorial Auditorium, SLMA

*Organised by the Medicinal Drugs Committee of SLMA*

## **Therapeutic Update on “Medicines in Endocrine Disorders of Children”**

*Dr Navoda Atapattu MBBBS, MD, DCH, MRCPCH*

*Consultant Paediatric Endocrinologist, Lady Ridgeway Hospital for Children, Colombo*

25<sup>th</sup> September, 2015 from 12.00 noon – 1.00 p.m.at the Lionel Memorial Auditorium, SLMA

*Organised by the Medicinal Drugs Committee of SLMA*

## **Guest Lecture**

### **“The role of exercise in weight management with a focus on appetite regulation”**

#### **A practical based presentation**

*Professor Neil King, PhD (UK), Professor, School of Exercise and Nutrition Sciences and Director, Research Training Faculty of Health, Queensland University of Technology Brisbane Australia*

21<sup>st</sup> October 2015 from 12.15 – 1.15 p.m.at the Lionel Memorial Auditorium, SLMA

## **Desmond Fernando Lecture 2015**

### **“The life and times of Dr. Desmond Fernando”**

*Dr Dennis J Aloysius, MBBS (Ceylon), FCGP (SL), FSLCPaed. FCCP (Hon.)*

*Senior General Practitioner*

16<sup>th</sup> November, 2015 from 6.30 p.m.at the Lionel Memorial Auditorium, SLMA

## **Guest Lecture**

### **“Nutrition, Frailty and Prevention of Disabilities with Aging”**

*Dr. Matteo Cesari MD, PhD*

*Consultant Geriatrician, University of Toulouse, France*

19<sup>th</sup> November 2015 from 12.30 p.m.at the Lionel Memorial Auditorium, SLMA

## **10. SEMINARS AND WORKSHOPS**

SLMA organized several seminars and workshops during the year 2015. **The detailed programmes are given in Annex 5.**

### **WORKSHOP ON “EQUALITY FOR WOMEN IS PROGRESS FOR ALL”**

3<sup>rd</sup> of March 2015 at 12.00 noon at the New Auditorium, Lady Ridgeway Hospital

### **SYMPOSIUM ON “MOVING TOWARDS FILARIASIS FREE SRI LANKA”**

19<sup>th</sup> of March 2015 at 11.30 at the Lionel Memorial Auditorium

### **SYMPOSIUM ON “WORLD HEALTH DAY-2015 & RELATED ACTIVITIES OF THE WHO”**

30<sup>th</sup> April 2015, at 8.30 a.m. at the New Building Lecture Hall, Faculty of Medicine, Colombo

### **YOUNG HEALTH PROFESSIONALS LEADERSHIP PROGRAMME 2015**

18<sup>th</sup> June 2015, at 11.30 am at the Lionel Memorial Auditorium

### **SYMPOSIUM ON “3D VIEW OF DENGUE: DIVERSITY, DEVELOPMENTS AND DETERMINATION TO CONTROL”**

9<sup>th</sup>-11<sup>th</sup> June 2015 at Global Towers on Marine Drive, Colombo 06

### **CLINICAL NUTRITION MEETING 2015**

20<sup>th</sup> September 2015 at 8.30 am at the Upper Crystal, Taj Samudra, Colombo

### **SYMPOSIUM ON “PRICING OF MEDICINAL DRUGS”**

22<sup>nd</sup> September 2015 at 9.00 am at the Lionel Memorial Auditorium

### **SYMPOSIUM ON “CONTROL OF RABIES IN SRI LANKA -THE WAY FORWARD”**

30<sup>th</sup> September 2015 at 11.30 am at the Lionel Memorial Auditorium

### **CAREER GUIDANCE SEMINAR**

4<sup>th</sup> October 2015, at 8.30 am at the Lionel Memorial Auditorium

### **WORKSHOP ON “GCP WORKSHOP”**

8<sup>th</sup> and 9<sup>th</sup> October 2015, at 8.30 am at the Lionel Memorial Auditorium

### **SYMPOSIUM ON “LEISHMANIASIS: ARE WE READY TO COMBAT?”**

12<sup>th</sup> November 2015, at 11.30 am at the Lionel Memorial Auditorium

### **SEMINAR ON “WORLD OBESITY DAY”**

11<sup>th</sup> October 2015, at 8.30 am at the Lionel Memorial Auditorium

### **SYMPOSIUM ON “NEXT GENERATION SEQUENCING: A BOON TO INFECTIOUS DISEASES”**

11<sup>th</sup> December 2015, at 11.30 am at the Lionel Memorial Auditorium

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

### SLMA BASL CRICKET ENCOUNTER 5<sup>TH</sup> DECEMBER 2015

Established in 2011, DCSL is a cricket club affiliated to SLMA. DCSL is a club registered under Sri Lanka Cricket. The Cricket season for 2015 started in April. DCSL emerged victorious in four out of a total of six matches played. The highlight of the year was the 7<sup>th</sup> annual cricket encounter between Sri Lanka Doctors Cricket team and the Sri Lanka Lawyers Cricket team held at P. Sara international cricket stadium on 5<sup>th</sup> December 2015. The Lawyers team bounced back to win by 15 runs to regain the BASL-SLMA Trophy. The SLMA team was captained by Dr. Rusiru Jayathilaka with Dr. Indika Karunathilake as the team manager.

Summary of the matches played by DCSL is as follows:

First match played against Faculty of Medicine, Colombo-Won by SLMA team

Second match played against Faculty of Medicine, Colombo-Won by SLMA team

Vs Negambo cc -Won by SLMA team

Vs. Rahula College, Matara-Won by Rahula College

Vs. Colombo South Teaching Hospital-Won by SLMA

Vs. Sri Lanka Lawyers-Won by the Lawyers Team

The annual Inter College softball Six-A-side Cricket Tournament organized by SLMA was held on 25<sup>th</sup> October 2015 at Health Department Grounds at Castle Street. Several team representing colleges and associations participated in the tournament. SLMA team qualified for the quarter finals. The team representing Sri Lanka Dental Association emerged as winners of the tournament.



### SLMA DOCTORS SIX A SIDE CRICKET ENCOUNTER

Sri Lanka Medical Association is the apex body of the medical profession in Sri Lanka with a vision of serving the nation serving the profession. SLMA is organizing various events over the year with a busy calendar of events. Most of these activities are intended towards the continuous professional development. To take a break from the busy year calendar, SLMA organized the doctors six a side soft ball cricket encounter which held on 25<sup>th</sup> October 2015 at the Colombo University grounds for the 3<sup>rd</sup> consecutive year.

The main purpose of this event was to promote an active life style among medical professionals. This was also intended to build up qualities like team building, team work, as well as acceptance of the glory of the victory as well as the losses in the life. And of course this was a great opportunity for medical professionals to get rid of the busy ward and clinic work and to relax their minds during the day. It was noticeable that the team mates were sharing their responsibilities forgetting the seniority in the profession.

The interest of the doctors to participate the event was quite high and the organizers had to limit the number of teams accepted to twelve for smoother running of the event despite the popular demand. There were 12 teams which included doctors from various disciplines and different grades. The first round of the event held as league matches under four leagues. The quarter and semifinals were held in the knockout order and finalists were the best teams left.

The finalists of the tournament were SLDA team and Kandy Lions. The final match was a great time to see the cricketing skills of the doctors and after struggling awhile SLDA team became the champions of the tournament. The next spectacular thing was that all the award winners which included, man of the match, man of the series, best bowler, best batsman all were from these two teams of great players.



The organizers would like to thank all the doctors who participated the event, the institutional heads who supported them in participating, and all the others who supported in numerous ways in making this event a success.

Man of the series: Dr Dinesh Kumara, SLDA

Man of the match (final): Dr Dinesh Kumara, SLDA

Best Bowler: Dr A A E Nuwan Madushanka, Hill Country Lions

Best Batsman: Dr Namal Bandara Jayalath, Hill Country Lions



## 12. REPORTS OF SLMA COMMITTEES

### COMMUNICABLE DISEASES

**Chairperson**  
**Convenor**

Dr. Ranjith Perera  
Dr. Hasini Banneheke

#### Members

Prof. Jennifer Perera  
Dr. Dennis Aloysius  
Dr. N.P.S.Gunaratna  
Prof. N.K.Gunawardana  
Dr. Dr. Deepa Gamage  
Dr. Lakmini Wijesooriya  
Dr. Janaka Wickreemasinghe  
Dr. Shalindra Ranasinghe  
Dr. Lucian Jayasuriya

Dr. Ananda Wijewickrama  
Dr. Dushyanthi Athukorala  
Dr. Kalyani Guruge  
Dr. Anoma Siribaddana  
Dr. Samitha Ginige  
Dr. Rohini Wadanambi  
Dr. Sunil de Alwis  
Dr.Thushari Dissnayake

Dr. Neelamanie Punchihewa  
Dr. Maxie Fernandopulle  
Dr. Chandra Sarukkali  
Dr. Risintha Premarathna  
Dr. Janani Kottahachchi  
Dr. Manel Fernando  
Dr. Iyanthi Abeywickrama  
Dr.Yamuna Siriwardene

#### New members joined in 2015

Dr. Thushari Dissanayake

Dr. Shalindra Ranasinghe

Dr. Yamuna Siriwardene

**Report presented by** Dr. Ranjith Perera & Dr. Hasini Banneheke

#### General Objective 1

**Enhance the capacity as the apex professional and scientific organization of all categories of medical doctors as defined in the constitution of the SLMA.**

##### Specific objective1.1

Re-define our role among colleges and form a consensus group with Colleges and other healthcare related associations and societies

##### Specific objective1.2

Take appropriate measures to enhance the corporate image of the SLMA  
Will work according to the guidelines given by the Council

##### Specific objective1.3

Develop strategies to attract more doctors to join the SLMA  
Not applicable

#### Specific objective 1.4

Develop a mechanism to respond rapidly to important current issues

Expert Committee on Communicable Diseases organized symposia to educate doctors and general public on important current issues.

#### Specific objective 1.5

Network with outstation clinical societies and associations to strengthen academic and professional links

Action will be taken in 2016

### **General Objective 2**

**Play an advocacy role towards comprehensive curative and preventive health services for the people of Sri Lanka**

#### Specific objective 2.1

Further strengthen our links with the Ministry of Health

All important issues on communicable diseases will be discussed with the Ministry of Health and the relevant officials from the Ministry of Health will be invited for all symposia organized by the Committee.

Recommendations have been given for antimicrobial resistance in 2015 to DGHS.

#### Specific objective 2.2

Develop a review mechanism for monitoring and evaluation of the performance SLMA Committees ever six months

Not applicable

#### Specific objective 2.3

Make optimal use of the media to address curative and preventive healthcare services delivery to the people

A member of the committee (Dr.Hasini Banneheke/secretary) writes health education articles to a news paper on weekly basis

### **General Objective 3**

**Promote professionalism, good medical practice and ethical conduct among doctors.**

#### Specific objective 3.1

Enhance opportunities for Continuous Professional Development and to include professionalism and ethics as a substantive part of Continuous Professional Development

As mentioned earlier, symposia on important current issues were held in this year which could be considered as a part of continuous professional development programme. The committee hopes to organize more symposia and lectures of this nature in 2016.

#### Specific objective 3.2

Develop mechanisms to increase ethical funding of SLMA activities

This specific objective will be taken into consideration when activities are organized. We have secured funds regularly on our own for all symposia held in year 2015.

### **General Objective 4**

**Disseminate state-of the art knowledge, clinical practice, technology and emerging concepts in medical sciences among medical professionals.**

#### Specific objective 4.1

Develop a news-sheet with up-to-date developments in medicine and allied health sciences to public and private sector healthcare institutions and societies

Summary of presentations and recommendations of all symposia held has been published in the SLMA Newsletter.

#### Specific objective 4.2

Make available in-depth information of the summaries in the news-sheet electronically through the SLMA website and other useful web-links

This specific objective has already been followed by this committee.

#### Specific objective 4.3

Collaborate with Colleges in the above activities

All our symposia had indirect collaborations with guest speakers from different disciplines. Certain symposia were organized through colleges or specific institutions. Almost all symposia were 'one health' type.

#### Specific objective 4.4

Transmit the proceedings of scientific sessions of the SLMA on CD to public and private sector healthcare institutions and societies, especially in the outstations

Not applicable

#### Specific objective 4.5

Influence policy makers to contribute to the dissemination of health information through allocation of resources

We have got financial and human resources from WHO country office in Sri Lanka and Ministry of health for some of our symposia organized.

#### **General Objective 5**

**Provide opportunities for continuous professional development with particular emphasis on the National CPD programme.**

##### Specific Objective 5.1

Establish a National Centre for Continuous Professional Development CPD in Medicine (NCCPDIM)

Not applicable

##### Specific objective 5.2

Award a Continuous Development Certificate based on a common point scheme acceptable to both specialist and non specialist doctors

Not applicable

##### Specific Objective 5.3

Motivate doctors to participate in the National CPD Programme

Not applicable

#### **General Objective 6**

**Encourage ethical medical research.**

##### Specific objective 6.1

Cultivate a research culture among medical doctors especially those in the outstations

Not applicable

##### Specific objective 6.2

Attract more funds to the SLMA research fund

Not applicable

#### **General Objective 7**

**Educate the public on health-related issues.**

##### Specific objective 7.1

Empower President, Secretary and Media Committee of the SLMA to respond quickly with the appropriate experts to health issues that emerge, pending covering approval of the council.

Not applicable

##### Specific objective 7.2

SLMA to participate in short TV and radio programmes

Members of the Expert Committee on Communicable Diseases Committee would participate in media programmes on relevant topics in future. Such instances did not occur in 2015.

##### Specific objective 7.3

SLMA to identify banks of experts on different subjects whom the SLMA Media Committee can draw on

The Expert Committee on Communicable Diseases Committee would provide necessary information regarding this matter.

#### **General Objective 8**

**Enhance closer professional and scientific links between medical doctors and professionals allied to health care.**

##### Specific Objective 8.1

Encourage professional development of professionals allied to health care.

In all or most of our activities we have provided other health allied professionals to contribute or gain knowledge.

More such activities will be organized in 2016 to achieve this specific objective.

##### Specific objective 8.2

Interact with professionals allied to health care on issues related to health

The committee organized a symposium on "Food safety" to mark the World Health Day 2015 with the participation of other professionals. In addition, this committee interact with Sri Lanka Veterinary Association on relevant issues such as Antimicrobial Resistance and control of rabies

#### **Any other comments on activities of your committee**

A symposium on STI and HIV has been organized. Another symposium on laboratory associated infections and risks to health care workers has been proposed as a future activity. Other symposia will be organized on current and future problems in communicable diseases aspect.



1. Moving towards filariasis free Sri Lanka
2. Food Safety "From Farm to Plate, Make Food Safe"
3. 3D view of dengue: Diversity, Developments and Determination to control
4. Control of rabies in Sri Lanka -The way forward
5. Leishmaniasis: Are we ready to combat
6. Annual congress symposium on One health concept: Way forward in controlling antimicrobial resistance

### Committee meetings

06 meetings of the Expert Committee on Communicable Diseases were held during the year 2015, and the attendances of the members at these meetings were as follows.

Name	Attended	Excused	Name	Attended	Excused
Dr. Ranjith Perera	06	-	Dr. Hasini Banneheke	06	-
Dr. Lucian Jayasuriya	01	02	Dr. Ananda Wijewickrama	00	00
Dr. Neelamanie Punchihewa	00	01	Dr. Dennis Aloysius	04	01
Dr. Dushyanthi Athukorala	00	01	Dr. Maxie Fernandopulle	02	00
Dr. N.P.S.Gunaratna	05	00	Dr. Kalyani Guruge	01	03
Dr. Chandra Sarukkali	00	00	Prof. N.K.Gunawardana	00	00
Dr. Deepa Gamage	01	05	Dr. Risintha Premarathna	00	00
Dr. Anoma Siribaddana	00	00	Dr. Samitha Ginige	02	04
Dr. Janani Kottahachchi	03	03	Dr. Lakmini Wijesooriya	00	00
Dr. Rohini Wadanambi	04	02	Dr. Manel Fernando	00	00
Dr. Janaka Wickramasinghe	00	00	Dr. Sunil de Alwis	00	00
Dr. Shalindra Ranasinghe*	02	03	Prof. Jennifer Perera	02	-
Dr. Yamuna Siriwardene*	04	01	Dr. Thushari Dissnayake*	02	03

\*Newly joined thus total meetings were 5.

**E-book on "Food safety":** will be added to SLMA web under ECDC –SLMA.

**A book on Leprosy:** Prof. Jennnifer Perera has done all the needful and at currently at final proof reading stage will be published in near future.

### MEDICINAL DRUGS

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

#### Members:

Prof. Priyadarashani Galappathy	Dr Lucian Jayasuriya	Dr. M C Weerasinghe
Prof. Chandanie Wanigatunga	Dr. Sarath Gamini de Silva	Dr.Srimathie Jayaratne
Prof. Shalini Sri Ranganathan	Dr. Maxie Fernandopulle	Miss Chinta Abeywardana
Dr. Shyamalee Samaranyake	Mr. Mahanama Dodampagame	

**New members joined in 2015** : None

**Report presented by:** Prof. Gita Fernando and Dr. Pradeepa Jayawardane

#### Objectives of the committee

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

Specific objectives:

- promote continued professional development (CPD) of doctors by updating knowledge on medicinal drugs and therapeutics
- promote CPD of healthcare personnel including pharmacists, nurses
- provide appropriate information on medicinal drugs to doctors, other healthcare personnel
- provide appropriate information to educate patients and the public on commonly used medicinal drugs, in Sinhala, Tamil, English
- discuss problems related to regulation such as registration, pricing, distribution of medicines.

Committee meetings

Number of meeting held during the year 2015 up to 15th November 2015 is 6. The last meeting for the year will be held on 26th November 2015.

Name	Attended	Excused	Name	Attended	Excused
Prof. Gita Fernando	6/6		Dr. Lucian Jayasuriya	0/6	5/6
Dr. Pradeepa Jayawardane	6/6		Dr. Shayamalee Samaranayake	2/6	2/6
Prof. Priyadarashani Galappathy	3/6	3/6	Dr. Srimathie Jayaratne	2/6	2/6
Prof. Shalini Sri Ranganathan	3/6	2/6	Dr. M C Weerasinghe (sabbatical leave)	0/6	6/6
Prof. Chandanie Wanigatunge	3/6	3/6	Mr. Mahanama Dodampagame	6/6	
Dr. Sarath Gamini de Silva	3/6		Miss. Chinta Abeywardane	1/6	2/6
Dr. Maxie Fernandopulle	1/6	1/6			

## Activities carried out during 2015

### 1. Therapeutic Update Lectures

The Medicinal Drugs Committee (MDC) organized the second series of lunch time lectures 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 presentations were held for this year. The first 3 lectures were held at the Auditorium of the Department of Clinical Medicine, NHSL. The rest were held in the SLMA Auditorium. All lectures were well attended. The MDC wishes to acknowledge sponsorship provided by the State Pharmaceuticals Corporation in providing refreshments for the attendees. The following updates/ speakers were held:

Drugs in Parkinson's Disease by Dr. Padma Gunaratne - 27<sup>th</sup> February 2015  
 Drugs in Depression by Prof. Raveen Hanwell - 27<sup>th</sup> March 2015  
 Management of Childhood Epilepsy by Dr. Jithangi Wanigasinghe – 5<sup>th</sup> June 2015  
 Drugs in the Management of COPD by Dr. Keirthi Gunasekera – 7<sup>th</sup> August 2015  
 Drugs in Endocrine Disorders of Children by Dr. Navoda Attapattu – 25<sup>th</sup> September 2015  
 Drugs in Rheumatoid Arthritis by Dr. Duminda Munidasa – 27<sup>th</sup> November 2015

### 2. Discussion on National Medicines Regulatory Act

Prof. Jennifer Perera (President SLMA) and Prof Gita Fernando were co – chairpersons of meeting held on 16<sup>th</sup> February at SLMA. Participants included members of SLMA, professional colleges, pharmaceutical companies as well as members who developed the NMRA Act. Objective of the meeting was to discuss views on the proposed implementation of the Act.

### 3. Discussion on role of SLMA in rational use of medicines

Discussion was held at SLMA on 18<sup>th</sup> March with participation of Dr Cathy Holloway- Regional Advisor Pharmaceuticals, WHO SEARO, Dr. Geethanjali, Consultant/ WHO. Prof Jennifer Perera chaired meeting. Prof Gita Fernando and Ms. Chinta Abeywardena, Ms. Indunil Priyangika (WHO, Sri Lanka) participated. Dr Cathy Holloway discussed about a national survey done at hospitals, community, other state institutions such as MSD at request of MoH. She discussed about the problems of inappropriate prescribing, escalating state sector cost of drugs, provision of inadequate information to patients/public and how SLMA can assist in improving such situation. Prof Jennifer informed about proposal CPD via on – line information to doctors on proceedings of SLMA symposia/ workshops.

### 4. Workshop on 'Drug policy – Situation analysis'

This workshop organized by MoH and WHO was held on 27<sup>th</sup> March at Hotel Kingsbury to discuss aspects of improving rational drug use based on results of national survey conducted by Dr Kathy Holloway, other officials of MoH. Prof Jennifer Perera, Dr. Sarath Gamini de Silva, Prof. Gita Fernando represented the SLMA.

### 5. Symposium on "Pricing of Medicinal Drugs"

Symposium on "Pricing of Medicinal Drugs" was held on 22<sup>nd</sup> September. It was conducted in collaboration with National Medicines Regulatory Authority (NMRA) with involvement of relevant stake holders including doctors, pharmacists, members of pharmaceutical companies, journalists. It was held as a preliminary meeting to formulate a pricing policy for the country. Symposium was well attended.

The symposium was chaired by Prof Gita Fernando and Prof RL Jayakody and the agenda was as follows:

*Introduction:* Professor R. L. Jayakody- Chairman NMRA

*Strategies in pricing pharmaceuticals: examples and evidence:* Dr. Chiranthi Liyanage, Lecturer in Pharmacology, University of Colombo

*Prices of medicines and its impact on the public:* Dr. Ravi Rannan-Eliya, Institute of Health Policy

*Proposals on Pricing:* Mr. Mahanama Dodampegama, Sri Lanka Chamber of Pharmaceutical Industry (SLCPI)

*Proposals on Pricing of Devices:* Mr. Dilranjan Jacob, Sri Lanka Chamber of Medical Devices Industry (SLCMDI)

*Proposals on Pricing of Locally Manufactured Drugs:* Mr. Trihan Perera, – Sri Lanka Pharmaceutical Manufacturers' Association (SLPMA)

*Prices of medicines in Sri Lanka – A comparison with other countries:* Professor Rohini Fernandopulle, Professor of Pharmacology, KDU

*Discussion* - Active discussion followed with participation of doctors, pharmacists, journalists and members of pharmaceutical companies

### 6. Symposium on rational use of antibiotics organized in collaboration with the Ministry of Health

A symposium on 'Rational Use of Antibiotics' was held in collaboration with the MoH. Prof. Shalini Sri Ranganathan participated at this symposium.

## 7. Patient Information Leaflets

Medicinal Drugs committee of the Sri Lanka Medical Association has arranged to publish booklets to provide essential information to the patients and the public about drugs which are commonly used as well as other topics relevant to patient care. These booklets are written in Sinhala, Tamil and English covering the following topics/ authors:

Introduction: Rational use of western medicinal drugs – Prof Gita Fernando

Antibiotics- Prof. Gita Fernando

Oral contraceptive pill- Dr. Srimathie Jayaratne

Emergency contraceptive pill- Dr. Srimathie Jayaratne

Inhaled medicines in asthma – Prof. Chandanie Wanigatunge

Management of heart pain (Angina) – Prof. Gita Fernando

Non-steroidal anti- inflammatory drugs – Prof. Chandanie Wanigatunge

Cough syrups in children – Dr. Maxie Fernandopulle

Antipyretics in children – Dr. Maxie Fernandopulle

Diabetes – insulin or tablets? – Dr. Sarath Gamini de Silva

Drugs in hypertension – Dr. Sarath Gamini de Silva

Cholesterol and drugs to treat high blood cholesterol- Prof. Priyadarshani Galappaththy

Vitamins–Dr. ManujC Weerasinghe

Blood thinning agents – Dr. Priyanga Ranasinghe

Household poisoning –Dr. Pradeepa Jayawardana

How can pharmacists help patients in the correct use of medicines?–Ms Chinta Abeywardena

The title of booklets will be “Information to patients on commonly used western medicinal drugs”. MDC plans launching of booklets once printing is completed.

### Action plan for 2016

- MDC is in the process of organizing an “Open Day” on antibiotics titled “**Antibiotics- A Friend Turning Enemy**” for health professionals (doctors, nurses, pharmacists, members of pharmaceutical industry, journalists and the general public. Proceedings will include brief presentations in all 3 languages by health professionals on ‘*Prevention of antimicrobial resistance (AMR)*’. Event is tentatively planned for February 2016.

The following speakers were nominated, others to be recommended.

Microbiologist- Dr. Kushlani Jayatilake

Pharmacologist –Prof. Chandanie Wanigatunge

Paediatrician – Dr. Pushpa Punchihewa

Family practitioner – Dr. Shayamalee Samaranayake to recommend speaker

Pharmacist – Ms. Chinta Abeywardena, recommend speaker

Nurses – Dr. Sujatha Seneviratne, Nursing Unit / FMS, USJP, recommend speaker

Mr. Mahanama Dodampegama, recommend speaker, pharma. Industry

Prof. Shalini Sri Ranganathan and Prof. Chandanie Wannigatunge will translate

Proceedings during event to Tamil, Sinhala

- Therapeutic Update Lectures  
MDC will continue to have therapeutic updates for 2016. The topics and the resource persons will be decided at the November meeting.
- Organisation of symposium on AMR in collaboration with Pharmaceutical Society of Sri Lanka (PSSL) scheduled for January – February, 2016 for community and hospital pharmacists.
- Organisation of CPD program for community pharmacists in collaboration with PSSL and SLCPI.

## ETHICS

### Chairperson

Dr Eugene Corea

### Convenor

Dr Ruvaiz Haniffa

### Members

Prof Anoja Fernando

Dr Enoke Corea

Dr Christo Fernando

Dr Preethi Wijegoonewardene

Dr Panduka Karunanayake

Report prepared by Dr Ruvaiz Haniffa

The following activities were undertaken during the year

- A review of the aims and objectives of the Committee adopted in 2001 was undertaken.
- An article ‘*What has private practice done to us?*’ by Dr Panduka Karunanayake, appearing in the April 2015 issue of SLMA News was discussed in detail. As a consequence of the discussion archival documents of the Workshop on Human Rights and the Sri Lankan doctor (a workshop conducted in 2002) and report of The Seminar on conflict resolution in the health sector organized by the ethic Committee in 1996 were revisited.

3. The Committee reviewed the format of the Diagnosis Card used in state sector hospital in Sri Lanka.
4. The Committee in collaboration with the College of General Practitioners of Sri Lanka organized a Pre Congress workshop titled '*Perspectives of Values in Medicine – An Interactive symposium*' on 3<sup>rd</sup> June 2015. This was done for the SLMA Annual Session 2015.
5. The issue of legal and ethical aspect of DO NOT RESUSITATE DIRECTIVE issued by patients and relatives was discussed. The Committee proposed that a workshop to be conducted with the Bar Association of Sri Lanka to discuss the matter further. The President SLMA had written to the Bar Association and a date is awaited to organize the workshop.

## ETHICS REVIEW

**Chairperson** Professor Anoja Fernando  
**Secretary** Dr. Chandanie Wanigatunge

### Members

Dr. Malik Fernando	Prof. Shalini Sri Ranganathan	Prof. Amala de Silva
Dr. Kamal Weerapperuma	Dr. Sumal Nandasena	Dr. Carukshi Arambepola
Dr. Jayani Weeratne	Dr. Mayuri Thammitiyagodage	Dr. Mario Gomez (until Sep. 2015)

**New members joined in 2015** None

**Report presented by** Dr. Chandanie Wanigatunge

### Objectives of the committee

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

### Committee meetings

Total number of meetings 10

Name	Attended	Excused	Name	Attended	Excused
Prof. Anoja Fernando	8	2	Dr. JayaniWeeratne	7	2
Dr. Chandanie Wanigatunge	9	1	Dr. MayuriThammitiyagodage	5	3
Dr. Malik Fernando	10	-	Dr. Kamal Weerapperuma	7	1
Dr. Shalini Sri Ranganathan	5	5	Prof. Amala de Silva	6	1
Dr. CarukshiArambepola	6	4	Dr. Mario Gomez	2	3
Dr. SumalNandasena	7	2			

### Activities carried out during 2015

Ten meetings were held from January to October 2015 and 36 research proposals were submitted to the committee during this period. Two proposals were exempted from review as they were record based audits of minimal risk. Thirty six research proposals were approved (14 from 2014 and 22 from 2015) and eight proposals were removed from the agenda as the Principle Investigator did not respond despite repeated reminders. No protocols were rejected during this period.

The following were given ethical approval by the committee in 2015.

1. ERC/14-010 - Clinico-epidemiological and serological characteristics of human leptospirosis infection in the district of Colombo, Sri Lanka  
Prof. Senaka Rajapakse, Professor in Medicine and Consultant Physician, Faculty of Medicine, University of Colombo
2. ERC/14-024 - Study on postoperative pain management  
Dr.Vihara Dassanayake, Consultant Anaesthetist, District Base hospital, Dambulla
3. ERC/14-032 - Investigation in to the effect of using only water with reduced fluoride content and hardness for drinking on the prevalence, incidence and severity of chronic kidney disease (CKDu) in a selected G.N. division in Vavuniya District.  
Prof. Colvin Goonaratna, Registrar, Ceylon medical College Council, Faculty of Medicine, Kynsey Road, Colombo 08
4. ERC/14-033 - An assessment of an intervention to improve the effectiveness of high level meetings conducted at the Ministry of Health  
Dr. M.A.S.C. Samarakoon, Registrar in Medical Administration, Ministry of Health
5. ERC/14-038 - The effects on children after loss of a parent due to chronic kidney disease of uncertain aetiology, in a rural village in eastern province, Sri Lanka  
Dr. W.M. Lasantha Daminda Jindasa, Medical Officer, Colombo Institute of Research and Psychology (affiliated to Coventry University, UK)
6. ERC/14-047 - Multi-Sectorial nutrition assessment and gap analysis in Sri Lanka's Estate Sector  
Dr. Angela de Silva, Department of Physiology, Faculty of Medicine, Colombo



7. ERC/14-50 - Out of pocket expenditure for treatment of non-communicable diseases among elderly patients attending a medical clinic for National Hospital of Sri Lanka  
Dr. BEC Kulathunga, National Hospital of Sri Lanka
8. ERC/14-030 - Randomized Double blind study on efficacy of intralesional metronidazole Vs intralesional sodium stibogluconate in L.donovani cutaneous leishmaniasis  
Dr. Nayani Priyangika Madarasinghe, Consultant Dermatologist, Teaching Hospital, Anuradhapura
9. ERC/14-045 - Assessment of the prevalence of Haemoglobinopathies in Batticaloa of Sri Lanka  
Dr. D. R. Pulleperuma, Consultant Haematologist, General Hospital, Hambanthota
10. ERC/14-055 - Metabolic Syndrome and cardio vascular risk among patients with major psychiatric illness, attending a follow up psychiatric clinic at Colombo South Teaching Hospital  
Dr. NAS Ariyawansa, Senior Registrar, Endocrinology, Colombo South Teaching Hospital, Kalubowila
11. ERC/14-056 - Awareness of the by-stander, level of adherence to proper pre-operative fasting guidelines and the association between pre-operative over-fasting and post-operative vomiting among children undergoing bone marrow aspiration under general anesthesia at a tertiary care setting in Sri Lanka  
Dr. AVK Jayasinghe, Medical Officer – Anaesthesiology, National Cancer Institute, Maharagama
12. ERC/15-001 - Strengthening Health Policy Response to address intimate partner violence in Sri Lanka  
Phase I: Pathways through which women in Sri Lanka seek recourse from IPV  
Dr Sepali Guruge, Associate Professor, School of Nursing, Daphne Cockwell School of Nursing, Ryerson University, Toronto, Canada
13. ERC/13-043- Compare the effectiveness of post-operative pain relief in routine practice of subarachnoid injection of fentanyl or morphine to healthy pregnant mothers undergoing elective caesarean sections  
Dr J D Y Silva, Medical Officer in Anaesthesia and ICU, Base Hospital, Homagama
14. ERC/14-041 - Comparison of maternal outcomes following early versus traditional discharge of mothers from postnatal wards following caesarean section  
Dr. Jeewan Prasanga Marasinghe, Royal Women's Hospital, Melbourne, Australia
15. ERC/14-056 - A study in career awareness of preoperative fasting requirements in children awaiting bone marrow aspiration at a tertiary care setting in Sri Lanka  
Dr AVK Jayasinghe, Medical Officer – Anaesthesiology, National Cancer Institute, Maharagama
16. ERC/15-003 - Development of cardiac events, survival and quality of life among the post coronary artery bypass graft (GABG) patients registered in cardiology unit, National Hospital Sri Lanka (NHSL)  
Dr N H G Seneviratne, Senior Registrar in Cardiology, Institute of Cardiology, National Hospital of Sri Lanka
17. ERC/15-005 - An assessment of safety and feasibility of the one day procedure of adult patients' native percutaneous kidney biopsy as a diagnostic procedure in Sri Lanka  
Dr S Mathu, Consultant Nephrologist, Ministry of Health, Teaching Hospital, Kurunegala
18. ERC/15-004 - Factors affecting adherence to self-monitoring of blood glucose (SMBG) among insulin treated patients with type 2 diabetes in Sri Lanka  
Mr J Muthalisamy, Sales & Marketing Coordinator, Hemas Surgicals& Diagnostics
19. ERC/15-009 - A Study of a group of patients having chronic kidney disease in Deniyaya, Sri Lanka  
Dr E W R A Witharana, Consultant Physician, Base Hospital, Deniyaya
20. ERC/15-002 - Prevalence of selected non communicable diseases and risk factors among estate population in Yatadulawatta estate of Matugama Medical Officer of health area  
Dr C A Hettiarachchi, Medical Officer (Maternal and Child Health), Regional Director of Health Service Office, Kalutara
21. ERC/15-013 -Study on assessment of productivity of current routine management of diabetes and application of novel risk stratification method for diabetic foot in patients attending Endocrinology clinic, Teaching Hospital, Kurunegala  
Dr GJC Garusinghe, Consultant Endocrinologist, Teaching Hospital, Kurunegala
22. ERC/15-017- Knowledge and adequacy of training on prevention of occupational exposure to HIV, among final year students of state nursing schools in the Western Province, Sri Lanka  
Dr U N Jayasinghe, Assistant Consultant Venereologist, National STD/AIDS Control Programme, Colombo
23. ERC/15-008 - Disease pattern, risk factors and treatment outcomes among patients with oral mucosal lesions attending the Oral & Maxillofacial Unit D, Dental Institute, Ward Place, Colombo 7  
Dr S D Gunatilaka, Consultant Oral & Maxillofacial Surgeon, Dental Institute, Ward Place, Colombo 7
24. ERC/15-010 - Assessment of drug use pattern, using WHO core-indicators, at outpatient Department of BH Avissawella, Western Province, Sri Lanka  
Dr WK VS Seneviratne, AMOH, MoH Office, Hanwellla
25. ERC/15 – 012 - Study on endocrine manifestation of patients diagnosed with thalassemia treated in National Thalassemia Unit, Kurunegala, Sri Lanka  
Dr GJC Garusinghe, Consultant Endocrinologist, Teaching Hospital, Kurunegala
26. ERC/15-014 - Factors associated with iron supplementation among pregnant women in Kegalle district Sri Lanka  
Dr R P S Wijesinghe, Medical Officer Eye, General Hospital, Kegalle
27. ERC/15-016 - Designing and piloting of Sri Lanka Stroke Clinical Registry (SLSCR)  
Dr P S Gunaratne, Consultant neurologist, Ward – 16, National Hospital of Sri Lanka
28. ERC/15-018 - Diabetes and cardio-metabolic risk assessment among Buddhist monks in North Western Province, Sri Lanka  
Dr GJC Garusinghe, Consultant Endocrinologist, Teaching Hospital, Kurunegala
29. ERC/15-020 - Prevalence and risk factors associated with pin site infection among trauma patients who undergo external fixation in a tertiary care centre in Sri Lanka  
Dr M N Karunatilaka, Senior House Officer, Orthopaedics, National Hospital of Sri Lanka
30. ERC/15-021 - Non-randomized controlled trial on the stability and outcome of the conventional wrist-spanning external fixator versus an invented low cost wrist-spanning radio-metacarpal external fixator for commuted displaced distal radius fractures

Dr G A L Niroshana, Registrar in Orthopaedic Surgery, National Hospital of Sri Lanka

31. ERC/15-023 - Knowledge attitude and beliefs regarding voluntary blood donation among adults residing in MoH area Akkaraipattu

Dr M S A Cooray, Medical Officer, Base Hospital, Akkaraipattu

32. ERC/15-025 - Current management and post-operative outcome of malleolar fractures- single unit experience

Dr L S A Hewage, Registrar Orthopaedics, National Hospital of Sri Lanka

33. ERC/15-022 - Clinical audit and a pilot study of bundle care approach for compound tibial shaft fractures

Dr H L C Lakmal, Registrar in Surgery, National Hospital of Sri Lanka

34. ERC/15 -35 - Demographic and Health Survey of Sri Lanka 2014/2015

Dr A J Satharasinghe, Dept. of Census and Statistics, 'Sankyana Mandiriaya, No 306/71, Polduwa Road, Battaramulla

35. ERC/15-030 - An Assessment on Urban Health Issues Affecting Selected Populations in the Western Province, Sri Lanka

Dr UpulSenerath, Senior Lecturer in Community Medicine, Faculty of Medicine, University of Colombo

36. ERC/15-031 - Knowledge and Preparedness on home accidents among mothers of preschool children in Medical Officer of Health (MOH) area Maharagama

Dr N NWeerasekera, Trainee in Diploma of Health Sector Disaster management, Post Graduate Institute of Medicine, Colombo

The following proposals were exempted from review as they were record based audits without any interventions.

1. ERC/15-011 - Descriptive study on secondary bacteremia among dengue patients in a dengue treatment unit  
Dr D DHaputhanthiri, Medical Officer/ ICU/ BH Angoda (IDH)
2. ERC/15-019 - Current management of hip fracture in Orthopaedic Unit. The National Hospital of Sri Lanka  
Dr G A L Niroshana, Registrar in Orthopaedic Surgery, National Hospital of Sri Lanka

ERC members were resource persons at workshops conducted by FERCSL and NHRC.

#### Action plan for 2016

- Provide support to FERSL and other ERCs to enhance capacity of ethical review of biomedical research.

### EXPERT COMMITTEE ON ERGONOMICS

**Chairperson** Dr. Kapila Jayaratne  
**Convener** Dr. Sameera Senanayake

#### Members

Dr. Manjula Danansuriya	Dr. Inoka Suraweera	Dr. Hemali Jayakody
Dr. Nuwan Wickramasinghe	Dr. Kshama Weliwagamage	Dr. Dhanusha Punyadasa
Dr. Indralal Nagasinha	Dr. Chandana Gajanayake	Dr. Achala Jayathilake

#### New members joined in 2015

Dr. Priyanga Ranasinghe	Dr. Dananja Illangasinghe	Dr. Sumudu Hewage
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**Report presented by** Dr. Kapila Jayaratne

#### Objectives of the committee

- To function as the umbrella body in promoting ergonomics
- To map and collate evidence in ergonomics and health consequences
- To synthesize and disseminate new knowledge on ergonomics
- To advocate healthcare and other stakeholders in relevant sectors on issues related to ergonomics
- To interface with national and provincial health professionals and other stakeholders (eg. other government bodies, INGOs) as appropriate to generate funds and to facilitate the implementation and adoption of ergonomic initiatives
- To initiate and sustain activities both at national and sub-national level to expand ergonomics in health and relevant fields

#### Committee meetings

Number of committee meetings held during the year 2015 – 08

Name	Attended	Excused	Name	Attended	Excused
Dr. Kapila Jayaratne	08	-	Dr. Dhanusha Punyadasa	05	03
Dr. Sameera Senanayake	08	-	Dr. Indralal Nagasinha	04	04
Dr. Manjula Danansuriya	06	02	Dr. Chandana Gajanayake	02	06
Dr. Inoka Suraweera	06	02	Dr. Priyanga Ranasinghe	02 (joined in June)	0
Dr. Hemali Jayakody	07	01	Dr. Dananja Illangasinghe	08	0
Dr. Nuwan Wickramasinghe	06	02	Dr. Sumudu Hewage	07	01
Dr. Kshama Weliwagamage	08	-			

## Activities carried out during 2015

The theme of SLMA-ECE in 2015 was "Children Safety".

### 1. Development and printing of a child injury poster

- A child injury prevention poster was developed after several rounds of consultative meetings with the participation of experts in the field. Fifteen thousand (15000) posters were printed in all three languages and they are currently been distributed throughout the country. The poster was officially launched at Family Health Bureau with the participation of the Honorable Minister of Health, Dr.RajithaSenarathna on 30<sup>th</sup> March 2015.
- A media briefing and introducing of the poster to the public was held on the 26<sup>th</sup> of May 2015 at Health Education Bureau auditorium with the participation of Ministry of Health and UNICEF officials.
- A television commercial highlighting the importance of preventing the child injuries have been developed with the help of the experts in the field and was be telecasted in some selected television channels in due course.



### 2. The symposium "Safe Homes & Safe Roads: Preventing child injuries, Sri Lanka" held at 128<sup>th</sup> Anniversary International Medical Congress of SLMA on 8<sup>th</sup> of July 2015.

- The above mentioned symposium was held at 128th Anniversary International Medical Congress of SLMA on 8<sup>th</sup> of July 2015 at Galadari Hotel, Colombo. This was organized by the Experts Committee on Ergonomics – SLMA.
- Local as well as foreign experts in the field of child injury prevention participated as resource persons.
- Local Experts included;
  1. Dr. KapilaJayaratne - Chairperson – Expert Committee on Ergonomics - SLMA
  2. Dr. ManjulaDanansuriya - Consultant Community Physician – Family Health Bureau
  3. Dr. SanjayaAbeygunasekara - Consultant Surgeon – Lady Ridgeway Children's Hospital
  4. Dr. Sameera Senanayake -Convener, Expert Committee on Ergonomics - SLMA
- Foreign expert was Mr.Eric Chalmers, who in the CEO of Kidsafe in Canberra, Australia. He explained about the various Options for Child Injury Prevention from an international perspective.
  1. The session was co-chaired by Dr.Malik Fernando and Ms.Caroline Bakker, Chief of Child Protection, UNICEF. The symposium was well attended by very eminent personnel both medical and non medical.

### 3. National and regional workshops on Child Safety

A national workshop was held on 8<sup>th</sup> July 2015 at Health Education Bureau. The theme of the workshop was "Child Injury Prevention through MCH Networks ". Eminent speakers who are experts in the field participated as resource persons. The audience included District and National public health staff, Regional Directors of Health and Central level policy makers.

**On 9<sup>th</sup> July 2015, a regional level workshop was held in Kegalle RDHS office for the regional public health staff.**

Eminent speakers who are experts in the field are expected to participate in this workshop as well. The theme of the workshop was "Child Injury Prevention through MCH Networks "

### 4. Child Safety Week – 2015 (28<sup>th</sup> September – 4<sup>th</sup> October 2015)

The Expert Committee on Ergonomics of Sri Lanka Medical Association, in collaboration with the Ministry of Health, Family Health Bureau and the UNICEF, organized a *Child Safety Week* starting from 28<sup>th</sup> of September to 4<sup>th</sup> of October coinciding with the 1<sup>st</sup> of October - the World Children's Day. Various activities to improve the awareness of the public regarding injury prevention and child safety were implemented throughout this week with the participation of various stakeholders such as the National Poison Information Center, Ministry of Law & Order and Prison Reforms, Sri Lanka Police, Education Ministry, National Child Protection Authority and Ministry of Child Development and Women's Affairs.

#### • Media Briefing

Child Safety Week started on 29<sup>th</sup> September with a media briefing held at the SLMA Auditorium. More than 30 media officials from leading paper and electronic media participated at the briefing.



Prof Jennifer Perera, President – SLMA, Dr. Kapila Jayaratne – Chairperson – SLMA – ECE, Mr. GDAK Senaratne – DIG Traffic Sri Lanka Police, Ms. Caroline Bakker – UNICEF addressed media.

This resulted in a number of articles in newspapers and news clips and tele-programs in prime TV channels.

- Dr. Asvini Fernando and Dr. Kapila Jayaratne featured in “Niskalanka Hathahamara” program of premier TV channel ITN on child injury prevention.

• **Activities carried out in collaboration with by Ministry of Health / Family Health Bureau**

1. Distribution of **child injury prevention posters** among healthcare workers and institutions



2. Organization of **activities related to prevention of childhood injuries** at MOH office or nearest town with the participation of community organizations and other relevant stakeholders
3. Awareness of mothers at antenatal, child well-baby, immunization and well-women clinics about child injuries and prevention methods (**health talks**)
4. Inspection of houses under care using the **safe home checklist** and advise on safety by PHM
5. Inspection of all **school premises** for injury risks by PHI
6. To organize **road safety** activities in liaison with Traffic division of Police
7. Screening of **School Van Drivers** for vision and appropriate referral by MOOH & PHI
8. Initiation of an **Injury Record Book** at all schools
9. Facilitation of provision of a **First Aid Box** for all schools

- **National Poison Information Center** – launch of a CD on childhood poisoning – “Prevent Household Poisoning”



Dr. Waruna Gunathilaka, Head of National Toxicology and Poison Information Department, NHSL coordinated the activity.



- "Knowledge Sharing Forum on Child Injuries in Sri Lanka" –an evidence synthesis symposium on child injuries in Sri Lanka.

SLMA–ECE recognized the lacunae in scientific evidence on childhood injuries and organized a research forum during the *Child Safety Week – 2015* to collate available information, highlight the issue and initiate a dialogue within the scientific community. The objective of this activity is to apply research into practice and utilize available resources and systems together to prevent deaths, disabilities and unnecessary tragedies to children, families, and communities. The workshop included 3 plenary presentations and 7 free papers. All presentations were published in a booklet.



- **The College of Surgeons Sri Lanka, Family Health Bureau & Lady Ridgeway Hospital** –Educational workshop for 110 first contact doctors in three districts (Gampaha, Colombo & Kalutara) on “care for the injured child”. Dr. Ranjan Dias and Dr. Ranjith Ellawala of CSL coordinated the workshop.



- **Sri Lanka Police**  
Island-wide education program on child helmets –parents carrying children on motor bikes were educated on the need of protection with a helmet.

A health provocation sticker was pasted by Traffic Police Officers on petrol tank of the motor bikes of parents carrying their children without helmets. 39894 stickers were pasted (from 1<sup>st</sup> – 31<sup>st</sup> October). This was coordinated by DIG Traffic - Mr. Amarsiri Senaratne.

SLMA Expert Committee on Ergonomics is proud to be conceptualizing, organizing and printing these stickers.

This also resulted in several media news and articles;



Educated general public on road safety on walking. Ensured three-wheeler safety and highlighted the need for having child restraints in taking children in motor care.

- **Ministry of Law and Order**
  - Initiative cover unprotected wells in each village through Civil Defense Committees.
- **National Child Protection Authority**
  - Awareness of wardens of children's homes on injury prevention
- **Sri Lanka Children Safety**, a community group along with **Ministry of Education** conducted creative educational activities on injury prevention for children.



#### • Child Safety Walk – 2015

The peak event of this program, the “**Child Safety Walk**”, took place on Sunday, the 4<sup>th</sup> of October, 2015 at the Bandaranaike Memorial International Conference Hall premises. A large number of people including key figures (Dr. Rajitha Senarathne – Minister of Health, Dr. Sudarshani Fernandopulle – State Minister of Urban Planning and Water management, Mr. Nishantha Warnasinghe – Minister of Health Western Provincial Council) and celebrities of the country to took part at this event. Dr. Hemantha Beneragama, Director – Family Health Bureau, welcomed participants. Dr. Palitha Mahipala, Director General of Health Services highlighted the importance of child injury prevention and the awareness of general public. Dr. Iyanthi Abeywickrama, President Elect – Sri Lanka Medical Association represented Prof. Jennifer Perera, President – SLMA.

A drama organized by Dr. Lakmini Magodaratne, Consultant Community Physician – National Institute of Health Sciences, Kalutara played prior to the walk.

#### Action plan for 2016

SLMA-ECE plans to launch following activities during the year 2016;

- Expanding child safety activities
- Awareness workshops on Occupational Safety
- Publication of the special issue of the prestigious international journal - WORK, published by the IOS Press dedicated to Sri Lanka titled “*Ergonomics and Work in Sri Lanka*”
- Abstract submission and representation at 12th World Conference on Injury Prevention and Safety Promotion, Safety 2016
- Promotion of healthy schoolbag in liaison with Ministries of Health and Education
- Promotion of “Stretch Break for Kids” - a software designed by a team of health care professionals to inculcate ergonomic behaviors among children

#### HEALTH MANAGEMENT

**Chairperson** Dr. Susantha de Silva  
**Convenor** Dr. Suranga Dolamulla

#### Members

Dr. Lucian Jayasuriya	Dr. Palitha Abeykoon	Dr. B Kumarendran
Dr. K Dudley P Perera	Dr. Amal Harsha de Silva	Dr. K C Shanti Dalpadadu
DR. Athula Kahandaliyanage	Dr. S Sridaran	Dr. Neelamanie Hewageegana
Dr. Nico Jayasekera	Dr. Thushara Ranasinghe	Dr. Alan Ludowyke
Dr. S M Samarage	Dr. Ruvaiz Haniffa	

**Report presented by** Dr Suranga Dolamulla

Proposed activities for 2015 are **listed under objectives of SLMA Corporate Plan**

## **Objective 2 : Promote professionalism, good medical practice and ethical conduct among doctors**

1. Conduct Career Guidance Workshop
2. Organize SLMA Pre congress Seminar on Health Policy
3. SLMA and CMA SL Joint seminar on “ Public-Private Partnerships in Health” - Completed
4. Collaborate with CMA in conduct of workshop on Cost Analysis of burden of disease and Health outcomes of Chronic diseases. - Completed
5. Promote Patient Safety seminars District wise
6. Initiate a Healthcare accreditation system

### **Objective 2.1. Strengthen our links with Ministry of Health**

1. Conduct Regular Meetings with MOH on matters arising in committee
2. Support MOH in its review of National Health Policy
3. Support development of CKDU strategic plan
4. Initiate a Process for development of an effective Ambulance System for disaster management

### **Objective 2.2: Develop a review mechanism for Monitoring and evaluation of performance of SLMA committees**

1. Assist the council in monitoring implementation of Corporate plan of SLMA.
2. Objective 6: Encourage ethical medical research
3. Compile a document on research findings related to Health Services Management for Policy makers

## **MEDIA**

**Chairperson & Convenor** Dr Ruvaiz Haniffa

### **REPORT**

*(Presented by Dr Ruvaiz Haniffa)*

The Annual SLMA Awards for Excellence in Health Journalism 2015 was successfully conducted for the 12<sup>th</sup> consecutive year. The Committee received 06 articles in Sinhala, 02 articles in Tamil and 03 English articles for evaluation were received this year. The following awards were made at the inauguration of the SLMA Foundation Sessions held in Anuradhapura in collaboration with the Anuradhapura Clinical Society on 28<sup>th</sup> October 2015.

#### **Sinhala Medium**

“මිතුරු වෙසින් සෙවණ සඳන මාරකය”

by **Mr. Damitha Nipunajith** - “**Vidusara**”

Upali Newspapers (Private) Limited

#### **Tamil Medium**

“பச்சை குத்திக் கொள்வதில் – காட்டும் ஆர்வம்” “பலிவே கழிந் கொல்வதில்”

(Picture stroke design mark permanently on a person's skin)

by **Mrs. S. Dorin** – “**Virakesari**”

Express Newspapers Ceylon Pvt. Ltd.

#### **English Medium**

"Instant Noodles in hot water"

by **Ms Sarah Muiz** – “**Daily Mirror**”

Wijeya Newspapers Ltd.

The panel of judges who served in evaluating the article were; Dr. Waruna Gunathilake (Sinhala medium), Dr. V. Murali (Tamil medium) and Dr. Saroj Jayasinghe (English medium).

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

## MEDICAL EDUCATION

### Chairperson Convenor

Dr. Palitha Abeykoon  
Dr. Madawa Chandratilake

### Members

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

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

Dr. Asela Olupeliyawa  
Dr. Anuradhani Kasturiratne

**New members joined in 2015** The whole committee was reconstituted in 2015.

**Report presented by** Dr. Madawa Chandratilake

### Objectives of the committee

- To act as an advisory body to the SLMA in issues pertaining to and related to medical education
- To disseminate knowledge in to medical education among the medical community in Sri Lanka
- To promote medical education related research among the SLMA membership

### Committee meetings

Name	Attended	Excused	Name	Attended	Excused
Dr Palitha Aberkoon	4/5	1/5	Prof Saroj Jayasinghe	1/5	3/5
Dr Madawa Chandratilake	5/5	0/5	Prof Janaki Hewavisenthi	0/5	1/5
Dr Indika Karunathilake	4/5	1/5	Dr Anuradhani Kasturiratne	4/5	1/5
Dr Gominda Ponnampuruma	5/5	0/5	Dr Amaya Ellawala	5/5	0/5
Dr Asela Olupeliyawa	1/5	4/5 *	Dr Dilmini Karunaratne	4/5	1/5

\* (on overseas leave)

### Activities carried out during 2015

Activities carried out	Facilitation of MoH training programme for healthcare professionals through FOSME	Delphi study on identifying current issues in health professions education (On-going)	Seminar on 'who is a specialist?' (Annex 1)
Goals			
To act as an advisory body	X	X	
To disseminate knowledge			X
To promote medical education related research		X	

### Action plan for 2016

- Continuing the on-going projects
- Organising a student debate on 'private medical education in Sri Lanka'
- Evaluating extent of the cultural competence addressed in undergraduate curricula in Sri Lanka medical schools

### A report on the seminar on "Who is a Medical Specialist?"

#### SLMA Expert Committee in Medical Education

A panel discussion on the above topic was held on 12<sup>th</sup> October 2015 at the SLMA Lionel Memorial Auditorium, to raise the awareness and create a dialogue among the medical community on this interesting and much debated topic. The event was organized by the SLMA Expert Committee in Medical Education and chaired by Dr. Palitha Abeykoon (Chairperson, SLMA Expert Committee in Medical Education).

The panel consisted of eminent speakers representing different disciplines of medicine. Dr. Lalantha Ranasinghe, Professor Senaka Rajapakse, Professor Jennifer Perera, Professor Antoinette Perera and Dr. Sarath Gamini de Silva enlightened the gathering with a very informative educational dialogue on the topic.

Dr. Lalantha Ranasinghe represented the SLMC (Sri Lanka Medical Council) and AMS (Association for Medical Specialists) and emphasized that both organizations shared the same views regarding the concept of a "Medical Specialist" and the need of a medical registry to benchmark a medical specialist. He described the endeavors of the SLMC in amending the medical ordinance to govern medical specialists and the progress in implementing a registry for medical specialists. He further stated that the influx of foreign medical specialists to the country and their absorption into many private sector clinical settings, has made it necessary to expedite this process.



Professor Senaka Rajapakse representing the PGIM (Postgraduate Institute of Medicine), stated that the PGIM, of the University of Colombo, provide accreditation for specialists through a system of board certification. He further mentioned that the PGIM is working towards accreditation of its board certification by the international medical community and also described the necessity of establishing a mechanism for mutual recognition of properly trained and accredited medical specialists from foreign countries.

Professor Jennifer Perera, Dean, Faculty of Medicine, University of Colombo expressing her views on the topic portrayed a medical specialist as a “medical professional who has completed advance education and training in a specific area of medicine”. She stated as per the local context the training of a medical specialist ends with board certification following four to six years of training and emphasized the importance of continued training and the necessity to introduce a system of recertification to maintain the specialist status. She also called attention to the necessity to provide opportunities for sub specialties to develop and expand their boundaries to be on par with the developments of other countries. Furthermore the need to develop other skills in addition to the discipline specific knowledge and skills, i.e. communication skills, empathy, decision making, team work, ability to handle pressure etc. was also highlighted in her speech.

Dr. Anuruddha Padeniya, representing the GMOA (Government Medical Officers Association), identified the main problem to be the lack of a proper definition of a specialist and a method of evaluation of foreign medical professionals, and emphasized the need of a specialist registry. He further stressed that this problem is applicable mainly to the private sector, as the government sector has a streamlined procedure of recruiting specialists board certified by the PGIM. Dr. Padeniya described the steps initiated by the GMOA to develop a procedure to evaluate foreign doctors. He stated that these activities are detailed in the book published by the GMOA titled, 'Establishment of 'Specialist Registry' & Introduction of an Evaluation Procedure for Foreign Medical Specialists'. Dr. Padeniya described the renewed interest in this topic with the implementation of CEPA and SATIS, heightening the need for a reinforcement of the regulatory framework. Dr. Padeniya concluded by emphasizing the role of the SLMC in implementing a specialist register.

Prof. Antoinette Perera, as the President of the Sri Lanka College of General Practitioners (SLCGP), provided a fresh perspective to the topic by focusing on medical specialists within the context of general practice. She talked about the two groups of family physicians practicing in the country; board certified Consultant Family Physicians and General Practitioners (GP) with some (eg.:- Diploma in Family Medicine) or no special qualifications. She concluded by stating that the SLCGP planned to initiate a separate register for General Practitioners and ensure that all GP's undergo a certain level of specialist training.

Dr. Sarath Gamini de Silva, acted as representative of clinical specialists and elaborated on the necessity of determining the appropriateness in terms of qualifications, of 'specialists' to whom patients are referred. He highlighted that the lack of a proper referral system, at times resulted in patients seeking specialist treatment from those poorly qualified to offer such care. Dr. de Silva further emphasized the need for adding the quantum of experience to the definition of a specialist. He also questioned where the line is drawn between the boundaries of specialty knowledge and if a specialist in one area could also be considered as a specialist outside of his area of expertise. Dr. de Silva agreed with the previous speakers regarding the need for a process of certifying and regulating specialists. He added that a procedure of regular accreditation should also be developed, with the provision of adequate facilities for continuous professional development.

The presentations by panelists were followed by a discussion, where the exclusive role of the PGIM in providing postgraduate medical training in the country and the question of considering PhDs as a specialist qualification, were discussed. During the discussion, the role of professional colleges in recertification of specialists, was emphasized.

## RESEARCH PROMOTION

**Chairperson** Prof. MM Ismail till May 2015 and Prof. Sharmini Gunawardana since June 2015  
**Convenor.** Dr. Asela Olupeliyawa till May 2015 and Dr. Manuja N. Perera since June 2015

### Members

Dr. Ruvaiz Haniiffa Dr. Sharmini Prathapan Dr. Asela Olupeliyawa  
Dr. B. Kumarendran

### New members joined in 2015

Prof. Sharmini Gunawardana Dr. Manuja N. Perera

### Report presented by

Dr. Manuja N. Perea

### Activities carried out during 2015

The committee screened and coordinated the external review of all research grants awarded by the SLMA, and made recommendations to award the SLMA research grant, the Glaxo-Wellcome research grant, Dr. Thistle Jayawardena research grant for intensive care and Prof. Wilfred S E Perera Travel Award in Bioethics. As there were no recommended applications from the reviewers for the FAIRMED foundation research grant and the Institute of Health Policy research grant, the grants were re-advertised in November 2015. The received applications are currently under review and will be awarded at the end of the year. The committee greatly appreciate the support from the external reviewers of the research

applications. The committee welcome new members, resource persons for workshops as well as suggestions for new activities for the year 2016.

The committee wishes to acknowledge the great services rendered by the past chairperson Prof. MM Ismail. The strength and leadership received from him for many years is greatly appreciated.

#### Action plan for 2016

- National and regional level workshops on research methods to promote research

### NON COMMUNICABLE DISEASES

#### Chairperson Convenor

Dr. J. B. Jayawardena  
Dr. Shiromi Maduwage until March  
Dr. Daminda Attanayake March – August  
Dr. Eranga Colombage August – to date

#### Members

Dr. J. B. Jayawardena	Dr. Shiromi Maduwage	Prof. Ravindra Fernando
Prof. Chandrika Wijeratne	Dr. Damayanthi Perera	Dr. Carukshi Arambepola
Dr. Suraj Perera	Dr. Shantha De Silva	Dr. Padma Gunaratne
Dr. Palitha Karunaperuma	Dr. Dilhara Samaraweera	Dr. Suresh Shanmuganathan
Dr. Virginie Mallawarachchi	Dr. Carmel Fernandopulle	Dr. Chathuranga Ranasinghe
Dr. V.T.S.K. Siriwardene	Dr. Daminda Attanayake	Dr. Nirmala Wijekoon
Dr. P.K. Sandaruwanie	Dr. Sampatha Goonawardene	Dr. Naomal Perera
Dr. Eranga Colombage	Dr. Sankha Randenikumara	Dr. Buddhika Gunawardena

#### New members joined in 2015

Dr. P.K. Sandaruwanie	Dr. Sampatha Gonnawardene	Dr. Naomal Perera
Dr. Eranga Colombage	Dr. Sankha Randenikumara	Dr. Buddhika Gunawardene

#### Report presented by Committee meetings

Dr. Eranga Colombage (Convener)

Name	Attended	Excused	Name	Attended	Excused
Dr. J.B. Jayawadene	9	1	Dr. Virginie Mallawarachchi	6	1
Dr. Shiromi Maduwage	5	4	Dr. Carmel Fernandopulle	5	5
Prof. Ravindra Fernando		1	Dr. Chathuranga Ranasinghe		1
Prof. Chandrika Wijeratne	3	5	Dr. V.T.S.K. Siriwardene	5	1
Dr. Damayanthi Perera	4	3	Dr. Daminda Attanayake	6	3
Dr. Carukshi Arambepola	5	4	Dr. Nirmala Wijekoon		
Dr. Suraj Perera	1	2	Dr. P.K. Sandaruwanie	1	3
Dr. Shantha De Silva		3	Dr. Sampatha Goonawardene	5	1
Dr. Padma Gunaratne	6	2	Dr. Naomal Perera	3	2
Dr. Palitha Karunaperuma	6	2	Dr. Eranga Colombage	5	1
Dr. Dilhara Samaraweera	3	1	Dr. Sankha Randenikumara	3	3
Dr. Suresh Shanmuganathan	1	2	Dr. Buddhika Gunewardene	2	1

#### Activities carried out during 2015

##### Nirogi Lanka Project

##### Nirogi Diviya

- Health Promotion
  - Settings that represent the most vulnerable population for diabetes and CVD in Sri Lanka were established among the working population of middle and upper income class in the Metropolitan area of the district of Colombo.
  - Initiation of the process of health promotion by modifying their unhealthy food habits, less physical activities related to occupation, transport and recreation, stressful work environment and substance use.
  - Initiation of a cohort of school children as 'health messengers' for school and family based health promotion to train school children and to incorporate the life cycle approach of NCD in to the school curriculum and assessments in collaboration with the Ministry of Education.
  - Community settings targeting the low income families within Colombo MC area were established to initiate the health promotion process through existing organizations such as women's societies and children's societies. The

sustainability of the Nirogi Lanka health promotion model in already established settings in Kotte and Kollonnawa was ensured through grassroots community empowerment via health promotion.

## 2. Tools developed

- Interactive DVD on physical exercise for adolescents and adults
- Health promotion calendar (2015) for self-appraisal of health promotion activities throughout the year.

## 3. Advocacy

- World Diabetes Day interactive health promotion activities organized by the communities and school children
- Art competition on health messages to prevent diabetes for school children.
- Initiated a mobile screening facility for diabetes and cardiovascular risks in all the settings including the assessment of BMI, body fat percentage, hypertension and diabetes.

### **Nirogi Maatha**

- A programme aimed at furthering the education and awareness level of the De Soysa Maternity Hospital staff with regard to Diabetes was conducted on 18<sup>th</sup> November.



- To commemorate the World Diabetes Day 2015 a programme was held on 28<sup>th</sup> October at SLMA auditorium for the Diabetic Educator Nursing Officers (DENO) and Health Educator Nursing Officers (HENO) Island wide. DENO's contributed in the Diabetes awareness by conducting walks, exhibitions, screening campaigns, poster competitions, street dramas and various other activities.
- NIROGI Maatha workshop was held on 16<sup>th</sup> November 2015 targeting MONCD, MOMCH, MOH, PHNS in selected districts in collaboration with the family health bureau, Ministry of health at SLMA.
- Completed the Pilot programme of universal screening for Gestational diabetes for all pregnant mothers in 5 MOH areas (Pitakotte, Padukka, Piliyandala, Kaduwela, Hanwella). The data was presented at the sessions at endocrine society of Sri Lanka and won a prize for the poster presentation.
- Continuations of long term follow up of mothers with diabetes and their infants at the medical clinic of De soysa maternity hospital.

### **Nirogi Paadha**

- Under the NIROGI Paadha component 10 Certified Prosthetics and Orthotics officers graduating from the Sri Lanka School of Prosthetics and Orthotics, Ragama and 02 experienced technicians from DSI were sent to receive a specific training on Diabetic Foot in Vellore and Bangalore in India in order to establish a core national group of trainers for our local setting. A P & O training session will be conducted by the individuals who underwent training in India on the 2nd of March 2015 at the Ragama Rehabilitation Hospital in collaboration with the Sri Lankan Association of Prosthetics and Orthotics (SLAPO). A total of Twenty Eight participants have already been confirmed to attend. These Twenty Eight participants will be relocated all over the island so that they may share their expertise.
- The NIROGI Paadha in conjunction with D. Samson & Sons (Pvt) Ltd. signed a Memorandum of Understanding (MoU) to develop and produce low-cost diabetic shoes to alleviate the suffering of diabetics with foot complications. This new line of Diabetic shoes was re launched officially under name 'NIROGI' to coincide with the World Diabetes Day 2015. They are now currently available in DSI Showrooms Island wide.
- A Diabetic Education Nursing Officers's Day program (DENO) was conducted on the 28<sup>th</sup> October 2015 for the benefit of DENO's island wide with Prof. Chandrika Wijeyaratne's unstinted support. Prof Mandika Wijeyaratne played an integral role in conducting an educational session on Diabetic foot care. The DENO community extended their support by contributing to the Diabetes awareness by conducting walks, exhibitions, screening campaigns, poster competitions, street dramas and various other activities all over the island.
- NIROGI project also felicitated the visit of the IDF president on 11<sup>th</sup> March 2015 and the WDF executive Director and program co- coordinator on 25<sup>th</sup> May 2015.
- The NIROGI Paadha component along with the College of Physicians & Surgeons developed National Guidelines pertaining to Diabetic Foot Management. In order to implement said Guidelines TEN 'Piloting Hospitals' were selected with the support of the Ministry of Health to establish DIABETIC FOOT CLINICS that provide a dedicated service in a holistic fashion to reduce the amputation rates among diabetics. Our aim is to expand this to all District General Hospitals of the country over the next few years. These Piloting Hospitals fall under the direct

prevue of Dr. Ananda Gunasekara (DDG-MS II) & Dr. Lakshmi Somatunga (DDG-MS I) of the Ministry of Health. The 'Piloting Hospitals' are,

Anuradhapura T H  
Kurunagala T  
Kandy T H  
Colombo-Central T H

Jaffna T H  
Galle T H  
Colombo –North T H

Rathnapura T H  
Matara T H  
Colombo-South TH

- TEN Doppler machines were procured from India and were distributed to the Piloting hospitals along with Information, Education Communication (IEC) Materials and Diabetic Foot care assessing equipment (Monofilaments). Further we intend to procure equipment for Ragama Rehabilitation Hospital & National Hospital of Sri Lanka from the budget allocated to the NIROGI Paadha Project within the next month.
- A Computerized PEDOGRAPH Main Unit and an advanced vascular Doppler worth 1 Million LKR was purchased and handed over to NHSL and Ragama rehabilitation centre.

### **Geriatrics**

Conducted a two day training program for caregivers in collaboration with Sri Lanka Association of Geriatric Medicine and Sri Lanka Association for Advancement of Science

### **Neurology**

A training program for nurses on Stroke Unit Care was conducted in collaboration with National Stroke Association of Sri Lanka (NSASL) and training unit-Ministry of Health.

Conducted a training program on 'Rehabilitation for stroke patients' at TH Batticloa

World Stroke Day Activities (In collaboration with NSASL):

1. Launched the Sri Lanka Stroke Clinical Registry
2. Media seminar
3. Launched the poster on "FAST" to disseminate awareness of symptoms of stroke

### **Toxicology**

Conducted a series of workshops as follows.

1. For the Health Ministry staff on pre hospital care in poisoning and prevention of poisoning
2. On role of primary health care workers in prevention of poisoning for PHNS
3. On management of acute poisoning for KDU undergraduates.
4. Public awareness on prevention of poisoning.
  - a. 4 programmes were conducted in Badulla, Kegalle, Kalutara and Matara areas.
  - b. Nearly 380 community leaders and community members participated.
5. Symposium on Agrochemicals and CKDU on 21st November 2015 at BMICH in Collaboration with Toxicology Society of Sri Lanka

### **Cancer**

National Cancer Control Program (NCCP) of Ministry of Health, Nutrition & Indigenous Medicine in collaboration with the NCD Committee of Sri Lanka Medical Association (SLMA) organized an advocacy program to commemorate "World Palliative Care Day 2015": 5<sup>th</sup> October

### **Nutrition**

Series of public seminars was conducted on Food and health during the months of August and September

### **Other**

- A Health Checkup list for screening purposes was designed and distributed to selected private hospitals and institutions as well as to insurance companies.
- Conducted a Symposium on NCDs at the Annual Sessions of SLMA
- Requested the SLMA council to
  1. Call for a complete ban on e cigarettes
  2. Devise a mechanism for regulation of gymnasiums and their instructors
  3. Call for legislation making it compulsory for food importers and marketers to mention the percentage of trans fatty acids contained in their products on the label
  4. Address the issue of unethical advertising of food products using false or irrelevant data, thereby misleading the public

### **Action plan for 2016**

- Continue to promote awareness among the general public about the prevalence of NCDs and their magnitude,
- Educate the public about the available facilities for screening for NCDs.
- Promotion of healthy lifestyle as the primary means of prevention of NCDs.
- Address issues that pose a challenge to promoting and maintaining a healthy lifestyle, as and when they arise.



## ROAD TRAFFIC CRASHES ACCIDENTS PREVENTION

**Chairperson** Prof. Smath D Dharmaratne  
**Convenor** Dr. Nithershini Periyasamy

### 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		

**Report presented by** *Prof S D Dharmaratne*

### Introduction

The Expert Committee on PRTCs met six times during the year 2015 and new members were appointed depending on the objectives of the committee.

### Activities conducted by the Expert Committee on PRTCs during 2015

1. Recruitment of new members
2. Road safety week programs conducted during the month of May, 2015 A 'Reflector Sticker' pasting activity was conducted in York Street, Colombo on May 5th with the partnership of the Directorate of Estate and Urban Health, Ministry of Health and the Traffic Police Head Quarters, Colombo. This was supported by the staff of the Traffic HQ and was combined with the distribution and display of road safety material to the participants. A large number of stickers were pated on vehicles passing the program site. Annual Report of the Expert Committee on Prevention of Road Traffic Crashes (PRTC) for the Year 2015 SDD Page 2 This was followed by conduction of three road safety programs during the subsequent three days (May 6, 7, 8) in the following estate schools situated in the Nuwera Eliya district;
  - Shannon Tamil Maha Vidyalaya, Hatton – May 6th
  - Thalawakelle Tamil Maha Vidyalaya, Thalawekelle – May 7th
  - Kadawella Tamil Maha Vidyalaya, Ginigathena – May 8th

During these programs, road safety CDs prepared by the Expert Committee on PRTCs and the Traffic Police HQ were distributed to the school children. DIG Traffic extended his support by providing a resource person to all three school programs. Two of these programs were telecasted in the Sakthi News 1st and the Assistant High Commissioner of India attended the May 7th program as the Chief Guest. These events were published in the MOTOR Magazine of Sri Lanka.

3. 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 Presidents response to this letter.
4. The Chairperson of the Expert Committee on PRTCs represented the committee at a meeting held in the Lionel Memoriam auditorium of the SLMA and organized by the Family Health Bureau, Ministry of Health and the UNICEF on 'Prevention of Child Injuries in Sri Lanka'. This was followed by a discussion with the SIRASA TV by the Chairperson.
5. The Chairperson of the Expert Committee on PRTCs represented the committee at a media seminar titled, 'Prevention of injuries' organized by the Health Education Bureau and held at the HEB auditorium. He spoke on road injury prevention at this seminar, which was published in several newspapers in all three languages.
6. The Chairperson of the Expert Committee on PRTCs represented the committee at a meeting to develop an injury prevention manual for injury prevention practitioners, organized by the Injury Prevention Division, Non-communicable Disease Unit, Ministry of Health. During this meeting, a collaboration was initiated with the Life Saving Association of Sri Lanka, to publish the Drowning report prepared by them.
7. The Expert Committee on PRTCs was able to obtain the SLMA Council approval to open a Facebook account for the committee.
  1. The Expert Committee on PRTCs with the support of the Estate and Urban Health Directorate of the Ministry of Health organized a pre-congress workshop titled, 'Past, present and future challenges of Health and Nutrition in the Estate and Plantation Community' on July 5, at the Lionel Memoriam Auditorium of the SLMA, during the 2015 Annual Scientific Sessions of the SLMA. This workshop was attended by a large number of relevant stakeholders and Hon. Palani Thigambaram, Minister of Plantation Infrastructure Development was the Chief Guest. Two Chinese academics attended the workshop as resource persons. As a result of this workshop, an Expert Committee on Estate Health was established in the SLMA.

### Activities planned for 2016

1. Distributing the CD on road safety to schools in collaboration with the College of Surgeons
2. Training three wheeler drivers on road safety and safe transfer of the injured in collaboration with the National Road Safety Council and the College of Surgeons
3. Conducting a training program for school teachers in collaboration with the NCD Unit, Ministry of Health and the National Road Safety Council
4. Conducting a media seminar on road traffic injury prevention
5. Establishing a Presidential Task Force on Prevention of Road Traffic Injuries
6. Obtaining a media column for the Committee to publish road safety messages in newspapers

On behalf of the Expert Committee on Prevention of Road Traffic Crashes, I and the members in the committee would like especially to thank Professor Jennifer Perera, President of the SLMA and Dr. Ranil Jayawardena, 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 are of the opinion that these collaborations will help to highlight the role of the SLMA in this important public health issue.

## TRADITIONAL MEDICINE AND COMPLEMENTARY AND ALTERNATIVE MEDICINE (TM/CAM)

**Chairperson** Dr. Senaka Pilapitiya  
**Convenor** To be appointed

**Members** In order to reactivate the SLMA subcommittee on Herbal medicine a preliminary discussion was held with the participation of several SLMA members having an interest in traditional medicine and related areas.  
Following members participated:

Prof. Jennifer Perera  
Prof. Saroj Jayasinghe

Prof. RohiniFernandopulle  
Dr. Panduka Karunanayaka

Prof. Sisira Siribaddena  
Dr. Senaka Pilapitiya

**Report presented by** Dr. Senaka Pilapitiya

### Objectives of the committee:

At the preliminary discussion, following areas were discussed and several proposals were made to submit for the approval of the SLMA council. The objectives will be formulated accordingly.  
Discussions were held on following areas:

- Current trends in science and medicine in relation to TM/CAM
- Current situation of the practice of TM in Sri Lanka and the different forms of TM practices
- Challenges faced by doctors when identifying and recognizing different forms of TMs in Sri Lanka
- Lack of awareness among our graduates on TMs and how it could interfere with their patient care as there are many patients who also use TM/CAM treatments
- Needs, advantages as well as challenges in forming research collaborations with TM sector
- Need of getting current TM practices validated to conduct scientific research with better outcomes
- Information about integrated research activities taking place currently
- Models of integrated health care provisions that could be tried in Sri Lankan context
- What initiatives could SLMA take to enable its members, to make informed recommendations to patients when they seek advice in following TMs in the form of a complementary or an alternative treatment and
- What activities could the SLMA Sub committee on TM/CAM plan initially to meet the above needs and challenges?

### Proposals:

The following were proposed as initial activities that the SLMA subcommittee on TM/CAM could focus, in order to address some of the areas of interests discussed above:

1. To organize a Trilingual conference on TM/CAM allowing all stakeholders to present their research as well as case studies on successful patient outcomes.

### Objectives:

To get an opportunity to observe and appreciate the strengths and areas of success in TMs and the possible areas to explore further with scientific rigor as well as to identify possible areas that could in future be integrated.

2. To explore the feasibility of providing an exposure to medical students on TM practices and make them aware of the nature and practice of TM in the Sri Lankan context.
3. Organize a close door session to explore the possibility of developing a general guide to SLMA members on identifying and recognizing different categories of TM and CAM practices and practitioners available in Sri Lanka, their qualifications and some information about the systems they practice based on current available knowledge and information.
  - Within this guide we can give a concise account of the modes of training they receive, their curriculums and the structures of some of their training programs that awards them with undergraduate and postgraduate qualifications etc.

Objective: Through this the SLMA members could be better informed about the TM/CAM practices as well as about the practitioners in general which will in turn make them competent to give some informed opinions to their patients.

4. For SLMA to develop a mechanism of identifying potential therapeutic leads that could recommend further research to validate such TM/CAM Practices.
  - From time to time there are beliefs suddenly spreading among the public and claims of success appearing in media in relation to TM/CAM practices. These are not based on scientific evidence but mainly are on personal beliefs or experiences.
  - When such a claim is made neither the state nor the public has any mechanism to get this validated.
  - In such situations the state authorities will either stay non-committal or will promote such claims without being based on any scientific evaluation. This happens, as they would also not know how to get it assessed at least to see whether it is a claim that warrants further evaluation.

Therefore, the SLMA could put a mechanism in place to identify possible therapeutic leads in such situations, and inform the Ministry of Health and Indigenous Medicine about the availability of such a mechanism that would assist them on evaluating such claims.

This will act only on invitation by the relevant parties and will only say whether it is worthwhile to evaluate it further or not. (approving or disapproving the claims will not fall under the mandate of this mechanism).

## SOCIAL ACTIVITIES

**Joint Social Activity Secretaries** Dr Preethi Wijegoonewardene and Dr Lasantha Malavige

### Members

Prof Jennifer Perera	Dr Ranil Jayawardena	Dr Iyanthi Abeyewickreme
Dr Pramilla Senanayake	Dr B J C Perera	Dr Gamini Walgampaya
Dr Dennis J Aloysius	Dr Christo Fernando	Dr J B Peiris
Dr Narendra Pinto	Prof Vajira HW Dissanayake	Dr Ruvaiz Haniffa
Dr Chris Nonis	Prof Srinath K Chandrasekera	

### REPORT

*(Report Presented by Dr Lasantha Malavige and Dr Preethi Wijegoonewardene)*

The Doctors Concert and the Medical Dance are the two main events organised by the Social Secretaries with the support of the Council Members and special committee of the SLMA. These two events this year were an outstanding success by all accounts.

### The Doctors concert

The SLMA Doctors Concert was held on 6<sup>th</sup> July 2015 at the Galadari Ballroom at 7.00 PM amidst a large, distinguished and representative gathering has been acclaimed as one of the best ever Doctors Concert. The project chair Dr Christo Fernando worked tirelessly to put together a programme that brought about the multi faceted talents that Doctors, their spouses and children possessed. Hailed undoubtedly as a super event, all performances were brilliant and outstanding. All Performers had gone to the extent where every minute detail had been looked into. The Concert concluded at 10.30 PM where the Audience and the Performers had an unforgettable evening and enjoyed the Concert to their Heart's content. The programme is listed below.

1. "Medicos Musicalis" feat Sasini – Cello, Dinushka – Guitar, Shanandra – Flute, Dinithi – Drums, Shakthi – Sitar and Savini – Keyboards. -Instrumental.
2. Dr. Ranjith Ellawala - Mee amba Wanaye
3. Dr. Joe Perera / Dr. Suran Kuruppu / Dr. Amila Wickaramasinghe / Tiny Anthony - Anurapura Pollonnaruwa / Atha vereyen osawa
4. Dr. Harshini Rajapakse / Chamath Fernando -Mere dolna sun
5. Dr. Jill & Dr. David Edwards - A cross-cultural anatomy lesson
6. Dr. Jill & Dr. David Edwards - 'The Owl and the pussy cat' a poem by Edward Lear
7. Desh & Dili Dissanayake - Chim Chimney / Spoonful of sugar

8. UCFOM Students feat Nipun, Sachith, Chanaka, Prasan, Rumesh & Lasitha
9. Sanuthi, Senara & Dewmi - To the tune of Boney M
10. Southern Symphonia - From Kaffringha Baila to Calypso
11. Tshering Wangdi - Solo dance
12. Dr. Sunil Seneviratne Epa - Nidanena Rathriye
13. Dr. Thushini Gunewardene - A place in my Heart
14. Devishka, Buvaneshka & Thivanka Chandrasekera - Oriental drum display
15. Mirash Nazeem - I'm a believer / Let me be there
16. Dr. Yamuna & Minara Rajapakse - Feel the light
17. Dr. B J C Perera - Besame Mucho
18. Dr. Thushini Gunewardene, Dr. Suran Kuruppu, Dr. Farazad Nazeem, Ray Gomes & Dr. Christo Fernando – Oh Darling.
19. Dr. Isha Prematilleke, Dr. Farazad Nazeem, Dr. Sasini Chandrasinghe, Savini Chandrasinghe, Ray Gomes, Yaras Dananjaya and Dr. Christo Fernando - Super Trouper, Something stupid, Crocodile Rock & Happy
20. SLMA Council - Lo ada ninde, Whispering Hope.

### **The Medical Dance**

Dance committee consisted of following members,

Prof Jennifer Perera- Chair ticket sales subcommittee	Dr Ranil Jayawardena – Chair Souvenir subcommittee	
Dr Pramilla Senanayake – Chair sponsorship subcommittee	Dr Preethi Wijegoonewardene	
Dr Lasantha Malavige	Dr Christo Fernando	Dr Ruvaiz Hannifa
Dr Gamini Walgampaya	Dr Dennis Aloysius	Dr J B Peiris
Dr Narendra Pinto	Dr B J C Perera	Dr Iyanthi Abeyewickrema
Dr Samantha De Silva	Prof Vajira HW Dissanayake	Dr Srinath Chandrasekera
Dr Chris Nonis		

The Medical Dance 2015 held on 12 December 2014 at the Grand Ball Room Water's Edge was a grand success as has been acclaimed as one of the best Medical Dances. There were more than 300 guests. One special features of this year medical dance was that sponsorship committee was able to raise close to 3 million as sponsorships and souvenir ads with a significant profit that will be utilized in SLMA academic activities.

The evening began with cocktails from 8 to 8.30 pm. The dance started at 8.45The lead band 'Flame' galvanizing the guests with a superb selection of music and the guests danced to their heart's content. The five course sumptuous sit down dinner was served from 9.30 pm onwards. During the dinner the guests were entertained by high quality ballroom dancing by the 'Rhythm World' and superb Christmas Carols by the Mignonne, Maxi & Suraj G Trio. The dance continued at midnight with 'Balck" who lead on to a long session of Baila dancing and the Baila Competition. There were more than 50 prizes on offer, including airline tickets other valuable gifts, and they were distributed to winners of the entrance ticket draw, table draw, raffle draw, and the baila competition. The danced concluded at 3 am.

This magnificent event was possible because of the hard work put in by Dr Pramilla Senanayake who looked into every aspect of the dance with meticulous attention to detail. We are also extremely grateful to Dr Christo Fernando, Prof Jennifer Perera, Dr Ranil Jayawardena, Dr Ruvaiz Hannifa and the rest of the dance committee for their extraordinary contribution to make the event a grand success. Social secretaries also gratefully appreciate the excellent contribution by the Ms Chathurani Illeperuma and the administrative team at the SLMA.

### **SRI LANKAN CLINICAL TRIALS REGISTRY**

<b>Chairperson</b>	Prof Colvin Goonaratna
<b>Honorary Secretary</b>	Dr Udaya Ranawaka
<b>Assistant Secretary</b>	Dr Ashwini de Abrew and Dr Manu Wimalachandra

#### **Members**

Dr. P G Mahipala (DGHS)	Dr. Sunil de Alwis (DDG/ET&R)	
Prof. H J De Silva (Director, PGIM)	Prof. Jennifer Perera (President, SLMA)	
Dr. Ranil Jayawardena (Secretary, SLMA)	Dr. Samantha de Silva (Treasurer, SLMA)	
Prof. Gita Fernando	Prof. Shalini Sri Ranganathan	Dr. Piyusha Atapattu
Dr. Chandanie Wanigathunga	Dr. Shamini Prathapan	Dr. Nithushi Samaranayake
Dr. Carmeline Motha	Dr. Shehan Williams	Dr. A. Dinithi A. Fernando

**New members joined in 2015** : Dr. A. Dinithi A. Fernando

**Report presented by** Prof. Colvin Goonaratna

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

The overall objectives of the SLCTR are;

- To establish and maintain a national registry of clinical trials that meets international standards.
- To facilitate clinical trial registration by Sri Lankan researchers.
- To create awareness on the need for, and the process of, clinical trial registration among the Sri Lankan scientific community.

**Committee meetings** - Nine meeting were held till November 2015

Name	Attended	Excused	Name	Attended	Excused
Prof. Colvin Goonaratna	07	02	Prof. Gita Fernando	05	02
Dr. P G Mahipala (DGHS)			Prof. Shalini Sri Ranganathan	02	06
Dr. Sunil de Alwis (DDG/ET&R)	04	00	Dr. Piyusha Atapattu	01	05
Prof. H J De Silva			Dr. Chandanie Wanigathunga	07	02
Prof. Jennifer Perera	01	05	Dr. Shamini Prathapan	04	05
Dr. Ranil Jayawardena			Dr. Nithushi Samaranayake	06	03
Dr. Samantha de Silva			Dr. Carmeline Motha	04	04
Dr. Udaya Ranawaka	08	01	Dr. Shehan Williams	02	06
Dr. Ashwini de Abrew	07	02	Dr. Dinithi Frnando	02	-
Dr. Manu Wimalachandra	06	03			

#### Activities carried out during 2015

1. Twenty four clinical trials were registered as of 10<sup>th</sup> November 2015. (Total 177 trials in the registry)
2. Total of 36 applications were processed of 10<sup>th</sup> November 2015.
3. Internal Audit carried out from July to September 2015 and steps taken to improve process and documentation.

#### Action plan for 2016

1. Expand scope of SLCTR to include non-interventional research.
2. Carry out awareness programs for young researchers on Clinical Trials Registration.

### TOBACCO, ALCOHOL AND ILLICIT DRUGS

**Chairperson** Prof. Narada Warnasuriya  
**Convenor** Dr. Sajeeva Ranaweera

#### Members

Dr. Hemantha Amarasinghe Dr. Nadeeka Chandraratne Dr. Nayana Dhanapala  
 Dr. Jayamal De Silva Dr. Manoj Fernando (Secretary) Dr. Sameera Hewage  
 Dr. Z. Jamaldeen Dr. Mahesh Rajasuriya

**Report presented by:** Secretary and Convenor

#### Objectives of the committee

- **Improving** the well-being of people of Sri Lanka through **influencing** national policies and legislation, advocacy, research, provision of technical support and training for **addressing** harms from tobacco, alcohol and illicit drugs, by **working** closely with government institutions, professional bodies, non-government sectors risk groups and communities.

#### Committee meetings

Five meetings to date and all members present

#### Activities carried out during 2015

##### National Level policy and legislation and other activities

##### 1. Presidential Task Force on Tobacco, Alcohol and Illicit Drugs:

Three members represent the Committee at this Task Force. The Committee members work as the sole technical resource group and the only professional organization within this Task Force. The meetings are chaired by the President. Other members of this Task Force include Secretaries of Finance, Defence, Health and Justice Commanders of the Army, Navy and Air Force, Inspector-General of Police and other Heads of Departments. Several National Level decisions related to policy and legislation, prevention, enforcement and strengthening of institutions has already been taken through this forum.

##### 2. National Policy on Alcohol:

The National Policy on Alcohol, for which extensive technical inputs were provided by this Committee, has been approved by the Cabinet of Ministers without any amendments. The committee was also actively involved in developing the final draft of this policy. The Committee is now advocating the establishment of a plan of action to implement this Policy.



3. **National Guideline on Treatment and Rehabilitation of drug users:**  
The committee, on the request of the Presidential Task Force on Tobacco, Alcohol and Illicit Drugs prepared and these guidelines which has be submitted to the President.
4. **National Summit on Tobacco:**  
The SLMA was a partner of The National Summit on Tobacco on the 29<sup>th</sup> and 30<sup>th</sup> of April 2015 at the BMICH, which was conducted very successfully. Members of the Committee were actively involved in the planning and organizational activities related to this activity, in close collaboration with National Authority on Tobacco and Alcohol (NATA) and the World Health Organization. Several Members were also be resource persons at this summit.
5. **National Advisory Committee on Tobacco, Alcohol and Illicit Drugs, Ministry of Health.**  
A representative from our committee has been appointed to this advisory committee established by the Ministry of Health to strategize, plan and implement drug and alcohol demand reduction in schools. This was a result of the close collaboration of our committee with the Ministry of Education over several years. All tobacco, alcohol and illicit drug related programmes in schools administered by the Ministry of Education is planned and coordinated by this committee.
6. **Electronic Cigarettes:**  
The committee made a presentation on electronic cigarettes at the Board Meeting of NATA in January, presenting the current evidence, recommending that approval for sale such devices should not be given. This was accepted by the Board of NATA, and the Ministry of Health was requested in writing that such approvals should not be given. These administrative measures are now in place. In addition this has been included in the proposed amendments which will be brought soon to the NATA Act.

#### **Research**

1. **Study on Economic Costs of Tobacco and Alcohol in Sri Lanka.**  
This collaborative research project to calculate the economic costs of tobacco and alcohol in Sri Lanka, is carried out by the National Authority on Tobacco and Alcohol (NATA) and the World Health Organization (WHO). The Committee is represented by four members in the study team. This is the first time that such a technically challenging study has been attempted on tobacco and alcohol in Sri Lanka. The research group consists of economists, public health experts as well as experts from the Health Invention Technology Assessment Programme (HITAP) of the Ministry of Health, Thailand. The Committee is involved in this study on the request by NATA, as technical experts. The study has now been completed, and the results will be released in November 2015.
2. **The Annual Research Symposium on Cancer:**  
This is a collaboration between the Committee with the National Cancer Control Programme, Ministry of Health, and will be conducted in December.

#### **Technical support**

1. **NATA Core Group on Smokeless Tobacco:**  
NATA has established an Expert Group on Smokeless tobacco, which consist of academics, clinicians and public health specialists working on addressing harms of smokeless tobacco. The Committee is represented in the Expert group by one member, while other members provide technical support as and when needed.
2. **Drug and alcohol demand reduction media campaign by the Ministry of Media:**  
The committee provided technical inputs during the planning and design phases of this activity, on the request of the Ministry of Media.

#### **Advocacy**

1. **Radio and Television programmes:**  
The Committee took part in six radio and television programmes in government owned as well as private channels during the year, discussing different aspects related to tobacco and alcohol.
2. **Diabetes Association:**  
The Committee took and active role in opposing the media campaign conducted by the Diabetes Association which used an image of what appeared to be cigarette, which was prominently displayed in several locations.

#### **Training programmes**

1. **Good Intern programme:**  
This year the committee conducted a two hour symposium and the Good Intern Programme conducted by the GMOA, in October. Around 1,000 medical graduates participated.
2. **National Youth Services Council training:**  
The committee was the technical resource group in a training of 800 youth leaders from all over the country, at a programme which was conducted by the National Youth Services Council.

## Action plan for 2016

Following are the areas which the Committee will work on during 2016.

- Advocacy for development and implementation of plan of action based on the National Policy on Alcohol
- Advocacy for a rational and transparent tobacco taxation policy
- Technical support for the NATA project on Smokeless Tobacco, Legislation on Tobacco and Policy on Single Sticks
- Advocacy for Tobacco-Free Generation (Those born after year 2000), which disallows sales to all those born in year 2000 onwards. This is being considered by several countries currently,
- Provision of further support for the Presidential Task Force.
- Continue the close collaboration with the Ministry of Education.
- Continue collaboration with the National Authority on Tobacco and Alcohol
- Work on emerging issues

## WOMEN'S HEALTH

**Chairperson** Dr. Nalika Gunawardene  
**Convenor** Dr. Nadeeka Chandrarathne

### Members

Prof. Jennifer Perera Prof. Chandrika Wijeyaratne Prof. Shalini Sri Ranganathan  
Dr. Sampatha Goonawardena Dr. Aruni Hapangama Dr. N. Arulanandam  
Dr. Bimalka Seneviratne Dr. Amanthi Bandusena Dr. Shamini Prathapan  
Dr. Sepali Kottegoda- Co-opted member

**New members joined in 2015** Dr. Yasara Samarakoon Dr. Sumudu Hewage

**Report presented by** Dr. Nadeeka Chandrarathne

### Objectives of the committee

- To encourage medical professionals who are stakeholders in the field of women's health to join the Women's Health Committee
- To explore and respond to national and global issues pertaining to women's health and play an advocacy role in all sectors of concern.
- To conduct professional development programmes in collaboration with relevant Colleges/ Associations and organizations, targeting health staff in curative and preventive health services.
- To educate the public on issues related to women's health
- To develop links and work on collaboration with other professionals working on areas related to women's health

### Committee meetings

Name	Attended	Excused	Name	Attended	Excused
Prof. Nalika Gunawardena	6	-	Dr. Bimalka Seneviratne	5	1
Prof. Jennifer Perera	5	1	Dr. Sepali Kottegoda	2	4
Prof. Chandrika Wijeyaratne	2	4	Dr. Amanthi Bandusena	4	2
Prof. S. Sri Ranganathan	5	1	Dr. Shamini Prathapan	4	1
Dr. Sampatha Goonawardena	4	2	Dr. Nadeeka Chandrarathne	6	-
Dr. Aruni Hapangama	3	3*	Dr. Yasara Samarakoon	2	-
Dr. Arulanandam	2	4**	Dr. Sumudu Hewage	3	-

\*on overseas leave

\*\*Joined the committee on agreement to communicate via e-mail

### Activities carried out during 2015

#### 1. International Women's Day celebrations

In the wake of International Women's Day 2015 the Committee together with Women and Media Collective (WMC) and FPA Sri Lanka organized a short film screening and discussion at the Auditorium, Lady Ridgeway Hospital, on 3<sup>rd</sup> march 2015.

The main aim of this session was to enlighten the audience on issues related to Gender and Sexual Health and thereby promoting them to be gender equitable in their day to day life and in work life. Another reason behind selecting this session was to motivate the young generation to promote visual media in delivering health messages as it is a known fact that Sri Lanka, have not made full use of the influence of media on health, especially the modern forms of web based visual medias in spite of ample evidence that exposure to media, have significant impacts on individual and population health behaviours.

Ten short films from Women and Media Collective's short film competitions, which have been held over the years, were shown at the festival. The screening of the films were followed by a lively discussion with the participation several of the winning short film producers and the session was well attended by both medical and paramedical staff including students from Nursing Training School.

A write up of the proceedings was published in the SLMA April newsletter.

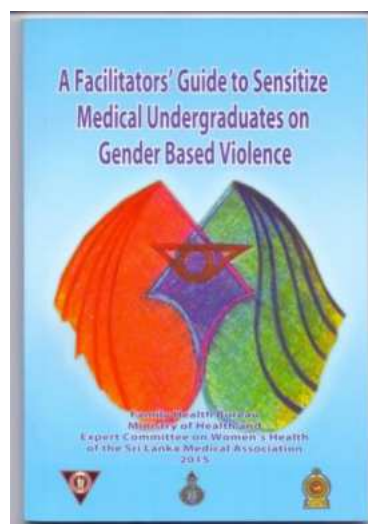


## 2. A facilitator Guide to sensitize medical undergraduates on Gender Based Violence

The Committee developed a facilitator Guide to sensitize medical undergraduates on Gender Based Violence in collaboration with Women's Health Unit of the Family Health Bureau of the Ministry of Health.

The Guide was formulated following a series of inputs from University academics and other resource personnel and pre-testing with medical undergraduates. The guide was in cooperated to a small booklet titled "A facilitators' guide to Sensitize Medical Undergraduates on Gender Based Violence" and 500 copies of the booklet was printed under the patronage of the Family Health Bureau.

The booklet was handed over to the Minister of Health at a function held at Family Health Bureau on 30<sup>th</sup> March 2015 and the booklet was introduced and handed over to the university academics at a small ceremony with participation of academics from the fields of Community Medicine, Gynaecology and Obstetrics and Forensic medicine from all 9 faculties of Medicine on 15<sup>th</sup> July 2015.



## 3. Leaflet to sensitize the undergraduates on gender issues

Expert Committee on Women's Health of SLMA published a Sinhala and a Tamil leaflet to sensitise the university new entrants on gender issues. With the patronage from World Health Organization, 25,000 leaflets (20,000 in Sinhala and 5,000 in Tamil) were printed and distributed among the new entrants of Universities of Jayawardenapura, Colombo, Kelaniya, Jaffna, Peradeniya, Ruhuna and Rajarata with the approval of the Vice Chancellors of the respective Universities.



#### 4. Monthly clinical meeting

The monthly clinical meeting of the SLMA for the month of August was organised by the Expert Committee on Women's Health on 19th of August 2014 under the theme 'Gynaecological cancers among women'. Dr. Bimalika Seneviratne's article named 'Gynaecological cancers among women' based on her presentation at this monthly clinical meeting 19th of August 2014 was published in the April SLMA newsletter.

The Committee has also organised a monthly clinical meeting under the theme of "Menopausal Hormone Replacement Therapy- Benefits, Risks and Alternatives" for the 17th November 2015.

#### 5. Symposium on Child abuse at the annual medical congress

A successful symposium on 'Child Sexual Abuse' was organized by the Committee as a part of the Annual Medical Congress of SLMA on the 07th of July at 9.00- 10.30 am. The Family Planning Association of Sri Lanka (FPASL) provided the financial support for the symposium and Prof. Asvini Fernando (Associate Professor in Paediatrics, Faculty of Medicine, University of Kelaniya), Dr. Rita Shackel (Associate Professor, Sydney Law school, University of Sydney, Australia) and Mr. Sajeewa Samaranyake (Deputy Chairman, National Child Protection Authority) participated as resource persons.

#### 6. Regional meeting with the Vavuniya Clinical Society

Committee contributed to the meeting by conducting a session titled "Gender Based Violence - How to deal with case scenarios as well as in the workplace". Dr. Manoj Fernando (Lecturer in Health Promotion, Rajarata University of Sri Lanka) was invited by the Committee to be a resource person which was well appreciated by the participants

#### 7. To sensitize female youth leaders on emerging social challenges faced by modern women

A programme for the Prefects' Board and Grade 10 students of Visakha Vidyalaya, Sapugaskanda has been planned for the 26<sup>th</sup> November 2015 in collaboration with the Sections A and F of the Sri Lanka Association for Advancement of Science. The objective of the programme is to sensitize female youth leaders on emerging social challenges faced by modern women and on overcoming them

#### 8. Development of a guideline to address Sexual Harassment at workplaces in the health sector in Sri Lanka

The committee was invited by the Ministry of Health to develop a guideline to identify address Sexual Harassment at workplaces in the health sector in Sri Lanka. This guideline is being formulated at present with inputs from a series of consultative meetings with experts and the Gender and Women's Health. The project was funded by UNFPA and is being conducted in collaboration with the Women's Health Unit of the Family Health Bureau.

#### 9. Knowledge Sharing Forum Addressing Intimate Partner Violence in Sri Lanka Looking back: Moving forward

The committee partnered with the Ryerson University of Canada to conduct this session which was held on 13<sup>th</sup> and 14<sup>th</sup> October 2015 in Colombo. The Forum provided an opportunity for the participants to share the knowledge and experiences on research and interventions to address IPV and to discuss the future activities. This event was well attended by health ministry officials, members of NGO and INGO and postgraduate trainees

#### Action plan for 2016

- To provide advocacy and technical support to the Ministry of Health and other Government and Non-Government Organizations working on issues related to women's health.
- To finalize, publish and provide support in implementation of the guideline to address Sexual Harassment at workplaces in the health sector in Sri Lanka

- To conduct professional development programmes for nursing officers working in the private sector on identified issues such as healthy life style, good practices in caring for pregnant mothers, new born and children
- To educate the public on issues related to women's health such as gender sensitivity, reproductive health, prevention of gynaecological malignancies, life skills, etc
- Work on emerging issues pertaining to women's health

## NCCPD

**Chairperson** Dr Sunil Seneviratne Epa  
**Convenor** Dr V Murali

### Members

Prof Lalitha Mendis	Prof Colvin Goonaratna	Dr Rabindra R Abeyasinghe
Dr Nalin Rajakaruna	Dr Joe Fernando	Dr H R U Indrasiri
Dr Lalindra Gooneratne	Dr Pubudu de Silva	Dr Harshalal de Silva
Dr Suresh Shanmuganathan	Dr Jayantha Jayasuriya	Dr Eugene Corea
Dr Ananda Hapugoda	Dr R P Dayasena	Dr M P Seneviratne
Dr G A Harischandra	Dr Indira Wijesiriwardene	

### REPORT

*(Presented by Dr Sunil Seneviratne Epa)*

National Centre for CPD in Medicine (NCCPDIM) of the SLMA functions under the Central CPD committee and continues to issue the National CPD Certificates (NCPDC) to doctors who wish to get the same upon submission of duly completed CPD portfolio as per the guidance given in the Information and Guidance Book. Most of such applications were received from doctors who are to go abroad for training. Lack of interest in NCPDC among other doctors is due either to lack of incentive or compulsion to do so. This was taken up with DGHS on two occasions at the Ministry of Health during the year. At the last meeting in November the DGHS agreed to summon the GMOA for a meeting with a view to discuss the possible incentives that can be coined with the NCPDC.

## 13. CEYLON MEDICAL JOURNAL

<b>Editors</b>	:	Dr Anuruddha Abeygunasekera and Prof Varuni de Silva
<b>Emeritus Editors</b>	:	Dr C G Uragoda, Professor Colvin Goonaratna and Professor Janaka de Silva
<b>Section Editors</b>	:	B J C Perera, A Pathmeswaran, Shalini Sri Ranganathan
<b>International Advisory Board</b>	:	David Lallo, Andrew Dawson, Peush Sahni, Zulfiqar Ahmed Bhutta, Barbara Gastel, S Arulkumaran, Anita KM Zaidi, Ian Pearce, Kalle Hoppu
<b>Assistant Editors</b>	:	Carukshi Arambepola, Chandu de Silva, Samath Dharmaratne, Malik Goonewardene, Tiran Dias, Ranil Fernando, Prasad Katulanda, Renuka Jayatissa, Sarath Lekamwasam, Senaka Rajapakse, Sisira Siribaddana, Udaya K Ranawaka

Compiled by: Dr Anuruddha Abeygunasekera, Co-editor, Ceylon Medical Journal (CMJ)  
Period covered: 1 January 2015 to 31 October 2015

#### 1. CMJ coeditor

The tenure of a Co-editor of CMJ is six years. Since Dr Anuruddha Abeygunasekera has completed a term of six years as the co-editor the SLMA council decided to appoint him for another three years.

#### 2. Editorial Board

CMJ reconstitutes its editorial board every three years by advertising half of its member posts. The following were appointed as new members to the CMJ editorial board in 2015.

Carukshi Arambepola	Chandu de Silva	Samath Dharmaratne
Tiran Dias	Ranil Fernando	Prasad Katulanda
Sarath Lekamwasam	Senaka Rajapakse	Sisira Siribaddana

Furthermore CMJ decided to appoint three section editors to streamline the copyflow of the Journal



### 3. Board Meetings

The Editorial Board meetings are held on a Saturday each month. Seven meetings have been held so far in 2015. Average attendance was 70%. A summary of the events of CMJ are sent to the council periodically.

### 4. Journal

Three issues of the 2015 Journal have been published to date: March, June and September. The December issue is in final review. Saatchi & Saatchi advertising company who were doing printing and distribution of the CMJ in lieu of advertisements revenue withdrew from the contract due to financial difficulties. Ananda Press agreed to continue the work of printing and distribution of the Journal in lieu of advertising revenue.

A total of 96 articles were tabled and discussed at the editorial board. Average time period between submission of an article and decision taken at the editorial board was 34.2 days (5 weeks). The expected target was six weeks. The article acceptance rate was 41% for this year.

Past issues of the Journal can be purchased at Rs 500/= per copy. The processing fee per article remained at Rs: 1000/=. However at the request of the SLMA council the processing fee will be increased to Rs 2000/= per article from 1 January 2015.

### 5. 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 1486 online registrants of the CMJ who access the website. The PubMed abstract of the CMJ articles provide a link to the full text articles.

### 6. Online activities

CMJ understands the importance of web-based online activities to increase the visibility of the Journal and to attract more researchers and readers. Hence the editorial board decided to appoint an online manager for the Journal. Online manager will have to maintain the twitter and facebook activities of the CMJ and to promote/ coordinate the Journal electronically. He/ she will not have any editorial responsibilities and will not be a member of the editorial board. SLMA council approved the appointment of Dr Riakz Sheriff for that post for a duration of one year.

### 7. Author guidelines and editorial policy

CMJ revised its author guidelines and journal policy this year to be in par with international standards.

### 8. Science Citation Index

CMJ applied for the SCI. The Thomson Reuters has declined to accept CMJ in its core list. However they have indicated that CMJ will be included in the category called Emerging Sources Citation Index (ESCI) from 2016.

### 9. Workshops

Members of the editorial board continue to take part in workshops on research writing. In addition they took part in the two day residential workshop sponsored by the INASP for Medical Journal Editors of Sri Lanka. Prof Varuni de Silva and Dr BJC Perera of the CMJ editorial board were the key figures who established the Sri Lanka Medical Journal Editors Forum which received the blessings of the SLMA council. Prof Varuni de Silva represented the CMJ at the World Medical Journal Editors Conference held in India.

### 10. CMJ office

The office can be contacted on 011 269 0212 and at [office@cmj.slma.lk](mailto:office@cmj.slma.lk)

### 11. Acknowledgements

The Editorial Board is grateful for the continued help of all SLMA staff, especially Mr Rajasingham and Ms Jayarani Tennakoon. Ms Saumya Hemasinghe is the full-time administrative secretary of the CMJ.

## 14. TSUNAMI DISASTER RELIEF PROJECT

*(Report Presented by Dr Suriyakanthie Amarasekera)*

Coordinator SLMA /CMAAO SCHOLARSHIP FUND Dr Suriyakanthie Amarasekera

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

The Scholarship was set up in 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.

Of the 18 scholarship awardees at the end of the year 2014, one scholarship recipient completed a Diploma Course in IT and found gainful employment and ceased to be a beneficiary from January 2015.

Two others failed to respond to repeated communications requesting information regarding continuing education, and it was concluded that they are not engaged in any educational activity, and are therefore not eligible to be scholarship recipients, and their scholarship was terminated.

The total number of SLMA/CMAAO Scholarship recipients for the year 2015 was therefore reduced to 15.

Of these one is following a Diploma Course in Multimedia, and one a Diploma course in Beauty Culture. One has gained entry to the Kelaniya University, and is following a Degree Course in IT and Management. . One student is following the AAT course while studying for the A Levels as a private candidate, with a view to improve her chances of gainful employment in the banking sector. One student is making a second attempt at the A Levels in the hope of qualifying to enter the University. Two others have started reading for their A Levels. All these 18 students receive a monthly sum of Rs 3000/-.

3 students are reading for their O Levels and receive Rs 2500/- monthly. The balance 4 students receive Rs 2000/- monthly.

It is intended to continue the practice of giving an extra allowance of Rs 2000/- in December to facilitate purchase of books, uniforms, shoes etc. All these payments are made using the monthly interest, leaving the capital intact.

## **15. FORUM FOR ETHICS COMMITTEES (FERCSL)**

At the Management Committee meeting held on 15th May 2015 at the SLMA old Council Room the Management Committee of the Forum for Ethics Review Committees of Sri Lanka (FERCSL), proposed to amend articles 9 and 21 of the FERCSL constitution.

As such: Articles 9 and 21 of the Constitution of the Forum for Ethics Review Committees in Sri Lanka be amended as noted in the Schedule below, as provided for by Article 31 of the said Constitution.

### **Schedule**

1. Amend Article 9 by deleting the words “two members” and inserting the words “three members”.
2. Amend Article 21 by deleting both sentences and inserting the following “The members of the MC shall, at the first MC meeting in each year elect a Chairperson, Secretary and Treasurer who shall hold office for a period of two years, and be eligible for re-election.”

After discussing the above the committee decided to adopt the proposal in principle, add the post of editor to the above proposal.

This was approved in a special general meeting as per guidelines set by article 31 of the constitution on 17th July 2015 at the SLMA.

The re constituted committee had its 1st meeting on the 21<sup>st</sup> of August 2015.

The following were elected as office bearers for the next 2 years at this meeting.

Chairperson	- Dr Chandanie Wanigatunge (ERC – SLMA)
Secretary	- Dr Shamini Prathapan, (ERC FMS USJ)
Treasurer	- Dr Aindra Balasuriya, (ERC KDU)
Editor	- Dr Prasad Ranatunga, (ERC TH Kurunegala)

### **Activities carried out by Management Committee of FERCSL**

1. A two day Training Programme for researchers on GCP workshop on Clinical Trials was held on 8th and 9th October 2015.
2. Reviewing of the FERCSL Operational Guidelines
3. Formulation of guidelines for the Ethics Review Committees in Sri Lanka
4. e-newsletter – A e-newsletter of the FERCSL was circulated by the FERCSL among its member ERC's
5. Accreditation of the ERC, Faculty of Medicine, University of Kelaniya by SIDCER/FERCAP - The ERC of the Faculty of Medicine, University of Kelaniya was accredited by the Strategic Initiative for Developing Capacity in Ethical Review (SIDCER) Forum for Ethics Review Committees of the Asia and the western Pacific (FERCAP)/ after undergoing review by the FERCAP committee. ERC FM – Kelaniya is the fourth Sri Lankan ERC to obtain SIDCER/FERCAP accreditation after Faculty of Medicine, University of Colombo, Faculty of Medical Sciences, University of Sri Jayewardenepura and Faculty of Medicine, University of Peradeniya.

## 16. NEW MEMBERS

The new membership for the year 2015 (as at 4<sup>th</sup> December 2014, including the names presented to the Council on 4<sup>th</sup> December 2015) was as follows

Life	111
Ordinary	71
Student	69
Ordinary to Life	

The list of members were enrolled during the year 2015 is given in Annex 6.

## 17. TREASURER'S REPORT

*(Presented by Dr Samantha de Silva, Honorary Treasurer)*

As the treasurer of the SLMA I am pleased to present the Treasurers Report for the financial year 2014-2015. It had been an exciting year for the SLMA with many new initiatives and challenging work.

The main recurrent expenses of the Association is the salary, EPF, ETF and bonus payment for staff which amounts to Rs.4,342,603/= for 12 months period. The other main recurrent expenditure is for electricity which is Rs.1, 485,028/= Total administrative expenses for 12 months amounted to Rs. 14,846, 040/= including routine repair and maintenance and standard activity of the SLMA.

The expenditure incurred for the planned repair and renovation of Wijerama House in addition during the year is summarized as below:

Repairs and Renovation of premises 2015

Item/activity	Cost
Replacement of roof and incidental repairs	7,117,604.79
Face-lift to exterior of Wijerama House	1,975,027.50
Repair and colour renovation auditorium and some offices	518,000.00
Replacement of stand-by electricity generator	2,571,375.99
Repair of Men's toilet	15,800.00
Termite control of premises	552,622.00
<b>Total</b>	<b><u>1,2750,430.28</u></b>

The Total income from the Anniversary International Medical Congress was Rs. 19,520,953/=. The expenditure was Rs. 12,322,770. Thus there was a net income over expenditure of Rs. 7,198,183/= from the annual congress related activity.

Details of the income sources is given below

Income during the year	Cost
Subscription and Entrance Fee	1,497,420.00
Anniversary International Medical Conference	19,520,953.00
Rent Income	3,823,650.00
Auditorium and Council Room Hire	444,900.00
Career Guidance Seminar	123,000.00
Income from Ceylon Medical Journal (13.1)	172,166.00
<b>Total</b>	<b><u>25,582,089.00</u></b>

The total in long term fixed deposit is Rs. 15,688,811/= The short term fixed deposit is Rs.1,090,000/= The total value of Orations fixed deposit is Rs. 5,474,276/=. Cash and bank balance as of 31/10/2015 remains at Rs 9,159,648/=. Total assets less current liabilities inclusive of Property, plant, equipment together with cash and deposits is estimated at Rs. 50, 642,584/= as of 31/10/2015.

Finally I would like to thanks the President Professor Jennifer Perera for her initiatives and constant guidance, Hony Secretary Dr Ranil Jayawardena, Mr. M Rajasingham who relentlessly attended to the renovation work during the year and last but not the least Ms. Jayarani Tennakoon for her assistance in maintaining the accounts and the cash flow in a responsible and proper manner.

## 18. AUDITORS' REPORT 2014/2015

Report of the auditors is given in the Annex 7.

## 19. NEWSLETTER

The SLMA newsletter (SLMA<sub>NEWS</sub>) renewed its contract with the publisher, This Source Pvt Ltd, effective from January through December 2015. The page numbers of the newsletter were increased up to 32 from the previous 28, 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 2015 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 was increased from 3,850 to 4,500 to enable delivery to all members of the SLMA. Professor Sharmini Gunawardene gave committed leadership to orgaqsnie a timely newsletter.

## 20. ADVOCACY

### Pollution of water with oil effluent of power plants in Chunakkam, Jaffna

A field visit and a multi stake holder meeting coordinated by Dr Kumarendran of SLMA , was conducted on 14<sup>th</sup> March 2015 by the SLMA in collaboration with the Jaffna Medical association and many other stakeholder groups including representatives of professional organisations (Ceylon College of Chemists, Sri Lanka College of Community Physicians, Directorate of Environmental and occupational Health, Ministry of Health, Central Environment Authority, Academics from , GMOA, Rrepresentatives of University of Jaffna , Provincial Director of Health services, Jaffna, World Health organization, Public Interest Law Foundation, National Water Supply and Drainage Board, Diaster Management Unit, Jaffna, Ceylon Electricity Board, Jaffna General Hospital, Medical officers of Health from Jaffna, Sri LankaL institute of Engineers, Jaffna Mangers Forum, UNICEF- Kilinochchi branch with the following

1. Assess the degree of pollution through available data and reports from laboratory assessments
2. Assess the perceptions of the affected population
3. Cease the further progression of pollution
4. Provide alternative water resources to the affected people
5. Draw out a sustainable plan to provide safe water

Following the meeting a comprehensive report was submitted to the stakeholder groups including the Ministry of Health and Nationa Water and Drainage Board for action. Reasonable action has been taken by both Ministry of Health and the National Water Supply and drainage Board and the Ceylon Electricity Board.



Participants at the Discussion Forum on Water Pollution in Jaffna

## **NATIONAL MEDICINAL DRUG ACT**

The Sri Lanka Medical Association actively contributed to revision of the draft National Medicinal Drug Act through participation of stakeholders, including all professional colleges, Industry and members of the National Medicinal drug Act formulation committee at a meeting held with all stakeholders on 16<sup>th</sup> February 2015. The recommendations were presented at a meeting held by the Ministry of health with stakeholder groups on 24<sup>th</sup> February 2015. We are pleased to report that many of the amendments suggested by the Sri Lanka Medical Association has been incorporated into the revised drug act.

## **THE DEATH PENALTY**

A following media statement was issued on the above as follows. A letter was submitted to his Excellency President Maithripala Sirisena on 7<sup>th</sup> October 2015.

“Recent reports in the media indicate that there are discussions at highest level of the government regarding the death penalty in Sri Lanka. Penalties of death continue to be handed down by the courts – usually many years after the crime was committed. However, Presidents of Sri Lanka, including your Excellency have not signed the final authorization for it to be carried out. As a result, individuals so sentenced to death remain in custody. We believe that the pressure and demand by well meaning citizens of the country stem from the rising number of murders and other grave crimes reported in the media.

The Sri Lanka Medical Association wishes to bring to your notice that we oppose the death penalty based on a number of reasons.

1. The majority of practicing Buddhists find the taking of life objectionable. Many adherents of other mainstream religions would agree. The Pope too recently urged an end to the death penalty.
2. As health care professionals our main role is safeguarding the health of the country's citizens and saving lives. Therefore, taking a human beings life as a punishment is abhorrent. All reputed medical organizations around the world, (e.g. the World Medical Association and the Commonwealth Medical Association) oppose the death penalty.
3. There are several examples, even from developing countries, that wrong persons have been jailed and executed. Therefore, carrying out the death penalty in Sri Lanka too will invariably lead to wrong persons being executed.
4. Executing a criminal is merely treating the end result of a series of causes that have contributed to their criminal behaviour. We continue to fail to remedy many social ills that lead to serious criminal activity. Psychological analyses of life stories of most criminals often indicate that they have themselves undergone numerous abuses, sometimes as children, and violence. In fact, some criminals (e.g. psychopaths) have permanent abnormalities in their brains, suggesting that there is an underlying disorder that contributed to their violent behavior.

As an alternative to death penalty, we propose that the laws be suitably changed to ensure that those convicted of specific serious crimes where death penalty is usually handed down (e.g. child rape and murder), will NEVER be released back to society. This effectively means that certain crimes should not be pardoned.

We also urge Your Excellency to consider changing the emphasis of the prison system to promote convicted persons to constructively reintegrate back to society. This will require the government to introduce more facilities for vocational training, religious activities, counseling, and psychological treatment. Furthermore, the prison health services need to be allocated more resources to tackle serious issues such as tuberculosis, HIV / AIDS and other diseases that are rampant.

## **FOOD ADVERTISING AND PROMOTION AIMED AT CHILDREN**

A meeting of all relevant professional colleges were held in the SLMA on 26<sup>th</sup> October 2015. A media briefing on the above was held on 9<sup>th</sup> November 2015 to sensitise media personnel on the important role played by media on advertising food specifically targeting and using children. The following media statement was also published in the newspapers on 24<sup>th</sup> November 2015.

### **COMPANIES EXCEEDING ITS BOUNDARIES IN FOOD ADVERTISING AND PROMOTION**

In the recent past we have witnessed many instances where companies have exceeded its boundaries on ethical advertising and two such recent examples are given below to highlight the need for action.

Advertising of high fat and sweetened foods carried out by companies in Sri Lanka is a cause for concern. Questions are raised regarding the health implications of these actions in a country that is suffering from both undernutrition and overweight. It is well known and evidence based that high fat, salt and sugar consumption in Sri Lanka has escalated the levels of non communicable diseases (NCDs, such as diabetes, heart disease and hypertension). Statistics show that close to 15% of children in urban areas are either overweight or obese and this is spreading fast. More seriously, type 2 diabetes, high cholesterol levels and hypertension are also frequently seen in the young population. Most Non-communicable diseases (NCDs) have reached epidemic levels in Sri Lanka, with the prevalence of abnormally high blood glucose levels seen in 20% and hypertension in nearly 25% among Sri Lankan adults. Prevalence of these diseases is much higher in Sri Lankans compared to white Caucasians in many 'western' countries. The rates of obesity among adults has increased by 3



fold during the last two decades. According to most recent data 25% (or one quarter) of Sri Lankan adults are suffering from obesity (BMI>25kg/m<sup>2</sup>).

Under such worrying health conditions facing the country, some of the campaigns on food promotion have crossed the boundaries of decent ethical advertising. A few examples are given below.

The first, being the use of school children in advertising and targeting of campaigns to promote high energy food, which is not essentially “healthy”. An Astra margarine promotional campaign directly or indirectly targeting children has been conducted in Galle, with characters such as Captain Lipid. This has been conducted on the 25<sup>th</sup> of October 2015 in the Galle Esplanade. Targeting children for specific campaigns on such brands is unethical.

The second being the Astra conduct of a mass media campaign on TV and other media to promote Astra margarine. The method adopted was to link with state media in order to reach a wide audience. There was a half hour programme on Independent Television Network (ITN) from 8.30 - 9 am ‘Salmal yaya’ on 23 Oct 2015 (Friday) on a campaign supposedly to target malnutrition (This is still available in their webpage). The basic idea was to suggest that using Astra helps to combat malnutrition in Sri Lanka (‘Astra wadawamu Lanka’). While fat is an essential part of the diet there should be consideration as to the quantity consumed and also which source should be used to obtain the fat requirement.

Observation of all such advertisements, especially in the last two years, shows the insidious manner in which advertising has been done. There are numerous other products being promoted in a similar manner and the general public, relevant authorities and health care professionals should continue to be vigilant.

We wish to advocate that stern action and formulation of clear guidelines on advertising be taken on the part of the Ministry of Health, Consumer Affairs Authority, Ministry of Education and the Media Ministry without delay. It is also the responsibility of all corporate entities to demonstrate responsibility in advertising and promotional activities especially with regard to children, especially in the face of a rise in obesity and non communicable diseases in Sri Lanka.

#### **REDUCTION OF TAXATION ON BEER WITH ALCOHOL CONTENT OF LESS THAN 5%**

The following media statement was issued on the above as follows. A letter was submitted to his Excellency President Maithripala Sirisena

“You Excellency has taken many commendable steps to address the enormous health, social and economic harms of tobacco and alcohol as the Minister of Health as well as the President of Sri Lanka. It is in this context that we note with concern the proposal of the 2015 budget to reduce the taxation of beer with an alcohol content of less than 5%. We also note that you have taken a bold step to reverse this initial budget decision and we hope that you will maintain this stance.

With this reduction, a can of beer, of around 300 ml can become available at a very low price. Scientific evidence from different parts of the world indicate that reducing the price of an alcoholic product will increase its consumption. In this case, it will become more affordable to young people, especially teenagers and poorer segments of Sri Lanka, who will find it very affordable. In addition, alcohol products with less than 5% alcohol is seen a “soft” form of alcohol which, combined with the lower price will make it very attractive to young people.

Therefore, the use of alcohol of these vulnerable segments of the society will increase very quickly. As beer is a gateway drug that leads to consumption of stronger forms of alcohol, an increase in use of other forms of alcohol will follow.

When the overall volume of alcohol in a population increases, scientific studies have shown that harms related alcohol such as accidents, suicides violence, and illnesses such as cirrhosis, cancers, hypertension, strokes and heart diseases of that population will increase.

Your Excellency may recall that the price of beer was similarly reduced in the mid 1990’s ostensibly to wean users from alcohol products with a higher alcohol content. Statistics and consumption patterns have since shown that this measure was associated with younger people starting to consume alcohol, as well as an over 100% increase in overall alcohol consumption in the country within a very short period of time. Consumption of even the products with a higher alcohol content increased, and the overall consumption of alcohol in Sri Lanka increased. We are witnessing the consequence of this measure even now.

This proposal also runs counter to the National Policy on Alcohol, approved by the Cabinet of Ministers earlier this year which the Hon. Minister of Finance was a member. Section 6.2 of this policy reads “The excise and other taxes applied on alcohol products should be regularly optimized to maximize revenue generation for the government, while concurrently reducing consumption and harm - an approach which has scientific backing internationally”.

The only party that will gain from this measure will be the alcohol industry, which around the world is lobbying for policy changes such as these.

Therefore this proposal, if implemented, will not only undermine the commendable policy measures your excellency has taken to address harms of alcohol, but will also lead to many negative consequences in the short and long terms, which will be detrimental to the country”.

## 21. SLMA STRATEGIC PLAN 2015 - 2020

SLMA is an organization with a very long history and is the oldest running Professional College in Sri Lanka. But there was no concrete Plan of Action to direct its activities for the future. Though a Strategic Plan was developed some time ago this had not been revised and updated.

Therefore the SLMA committee with the leadership of the President decided to embark on the path to develop a Strategic Plan for the future. Initially a Consultant Mr Trehan Perera and Ms Nishelli Perera supported this initiative, where the concept of strategic Planning was introduced to members. Two consultative meetings were held and the end product that is now available in print is the effort of all of us the SLMA committee. The whole process up to the final printing was supported by the Family Planning Association and Dr Sumithra Tissera, the council member took leadership in seeing it to the end. The following are the excerpts of the strategic plan

### The Mission:

To improve the **health and wellbeing of all Sri Lankans**, through **Advocacy, Leadership and Multi-Sector Collaboration**, while achieving the highest standard of medical professionalism and ethical conduct as the apex medical professional organization in Sri Lanka with a global reach

### The Vision:

To halt the rise of Non Communicable Diseases with an emphasis on diabetes To be the strongest and most respected voice on advocacy for health To be the leader in ethics and continuous professional development in healthcare

It was identified that SLMA's work revolved around seven core values, namely Accountability, Advocacy, Collaboration, Diversity, Integrity, Leadership and Social Responsibility.

### The main Objectives listed are:

1. To advocate the reorientation of the health sector towards health promotion with a life cycle approach
2. To engage the non-health sector in taking on equal responsibility in the prevention and reducing health inequities
3. To promote healthy lifestyle and address major causative factors for NCDs and diabetes among vulnerable populations through health promotion approach

The first three objectives relate to halting the rise of Non Communicable Diseases (NCD) with a special emphasis on Diabetes

4. To enhance the capacity of medical professionals  
This relates to SLMA's key role in developing medical professionals' knowledge and skills through Continuous Professional Development (CPD) Programmes
5. To play an advocacy role towards a comprehensive curative and preventive healthcare for the community  
Last objective is on the significant role SLMA plays in advocating for a healthier nation through public friendly policies and programmes

Each Objective has many related activities with identified means of progress and responsible persons listed so as to see if the SLMA is on the right track to achieving its Mission by 2020.

## ACTION COMMITTEE OF THE SLMA COUNCIL

### **Logistics/ publicity: Annual Congress**

Dr Kalyani Guruge – logistics Chair  
Dr Navoda Atapattu – Publicity Chair  
Dr Chiranthi Liyanage  
Dr Shyamalee Samaranyake

### **Ministry committee**

Dr Lucian Jayasuriya: Chair  
Dr Neelamani Hewageegana: Convenor  
Dr Palitha Abeykoon  
Dr Ruvaiz Haniffa

### **Corporate plan**

Dr Sumithra Tissera: Chair  
Dr Samantha de Silva  
Dr Pramilla Senanayake

### **Run and walk and sports committee**

Dr Samantha de Silva: Chair  
Dr Sumithra Tissera  
Dr Lasantha Malvige  
Dr Sahan Guruge

### **IT Committee**

Dr Chiranthi Liyanage: Chair  
Dr Priyanga Ransinghe  
Dr Amaya Ellawala  
Dr Deepal Wijesuriya

### **Foundation Sessions:**

Dr Suneth Agampodi  
Dr Romanie Fernando

**Banquet, Concert and Dance Committee**

Dr Preethi Wijegoonewardene: Chair  
 Dr Lasantha Malvige: Convenor  
 Dr Christo Fernando  
 Prof Vajira HW Dissanaayake  
 Dr Gamini Walgampaya  
 Dr Dennis J Aloysius  
 Dr Pramilla Senanayake

**Scientific Committee: Annual Congress**

Dr Padma Gunaratne: Chair  
 Dr Indika Karunatileke  
 Dr Amaya Ellawala  
 Dr Sahan Guruge  
 Dr Iyanthi Abeyewickreme

**Monthly Clinical meetings & Guest Lectures**

Dr Sudarshi Seneviratne: Chair  
 Dr Navoda Atapattu

**Regional meetings**

Dr Shamini Prathapan: Chair  
 Dr Asiri Rodrigo  
 Dr Sunil Seneviratne Epa (Southern pr)  
 Dr Samath Dharmaratne (central prov)

**Exhibition/ Sponsorship: Ann Congress**

Navoda A & Shyamalee S : Pharma  
 Sumithra Tissera: UN Organisations  
 Dr J B Peiris: Non Pharma  
 Samantha de Silva as Treasurer  
 Dr Asiri Rodrigo as Asst Treasurer  
 Dr Lasantha Malvige

**Membership drive**

Dr Pradeepa Jayawardena: Chair  
 Dr Asiri Rodrigo  
 Dr Amaya Ellawala  
 Dr Suneth Agampodi  
 Dr S D Dharmaratne  
 Dr Arosha Dissanayake  
 Prof Sharmini Gunawardena  
 Dr Sudarshi Seneviratne

**Distance learning CPD: Dialog**

Dr B J C Perera: Chair  
 Dr Sunil Seneviratne Epa  
 Dr Priyanga Ranasinghe  
 Dr Rikaz Sheriff  
 Dr Gumindu Kulatunge

**Infrastructure**

Dr J B Peiris  
 Dr Dennis Aloysius

**Expert committees and working groups**

Dr Priyani Amaratunga: Chair  
 Dr Pradeepa Jayawardena  
 Dr Kapila Jayaratne

**Editorial Committee**

Prof Sharmini Gunawardene – Chair  
 Prof Deepika Fernando  
 Dr Sarath Gamini de Silva  
 Dr Iyanthi Abeywickrama  
 Dr Amaya Ellawala

**Please note: President and Secretary will be ex-officio in all the committees**

## 22. CHANGES TO THE ADMINISTRATIVE STRUCTURE OF THE SLMA

**Recruitment of an IT Executive**

- The IT and web based activities at SLMA has witnessed a rapid expansion during the last few years.
- There was an urgent necessity to have in-house IT expertise to cater to these requirements.
- Hence, the proposal to recruit a full time IT Executive was initiated by the the President Jennifer Perera and approved by the SLMA Council of 2015.
- The vacancy was subsequently advertised and a young IT Executive (Mr. Tharindu Ranatunga) was selected through a competitive interview process.
- He is currently on a 1 year of probationary period.
- His contributions to SLMA is immense with technical expertise, which helps the SLMA generate a significant income.

**Defining Job Roles**

- It was identified that the list of duties of staff members at the SLMA office has not been clearly defined previously, leading to ambiguity regarding their roles and responsibilities
- This has resulted in a significant amount of role confusion and a disparity in work allocations.
- Hence, defining job roles of the SLMA office staff was a timely requirement
- President SLMA 2015, Prof. Jennifer Perera took up the initiative and the Council was able to give clearly defined job descriptions for all SLMA staff members.

**New appointments**

- Appointment of an Assistant Manager was made as the regular change of the pre-intern medical officer annually made it an exercise with low productivity, due to the learning cycle time involved, although they were efficient and enthusiastic workers. This would also help in maintaining the succession plan required by the Association for continuity of work

### **Fee levying photocopy and printing service**

- A fee levying photocopy service was established to serve members of the SLMA. The fees prescribed were lower than the market rates to allow members to utilise this service at concessionary rates.

### **Inventory of fixed assets**

- An inventory was established for fixed assets and a Board of survey was conducted. The unused and non usable items were discarded or sold. It was decided to conduct the Board of survey annually to maintain an updated fixed asset register

### **Revising the rent of rooms occupied by the professional organisations**

A qualified assessor reassessed the rentals of the rooms rented out by the SLMA. Mr Tissera completed this job on an honorary basis and the SLMA appreciates this kind gesture. The rates are to be effective from 1st January 2015.

## **Wijerama House Premises Component**

### **1. The following work was undertaken during 2015:**

- a. Replacement of roof and incidental repairs/replacement of ceilings, re-routing of water pipes, electrical connections/fittings etc.  
Total cost Rs 7,117,604.79
- b. Face-lift to exterior of Wijerama House (that facing Wijerama Road), consisting of re-plastering and painting, repairs to damaged windows, replacement of name board, Minor Employees Toilet.  
Total cost Rs 1,975,027.50
- c. Repairs and colour washing of auditorium, replacement of sound system, repairs and colour washing of college of GPs, Heart Association, Microbiology, Geriatric Office, Store Room, SLMA front veranda, carpeting perimeter wall etc.  
Total cost Rs 518,000.00
- d. Replacement of stand-by electricity generator, re-siting same (as existing generator became un-usable and generator shed was obstructing the ring road)  
Total cost Rs 2,571,375.99
- e. Improvements to downstairs (men's) toilet: new hot air hand drier, automatic door closure etc.  
Total cost Rs 15,800.00
- f. Termite control for the whole building. Tenders were called and a supplier was selected. However, the work was not carried out as it would have interfered with the end of year activities, as it was necessary to close offices one by one for up to three days. The work would be carried out, on a priority basis, during 2016. Estimated  
Total cost Rs - 552,622.00
- g. Pruning of tree branches overhanging the car park (south boundary) and the roof of Wijerama House (north boundary)  
Total cost Rs - 30,000.00

### **2. The following work is to be undertaken during 2016:**

Implementation of the termite control programme on the basis of the decision made and approved by Council in 2015. An upward revision of the cost may be expected.

Opening up of the ring road from the side gate down the lane (south boundary), around the rear of Wijerama House to the exit gate (north gate on the east boundary). The components of this work include:

- i. Repair and re-surfacing of the rear (west) parapet wall as well as the north parapet if necessary.
- ii. Removing of three trees obstructing the road along the north boundary.
- iii. Removing and re-placing the glass in the CMJ office to facilitate complete removal of an invading ficus plant, including its root system.

## The refurbishment of SLMA Website, abstract management system and online registration system

Refurbishment of the SLMA website was commenced in late 2014 and quotations were called to re-design and re-vamp the SLMA website in October, 2014. Five quotations were received. These were vetted by Mr. S. C. M. B. Attanayake, Information System Manager, School of Computing, University of Colombo as an independent expert and the applicants who were shortlisted were interviewed. The contract was awarded to DesignSolv Pvt. Ltd for Rs. 275000 based on their bid value, previous work experience, company profile, proposed work plan and qualifications of the employed web developers. Dr Chiranthi Liyanage together with Mr Attanayake drew up the terms of reference for the company

The new SLMA website was launched on 5<sup>th</sup> January 2015 (<http://slma.lk>). The domain name [slmaonline.info](http://slmaonline.info) was changed to [slma.lk](http://slma.lk) for better distinction.

The new website comprises a main public website which provided information on regular SLMA activities and a sub-site (<http://conference.slma.lk>) which contains information on the annual congress. In addition to static content, the website features of a blog for posting of upcoming events, a publications section allowing free download of SLMA publications, an interactive Google map, an online correspondence form and provision to subscribe to the SLMA e-bulletin. The Annual Congress sub-site is linked to an online abstract submission system and an online registration portal.

A new online abstract management system that enabled abstract submission, review of abstracts and management of abstracts completely online was launched for the first time by the SLMA. It was opened for abstract submission of the 128<sup>th</sup> Anniversary International Medical Congress in January, 2015 and 269 abstracts were submitted through the system. It was used by 210 authors and 31 reviewers.

A new online registration portal for the Annual Congress was developed. A payment gateway with 256bit SSL certification has been integrated in to the online registration portal. One hundred and fourteen participants of the 128<sup>th</sup> Anniversary International Medical Congress registered through this online registration portal.

In the previous years, SLMA has incurred a cost of over Rs. 60,000 per annum for web hosting. Therefore, to curtail expenditure, the hosting server was changes to a more economical server, which cost only Rs. 14,000 per annum. Furthermore, the SLMA discontinued the services of the intermediary agent who was responsible for hosting and mediated transactions with the LK registry to minimize additional expenses. These responsibilities have been taken over the IT executive recruited by the SLMA.

The SLMA recognizes the contributions made by the IT committee members, Dr. Chiranthi K Liyanage, Dr. Priyanga Ranasinghe and Dr. Deepal Wijesooriya and the SLMA members Dr. Romain Perera and Dr. Rikaz Sherriff in carrying out the above activities.

## The e-bulletin

An email marketing service (MailChimp) account was purchased to prevent issues faced in bulk emailing in the previous years.

The SLMA disengaged with the contractor who designed the e-bulletin and these duties were transferred to the IT executive recruited by the SLMA to curtail costs.

Acceptable e-advertisements on general consumables, real estate etc. were included into the e-bulletin in order to generate revenue.

## Historical event; Establishment of Medical Wants Committee

Estate Urban Health Unit (E &UH) of Ministry of Health, Nutrition and Indigenous Medicine pioneered the establishment of Medical Wants Committee (MWC), which is an establishment identified in the chapter IV of the Medical Wants Ordinance (MWO) No 12 of 1912 to establish a Medical Wants Committee to advice the Minister as the Ministry of in charge of Healthcare, who is responsible for the implementation of the Medical Wants Ordinance regarding to health services in the estate sector as mentioned in the Ordinance.

Therefore, after 103 years, the first committee meeting was established on 16<sup>th</sup> July, 2015 in the auditorium of Ministry of Health with a presentation of "Importance of establishment of Medical Wants Committee" by Dr. Nithershini Periyasamy/CCP E &UH. This meeting was chaired by DGHS. Following members were selected with the advice from the legal department and DDG PHS II and to be appointed by the Hon. Minister in charge of Health Ministry. They were DGHS as a Chairperson, DDG PHS II, Three nominees by Planters Association, a nominee by the Plantation Human Development Trust, Director Family Health Bureau, a nominee by the Ministry in charge of the plantation industry, a nominee by the Ministry of Plantation Infrastructure Development, a nominee in charge of the subject of Labour, Director Estate and Urban



Health Unit, Provincial Directors of Health Services of Central, Uva, Sabaragamuwa, Southern, Western, North Western, and three other members appointed by the Ministry of Health.

DGHS accepted the proposed members for this committee for the period, but legal department mentioned that from time to time members of MWO can be changed on the recommendation of the Minister of Health. Nominees from SLMA and Private Health Regulatory Council were suggested for the Committee. Universal suggestion to amend the Medical Wants Ordinance will be carried out under the Chairmanship of DGHS through the legal department.

This event was stated as a historical milestone in the estate sector health service development.



## Annexe 1: Detailed programme of the Anniversary Scientific Medical Congress

Sunday 28<sup>th</sup> June 2015

### HEALTH RUN & WALK

*Walk for Health, Health is Wealth*



Warming up session  
Run  
Walk  
Health Check  
Physiotherapy, Health Massages

- Free participation
- Free medical check-up including blood tests
- Free sports physiotherapy
- Free T-shirts and gift packs

Friday 3<sup>rd</sup> July 2015

### Pre-Congress Workshop 1: Workplace based Research and Writing

Lionel Memorial Auditorium, Sri Lanka Medical Association

Registration

**Session 1: Chairpersons:** Dr. Anuruddha Padeniya and Dr. Sunil de Alwis  
**Introduction to workplace based research; role of Society for Health Research and Innovation (SHRI) in workplace based research**

Dr. Anuruddha Padeniya, Consultant Paediatric Neurologist, Lady Ridgeway Hospital  
President, Government Medical Officers Association

**A case study presentation on workplace based research**

Dr. Rashan Haniffa, Consultant Physician, University of Oxford  
Project Coordinator – National Intensive Care Surveillance

**Situation analysis on current research trends in Sri Lanka**

Dr. Dineshan Ranasinghe, Medical Officer- Base Hospital, Panadura

**Tea**

**Session 2: Chairpersons:** Dr. P.G. Mahipala and Dr. Palitha Abeyakoon  
**The way forward in workplace based research and resources available**

Dr. Sumal Nandasena, *Consultant Community Physician*

Discussion

Lunch

**Session 3: Chairpersons:** Prof. Varuni de Silva and Dr. Anuruddha M. Abeygunasekera  
**How to write an article to a medical journal**

Prof. Varuni de Silva, Professor in Psychiatry, Faculty of Medicine, University of Colombo & Editor, Ceylon Medical Journal

**What editors are interested in seeing in publications**

Dr. Anuruddha M Abeygunasekera, Consultant Urological Surgeon, Colombo South Teaching Hospital & Editor, Ceylon Medical Journal

Vote of thanks

## **Pre-Congress Workshop 2: Perspectives of Values in Medicine SLMA - Interactive symposium**

Clinical Medicine Academic and Research Center (ClinMARC), National Hospital of Sri Lanka

### **Registration**

Chairpersons: Prof. Antoinette Perera and Dr. Iyanthi Abeywickrema

### **Introduction**

Dr. Eugene Corea, Chairperson, Ethics Committee, SLMA

### **Public Expectation in values in medicine**

Dr. Nalin Jayasuriya, Chairman McQuire Rens Group

### **Socio- cultural aspects in values in medicine**

Prof. Kalinga Tudor Silva, Professor Emeritus in Sociology, University of Peradeniya, Sri Lanka

### **Influence of the humanities in values in medicine**

Dr. Godwin Constantine, Department of Clinical Medicine, Faculty of Medicine, Colombo

### **Tea**

### **Socio-biological perspectives in values in medicine**

Prof. Carlo Fonseka, President, Sri Lanka Medical Council

### **Values in medical practice**

Dr. Eugene Corea, Chairperson, Ethics Committee, SLMA

Discussion

**Saturday 4<sup>th</sup> July 2015**

## **Pre-Congress Workshop 3: Complementary and alternative medicine: could we integrate for better care**

Lionel Memorial Auditorium, SLMA

### **Registration**

#### **Session 1**

Chairpersons: Dr. Palitha Abeykoon and Dr. Upali Marasinghe

#### **Introduction to Complementary and Alternative Medicine (CAM)**

Dr. Senaka Pilapitiya, Center for Education & Research in Complementary and Alternative Medicine, Faculty of Medicine and Allied Sciences, Rajarata University of Sri Lanka

#### **Systems medicine: does it integrate modern & traditional systems of medicine?**

Prof. Saroj Jayasinghe, Professor, Department of Clinical Medicine, Faculty of Medicine, Colombo

#### **Integrative Gynecological Cancer Treatment- Is there a role?**

Dr. Vijaendreh Subramaniam, Consultant Obstetrician and Gynaecologist, Mahkota Hospital, Malaysia

### **Tea**

#### **Session 2**

Chairpersons: Prof. Sisira Siribaddena and Prof. Carlo Fonseka

#### **A surgeons experience in an Integrated approach for managing Fistula-in-ano**

Dr. Sujeewa Thalagapitiya, Senior Lecturer, Department of Surgery, Faculty of Medicine and Allied Sciences, Rajarata University of Sri Lanka

#### **New WHO Traditional Medicine (TRM) strategy 2014-2023 and integration of TRM into healthcare systems**

Dr. Kim Sungchol, Regional advisor, Traditional Medicine, HDS, WHO SEARO, New Delhi

#### **Need for understanding & appreciating CAM fundamentals for effective integration**

Dr. Senaka Pilapitiya

### **Discussion**

### **Lunch**

#### **Session 3**

Chairpersons: Prof. Saroj Jayasinghe and Prof. Rohini Fernandopulle

#### **Challenges in CAM Clinical Research**

Prof. Sisira Siribaddana, Professor of Medicine, Faculty of Medicine and Allied Sciences, Rajarata University of Sri Lanka

#### **Issues and paradigms in traditional medicine research**

Dr. Kamal Perera, Senior Lecturer, Institute of Indigenous Medicine, University of Colombo

#### **Overcoming challenges in CAM research and opportunities for generating evidence in the Sri Lankan context**

Dr. Suneth Agampodi, Senior Lecturer, Department of Community Medicine, Faculty of Medicine and Allied Sciences, Rajarata University of Sri Lanka

#### **Overcoming challenges in CAM research-A case study**

Dr. Wathsala Wijesinghe, Senior Research Officer, Bandaranaike Memorial Ayurveda Research Institute

#### **An integrated community based geriatric care programme- A case study**

Dr. Amali Perera, Community Medical Officer, Ayurveda health promotion service, Anuradhapura

### **Discussion and Close**

**Pre-Congress Workshop 4: Patient safety: collaborative multi-sector workshop based on cases**  
Clinical Medicine Academic and Research Centre (ClinMARC), NHSL

**Registration**

**Address by President - SLMA**

Prof. Jennifer Perera

**Address by Deputy Director General (Medical Services) 1**

Dr. Lakshmi C Somatunga

**Address by Director General of Health Services**

Dr. P.G. Mahipala

**Patient Safety Experience: International perspective**

Chairperson: Dr. Reggie Perera

**Current Healthcare Quality and Safety Programme in Sri Lanka**

Dr. S. Sridharan, Director Healthcare Quality and Safety

**Patient Safety programme in NHS**

Prof. Devaka Fernando, Consultant Endocrinologist, Sherwood Forest Hospitals, UK

**Patient Safety Programme in Malaysia Health System: Barriers and Challenges**

Dr. Nor'Aishahbt Abu Bakar Director, Head of Patient Safety Unit & Secretariat Patient Safety, Malaysia

**Panel Discussion**

**Patient Safety: From Clinical Perspective**

Chairperson: Dr. Ranjan Dias

**High Reliable Organization and Patient Safety**

Dr. Prabhu Vinayagam, Managing Director – JCI, Asia Pacific Region, Singapore

**Patient Safety during Cardiac Surgery: Practical Experience**

Dr. Prashant Vaijyanath, Director of Cardiovascular and Thoracic Surgery, Kovai Medical Center and Hospital Coimbatore, Tamil Nadu, South India

**Panel Discussion**

**Lunch**

**Patient Safety: Other issues**

Chairperson: Prof. Jennifer Perera

**Infection Control & Patient Safety**

Dr. Mahen Kothalawela, Consultant Microbiologist, Teaching Hospital Kandy

**Importance of Communication in Patient Safety**

Dr. Neelamani S R Hewageegana, Deputy Director General of Health Services (DDG) Planning, Ministry of Health, Sri Lanka

**Panel Discussion**

**Pre Congress Workshop 5: Managing Non cancer pains: key for better clinical practice**

Block C Ground floor, New Auditorium, Faculty of Medicine, Colombo

**Registration**

Chairperson: Dr. R. Jayamaha

**Introduction**

Dr. R. Jayamaha, Consultant Physician, Provincial Hospital, Badulla, Sri Lanka

**Pharmacology of Pain management**

Dr. Nirmala Wijekoon, Senior Lecturer in Pharmacology, Faculty of Medicine, University of Kelniya

**Management of Common Nociceptive Pain**

Dr. I. Athukorala, Specialist Rheumatologist and Senior Lecturer, Faculty of Medicine, Colombo, Sri Lanka

**Tea**

**Management of Common Neuropathic Pain**

Dr. T. Chang, Specialist Neurologist & Senior Lecturer, Faculty of Medicine, Colombo, Sri Lanka

**Orthopedic Management of non-cancer pain**

Dr. Y. Jayasinghe, Consultant Orthopedic Surgeon, Provincial General Hospital, Badulla, Sri Lanka

**Common, safe and rewarding Interventions for pain in Non-cancer patients**

Prof. Magdi Ramzi Iskander Professor of Anaesthesia and Pain Relief, National Cancer Institute, Cairo University

**Physiotherapy for common non-cancer pain**

Miss. Nadeesha Kalyani, Lecturer, Allied Health Sciences Unit, Faculty of Medicine, Colombo, Sri Lanka

**Lunch**

**Neurosurgical Management of non-cancer pain**

Dr. N. Kumarasinghe, Consultant Neurosurgeon, Teaching Hospital, Kandy, Sri Lanka

**Panel Discussion**

**World Institute of Pain and its Contribution towards standardization of care**

Prof. Magdi Ramzi Iskander

**Floor plan for Comprehensive Pain Care in Sri Lanka**

Dr. C. Arambepola, Consultant Community Physician and Senior Lecturer, Department of Community Medicine, Faculty of Medicine, University of Colombo, Sri Lanka

**Vote of thanks**

Dr. R. Jayamaha

**Sunday 5<sup>th</sup> July 2015**

**Pre Congress Workshop 6: Past, Present and Future Challenges of Health and Nutrition of Estate/Plantation Community**

Lionel Memorial Auditorium, Sri Lanka Medical Association, Wijerama House, Colombo 07

**Registration**

**Session 1**

Chairpersons: Prof. Samath D. Dharmaratne and Dr. Kumari Vinodhani Navaratne

**Welcome speech and introduction to the workshop**

Dr. Piyal Ratnayaka

Director, Estate and Urban Health Unit, Ministry of Health, Sri Lanka

**Introduction to the Health of Estate/Plantation worker in Sri Lanka**

Dr. Nithershini Periyasamy, Consultant Community Physician, Estate & Urban Health Unit, Ministry of Health, Sri Lanka

**Guest speech**

Hon. Minister P. Digambaram, Ministry of Plantation Infrastructure Development, Sri Lanka

**30-year changes of major public health problems in Chinese children aged 7-18 years**

Professor Haijun Wang, Associate Director, Institute of Child & Adolescent Health, Peking University, China

**Tea**

**Session 2**

Chairpersons: Dr. B.V.S Benaragama and Dr. Nithershini Periyasamy

**World Bank presentations on Estate Nutritional survey**

Dr. Upul Senerath, Senior Lecturer, Department of Community Medicine, Faculty of Medicine, Colombo

**World Bank presentations on Estate Nutritional survey**

Dr. Kumari Vinodhani Navaratne

Senior Health Specialist, World Bank, Sri Lanka

**World Bank presentations on Estate Nutritional survey**

Dr. Nithershini Periyasamy

**Intestinal Helminthic infection in the past, present and future in the estate community**

Dr. Devika Iddawala and Dr. S. Wickramasingha

Senior Lecturers, Department of Parasitology, Faculty of Medicine, Peradeniya

**Lunch**

**Session 3**

Chairpersons: Dr. Piyal Ratnayaka and Prof. Samath D. Dharmaratne

**Challenges of Cancer control among the Estate community**

Dr. N. Jeyakumaran

Clinical Oncologist, National Cancer Institute of Sri Lanka, Maharagama

**Health service delivery challenges in the estates at district level**

Dr. Nimal Gamagedara, Consultant Community Physician, PDHS Office, Badulla

**Panel discussion**

**Vote of Thanks**

**Pre Congress Workshop 7: Approach to Sleep Symptoms: Sleepy or Sleepless**

Block C Ground Floor, New Auditorium, Faculty of Medicine, Colombo

**Introduction and welcome speech**

**Registration**

**Session 1**

Chairpersons: Dr. Padma Gunaratne and Dr. Amitha Fernando

**Sleep related breathing disorders: an overview**

Dr. Thushara Galabada, Consultant Respiratory Physician, DGH Hambanthota, Sri Lanka

**Clinical assessment of patients with sleep related breathing disorders**

Dr. S. Rishikesavan, Acting Consultant Respiratory Physician, TH Batticaloa, Sri Lanka

**Introduction to polysomnography and selected cases**

Prof. Manjari Tripathi, Professor Neurology, NIH Fellow (UCLA), Department of Neurology, Neurosciences Centre, All India Institute of Medical Sciences, New Delhi

**Tea**

**Session 2**

Chairpersons: Dr. Chandra Jayasuriya and Dr. Sudath Gunasekara

**Cardiovascular and metabolic consequences of OSA**

Dr. Amitha Fernando, Consultant Respiratory Physician, CCC, National Hospital of Sri Lanka

**Respiratory physicians approach to managing OSA**

Dr. B. V. Murali Mohan, Senior Consultant Pulmonologist and Director, Dept. Internal Medicine/Pulmonology, Narayana Hrudayalaya, Bangalore, India

**ENT Surgeons' role in management of sleep disordered breathing – an update**

Dr. Daminda Dumingoarachchi, Consultant ENT Surgeon, Teaching Hospital, Anuradhapura, Sri Lanka

**Multiple sleep latency tests**

Prof. Manjari Tripathi

**Lunch**

**Session 3**

Chairpersons: Dr. Sunethra Senanayaka and Dr. Eshanth Perera

**Parasomnias and sleep related movement disorders**

Prof. Manjari Tripathi

**Approach to patient with Insomnia and sleep hygiene and behavioral management**

Dr. Asiri Rodrigo, Consultant Psychiatrist, Senior Lecturer, Faculty of Medicine, Kelaniya, Sri Lanka

**Case based discussion on sleep related disorders**

**Hands on experience on sleep related breathing disorder technologies (CPAP)**

Dr. B.V. Murali Mohan

**Vote of thanks**

**Pre Congress Workshop 8: Allergy- the unmet need**

Conducted in collaboration with the Ceylon College of Physicians and Allergy and Immunology Society of Sri Lanka  
Clinical Medicine Academic and Research Centre (ClinMARC), NHSL

**Registration**

**Lighting the oil lamp**

**Address by Allergy and Immunology Society, Sri Lanka**

Dr. Rajiva de Silva, Consultant Immunologist, Medical Research Institute

**Session 1**

Chairpersons: Dr. B.J.C Perera and Dr. Ganga Sirimanne

**ISAAC study in Sri Lanka; Prevalence of Allergic diseases in Sri Lanka**

Dr. Keerthi Gunasekara, Consultant Respiratory Physician, Chest Clinic, Colombo

**Chronic urticaria and angioedema**

Dr. Leong Khai Pang, Senior Consultant Clinical Immunologist, Tan Tock Seng Hospital, Singapore

**Food allergies**

Dr. Neelika Malavige, Senior Lecturer and Immunologist, Faculty of Medical Sciences, University of Sri Jayewardenepura

**Tea**

**Session 2**

Chairpersons: Dr. Nirmala Wijekoon and Dr. Neelika Malavige

**Insect venom allergy**

Dr. Rajiva de Silva, Consultant Immunologist, Medical Research Institute, Colombo

**Immunotherapy for insect venom anaphylaxis**

Dr. Leong Khai Pang

**Drug allergy**

Dr. Siraj Misbah, Consultant Immunologist, Oxford Radcliffe NHS Trust, UK

**Lunch**

**Session 3**

Chairperson: Dr. Rajiva de Silva

**Perioperative anaphylaxis**

Dr. Siraj Misbah

**Interactive Teaching Session: ANAPHYLAXIS (by Ceylon College of Physicians)**

Dr. Nirmala Wijekoon, Consultant Physician, Senior Lecturer in Pharmacology, University of Kelaniya

Dr. Chandimani Undugodage, Consultant Respiratory Physician & Senior Lecturer in Physiology, Faculty of Medical Sciences, University of Sri Jayewardenepura

**INAUGURATION OF THE 128<sup>TH</sup> ANNIVERSARY SCIENTIFIC MEDICAL CONGRESS**

Oak Room, Cinnamon Grand Hotel, Colombo

Registration

Guests take their seats

Arrival of the Chief Guest

Introduction of Council Members to the Chief Guest

Ceremonial Procession

National Anthem

Lighting of the Oil Lamp

Welcome Address

Prof. Jennifer Perera

President, SLMA



Address by the Guest of Honour  
 Dr. Jacob Kumaresan  
 WHO Representative of Sri Lanka  
 Address by the Chief Guest  
 Prof Mohan de Silva  
 Chairman, University Grants Commission  
 Vote of Thanks  
 Dr. Ranil Jayawardena  
 Honorary Secretary, SLMA  
 The SLMA Oration 2015  
 "Friendly fire – neurons under attack! Studies from Sri Lanka"  
 Dr Thashi Chang, MBBS (Col), MD, MRCP (UK), FRCP (Lon), FCCP, Dphil (Oxon),  
 Senior Lecturer and Specialist Neurologist, Department of Clinical Medicine, Faculty of Medicine,  
 University of Colombo  
 Cultural Show  
 The Procession leaves the hall  
 Reception

<b>Monday 6<sup>th</sup> July 2015</b>
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## **Registration**

### **Key note address**

Chairperson: Prof Jennifer Perera

### **Connect, Communicate, Collaborate for improved Health and Healthcare: Strategies and challenges**

Prof Lalitha Mendis, Emeritus Professor of Microbiology, Competent Authority, University of Colombo

### **Plenary 1**

Chairpersons: Prof Saroj Jayasinghe & Dr. Neelika Malavige

### **The transformative impact of biologics on clinical medicine**

Dr. Siraj Misbah, Consultant Clinical Immunologist, Head/Department of Clinical Immunology, Oxford NHS trust, Oxford

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

### **A lifetime of research in pulmonology**

Dr B J C Perera,

MBBS, DCH(Cey), DCH(Eng), MD(Paed), FRCP (Edin), FRCP (Lond), FRCPCH (UK), FSLCPaed, FCCP, FCGP (SL)

Consultant Paediatrician, Former President, Sri Lanka Medical Association

### **Tea and poster viewing**

## **PARALLEL SESSIONS DAY 1**

## **SESSION THEME: INFECTIONS**

### **Guest Lecture 1**

Chairpersons: Prof. Jennifer Perera & Dr. S.B. Agampodi

### **Battle for dominance: Can the Trilogy of Antibiotic Stewardship, PK/PD strategies and new drugs win the Power of the Ring - Antimicrobial Resistance?**

Dr Rohan Chinniah, Consultant Clinical Microbiologist and Infection Control, Raja Isteri Pengiran Anak Saleha (RIPAS) Hospital, Ministry of Health, Bandar Seri Begawan Brunei Darussalam

### **Symposium 1 Pneumococcal diseases - How can we win the battle?"**

Chairpersons: Prof. S.P. Lamabadusuriya & Dr. Priyani Amarathunga

### **Pneumococcal diseases- morbidity, mortality and fatal entities**

Prof. S.P. Lamabadusuriya, Consultant Paediatrician and Emeritus Professor of Paediatrics, Faculty of Medicine, University of Colombo

### **How best can we deal with diagnosis and management of drug resistance?**

Dr. Shirani Chandrasiri, Consultant Clinical Microbiologist, Colombo South Teaching Hospital

### **Pneumococcal vaccines; bridging the age gap and broadening the scope**

**Dr. Kanthi Nanayakkara, Consultant Virologist/ Vaccinologist, MRI**

### **Lunch**

### **Free paper session 1: Infections**

Chairpersons: Prof. Senaka Rajapaksa & Dr. Kushlani Jayatileke

### **Symposium 4**

### **Hepatitis and HIV: Implications for Care**

Chairpersons: Dr. Iyanthi Abeyewickreme & Prof. Arjuna de Silva

### **Late diagnosis and adverse outcomes related to hepatitis and HIV in South East Asia**

Dr. Nicole Seguy, Technical Officer HIV, WHO India

### **Newer treatment options for hepatitis: better impact on life. Are we achieving this?**

Dr. Madunil Niriella, Senior Lecturer, Department of Medicine, University of Kelaniya and Consultant Gastroenterologist

**Issues in managing patients with co-infection in Sri Lanka**

Dr. Lilani Rajapaksa, Senior Consultant Venereologist, NSACP

**What can the laboratory offer for the management of co-infection ?**

Dr. Geethani Galagoda, Consultant Microbiologist, MRI

**Tea**

**PARALLEL SESSIONS DAY 1**

**SESSION THEME: PREVENTIVE MEDICINE**

**Guest Lecture 2**

Chairpersons: Dr. Sarath Gamini de Silva & Dr. Pradeepa Jayawardana

**Improving glycaemic control using Insulin pump therapy**

Prof. Devaka Fernando, Consultant in Endocrinology and Diabetes, Sherwood Forest Hospitals, NHS Foundation Trust, UK

**Symposium 2**

**One health concept: Way forward in controlling antimicrobial resistance**

Chairpersons: Prof. Jennifer Perera & Dr. Hasini Bannhekke

**Antibiotic usage in animal husbandry in industry sector**

Dr. H.P. Premasiri, General Manager, Pussella farm, Former technical Manager of Gold Coin Feed Mills Lanka Ltd, Former senior poultry adviser for Afghanistan-The Food and Agriculture Organization of the United Nations (FAO)

Past President of Sri Lanka Veterinary Association

**Guidelines and recommendations for use of antibiotics in animal husbandry (especially in fisheries including shrimp farming)**

Mrs. Sharmila Corea, Scientist, The National Aquatic Resources Research and Development Agency (NARA)

**The extent of antibacterial usage in Veterinary practice and its role in acquiring resistance**

Prof. Preeni Abeynayake Professor of Veterinary Pharmacology, Faculty of Veterinary Medicine and Animal Sciences, University of Peradeniya

**Causes, magnitude, impact of antibiotic resistance in Sri Lanka**

Dr. Kushlani Jayatilleka, Consultant Clinical microbiologist, Sri Jayewardenepura General Hospital, A member of Antimicrobial Resistance Surveillance Project (ARSP) of Sri Lanka College of Microbiologists

**Controlling antimicrobial resistance- Way forward**

Dr. Janakan Navaratnasingam, National Professional officer- WHO

**Panel discussion**

**Symposium 5**

**NCD Control in Sri Lanka**

Chairpersons: Dr. Ruwan Ekanayaka & Prof .Chandrika Wijeratne

**Challenges ahead – in achieving global NCD targets**

Dr. Palitha Karunapema, Consultant Community Physician, Deputy Director Rehabilitation and Rheumatology Hospital, Ministry of Health, Sri Lanka

**Challenges faced in achieving optimum care for risk factor control in the curative sector**

Dr. Ruwan Ekanayaka, Former Consultant Cardiologist, National Hospital of Sri Lanka

**Health sector response in controlling NCDs: strategies and challenges**

Dr. Palitha Mahipala, Director General of Health Services, Ministry of Health, Sri Lanka

**PARALLEL SESSIONS DAY 1**

**SESSION THEME: BEHAVIOUR AND HEALTH**

**Guest Lecture 3**

Chairpersons: Dr. Sudarshi Senevirathne & Dr. N.R. Hewageegana

**Why is it important to focus on schools as a health promotion setting?**

Dr. Nicholas Townsend, Cardiovascular Disease Epidemiology Research Programme, University of Oxford

**Symposium 3**

**Awkward Problems and Plausible Solutions - Managing Medically Unexplained Symptoms**

Chairpersons: Dr. Preethi Wijegoonewardene & Dr. Asiri Rodrigo

**And then there were none - The enigma called functional problems**

Dr. Harshini Rajapakse, Senior Lecturer, Department of Psychiatry, Faculty of Medicine, University of Ruhuna

**What and how to communicate – understanding and explaining functional disorders**

Prof. Pali Hungin, Dean of Clinical Medicine, School of Medicine, Pharmacy and Health University of Durham, UK

**Management: Explaining the unexplained**

Prof. Diyanath Samarasinghe, Associate Professor in Psychiatry, Faculty of Medicine, University of Colombo

**Lunch**

### **Free paper sessions 3: Psychiatry & Rehabilitation**

Chairpersons: Dr. Sudarshi Senaviratne & Dr. Mahesh Rajasuriya

### **Symposium 6**

#### **Essentials in Clinical Sexual Medicine**

Chairpersons: Dr. Neelamani Hewageegana & Dr. Sumithra Tissera

#### **Late Onset Hypogonadism - Facts & Myths**

Dr. Lasantha Malavige

Specialist in Sexual Medicine, Asiri Surgical Hospital

#### **Advances in Erectile Dysfunction Management**

Dr. David Edwards, President, British Society of Sexual Medicine

#### **Who needs sex therapy?**

Prof. Diyanath Samarasinghe, Associate Professor in Psychiatry, Faculty of Medicine, University of Colombo

Tea

### **Doctor's Concert**

<b>Tuesday 7<sup>th</sup> July 2015</b>
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### **Registration**

#### **Breakfast meeting**

Chairpersons: Dr. J. B. Peiris & Prof. Jennifer Perera

#### **Modifying behavior for health**

Prof. Diyanath Samarasinghe & Dr. Mahesh Rajasuriya

### **Plenary 2**

Chairpersons: Dr. G. Wickramasingha & Dr. Ruvaiz Haniffa

#### **West Nile virus: A mosquito borne disease, is Sri Lanka susceptible to an outbreak?**

Prof. Ng Mah Lee, Mary, Department of Microbiology, YLL SOM, National University of Singapore

#### **PARALLEL SESSIONS DAY 2**

#### **SESSION THEME: CLINICAL MEDICINE**

### **Symposium 7**

#### **Stroke: Optimizing care: an overview**

Chairpersons: Dr. Padma Gunaratne & Dr. Arjuna Fernando

#### **Could stroke be prevented? Up-to-date evidence**

Dr. Jeyaraj Durai Pandian, Department of Neurology, Deputy Director (Research and Development), Christian Medical College, India

#### **Stroke - First 24 hours: a window of opportunity**

Dr. Senaka Bandusena, Consultant Neurologist, National Hospital of Sri Lanka

#### **Rehabilitation of stroke in resource constraint settings**

Dr. Jeyaraj Durai Pandian, Department of Neurology, Deputy Director (Research and Development), Christian Medical College, India

Tea and poster viewing

### **Guest Lecture 4**

Chairpersons: Dr. Lucian Jayasooriya & Prof Varuni De Silva

#### **End of life care**

Prof. Sally McCarthy, Clinical Director, Emergency Care institute, Conjoint Associate Professor, UNSW, Australia

### **Symposium 10**

#### **Glomerulonephritis**

Chairpersons: Dr. Latiff Nazaar & Dr. Prasad Katulanda

#### **Infection related Glomerulonephritis**

Dr. Michelle Estrella, Assistant Professor of Medicine, School of Medicine, Johns Hopkins University

#### **Management of IgA Nephropathy**

Dr. A.W.M. Wazeel, Consultant Nephrologist, General Hospital Kandy

#### **Update on Crescentic Glomerulonephritis**

Dr. Anura Hewageegana, Consultant Nephrologist, National Institute of Nephrology Dialysis and Transplantation

Lunch, poster viewing and debate

#### **"Decriminalizing commercial sex will reduce Sexually Transmitted Infections"**

Chairpersons: Dr. Iyanthi Abeyawickreme & Dr. Dayanath Ranatunga, (Country Manager, UNAIDS)

### **Free paper session 4: Non-communicable diseases**

Chairpersons: Prof Chandrika Wijeratne & Dr. Lakshmi Somathunga

## **PARALLEL SESSIONS DAY 2**

### **Symposium 9**

#### **Multi-sectoral approaches to promote nutrition**

Chairpersons: Dr Palitha Abeykoon and Dr. Nicholas Townsend

#### **Part I**

##### **Welcome and overview of the symposium**

##### **Overview of the project: Integrating Nutrition Promotion and Rural Development (INPARD)**

Mr. Seenithamby Manoharan, Senior Rural Development Specialist, World Bank, Sri Lanka

##### **Global perspectives and non-health interventions to promote nutrition**

Prof. Sharon Friel, Professor in Health Equity, Australian National University, Australia

##### **Evaluation methods and baseline survey findings**

Dr. Prasad Katulanda, Senior Lecturer, Department of Clinical Medicine, Faculty of Medicine, Colombo

##### **Nutrition Friendly School Initiative (NFSI) criteria and a new tool to identify multi-sectoral interventions to promote nutrition in schools.**

Ms. Julianne Williams, Researcher, University of Oxford

#### **Part II**

##### **Forum with multi-sectoral experts with questions and answers**

##### **What can we learn from INPARD and future opportunities to strengthen nutrition promotion policies?**

| Director General of Health Services or his representative

| Director General of Agriculture

| Divisional Secretary from Moneragala District

##### **Curriculum development lead resource person (INPARD curriculum for nutrition promotion)**

Dr. Indika Karunathilake, Senior Lecturer, Medical Education Development and Research Center, Faculty of Medicine, Colombo

##### **Conclusion of the symposium with remarks and summary from co-chairs**

##### **Tea and poster viewing**

### **Guest lecture 6**

Chairpersons: Prof. S.D. Dharamaratne & Dr. N Hewageegana

#### **Health equity, social determinants and health policy**

Professor Sharon Friel, Professor in Health Equity, Australian National University, Australia

### **Symposium 12**

#### **Clinical Teaching**

Chairpersons: Prof. Saroj Jayasingha & Dr. Indika Karunathilake

#### **Clinical Teaching**

Prof. Hiroshi Nishigori, Associate Professor, Center for Medical Education, Kyoto University, Japan

#### **Providing effective feedback during clinical teaching**

Dr. Diantha Soemantri, Department of Medical Education, Faculty of Medicine, University of Indonesia

#### **Clinical teaching in Unconventional Settings**

Prof. Aloka Pathirana, Department of Surgery, Faculty of Medical Sciences, University of Sri Jayewardenepura

#### **Discussion**

#### **Lunch, poster viewing and debate**

#### **“Decriminalizing commercial sex will reduce Sexually Transmitted Infections”**

Chairpersons: Dr. Iyanthi Abeyewickreme & Dr. Dayanath Ranatunga, (Country Manager, UNAIDS)

### **Free paper sessions 6: Genetics, Medical Education & Administration**

Chairpersons: Dr. Gominda Ponnampuruma & Dr. Lucian Jayasuriya

### **Symposium 15**

#### **Emerging use of mobile technology in health**

Chairpersons: Dr. Deepal Wijesooriya & Dr. Achala Jayathilake

#### **Using mobile technology for health**

Dr. Naresh Yallapragada, Head, Healthcare IT at Continental Hospitals, Hyderabad, India

#### **mHealth: The global picture**

Dr. Roshan Hewapathirana, Research Fellow, Department of Informatics, Faculty of Mathematics and Natural Sciences, University of Oslo, Norway

#### **mHealth Applications in the Ministry of Health : Today and Tomorrow.**

Dr. Chaminda Weerabaddana, Medical Officer - Health Informatics, Office of Deputy Director General (Dental Services), Ministry of Health

#### **Tea**

#### **S C Paul Oration**

#### **Analysis of anaesthetic adaptations and observations in Thoracoscopic and Laparoscopic surgeries**

Dr Vasanthi Pinto MD, FCARCSI, FRCA

Head of the Department & Senior Lecturer in Anaesthesiology , Faculty of Medicine, University of Peradeniya, Sri Lanka

**Registration**

**Breakfast meeting**

Chairpersons: Prof Jennifer Perera & Dr. Lasantha Malavige

**Building the next generation of Health professional leaders**

(With a group of young health professionals)

**Plenary 3**

Chairpersons: Prof. Saroj Jayasinghe & Dr. Dennis Aloysius

**Pathophysiology, diagnosis and treatment of gastroesophageal reflux**

Prof. John O. Clarke, Clinical Director, Johns Hopkins Bayview Gastroenterology/Hepatology

Clinical Director, Johns Hopkins Center for Neurogastroenterology

Associate Professor of Medicine, Division of Gastroenterology & Hepatology, Johns Hopkins University

**Dr. S. Ramachandran Memorial Oration**

**Epidemiology of migration and mental health in Sri Lanka: local insight for a global impact**

**Dr. Chesmal Siriwardhana**

MD, MSc., PhD,

Senior Lecturer in Public Health, Anglia Ruskin University, UK

**PARALLEL SESSIONS DAY 3**

**SESSION THEME: SURGERY**

**Guest lecture 7**

Chairpersons: Prof. Joachim Perera & Prof. Mandika Wijerathne

**The diabetic foot: a surgical perspective**

Dr. Ajit Kumar Varma, Senior Consultant, Department of Diabetic lower limb and foot and ankle surgery, Aster Medcity, Kochi, Kerala, India

**Tea and poster viewing**

**Symposium 16**

**Safe homes and safe roads: preventing child injuries in Sri Lanka**

Chairpersons: Dr. Malik Fernando & Ms. Caroline Bakker

**Overview of Childhood Injuries in Sri Lanka**

Dr. Kapila Jayaratne, Chairperson, Expert Committee on Ergonomics, SLMA

**Options for Child Injury Prevention**

Mr. Eric Chalmers, Chief Executive, KidSafe ACT, Child Accident Prevention Foundation of Australia

**Safety in adolescence**

Dr. Manjula Danansuriya, Consultant Community Physician, Expert Committee on Ergonomics, SLMA

**Care for the Injured Child**

Dr. Sanjaya Abeygunasekara, Consultant Surgeon, Lady Ridgeway Hospital, Colombo

**SLMA Contribution in Child Injury Prevention**

Dr. Sameera Senanayake, Convener, Expert Committee on Ergonomics, SLMA

**Discussion / Questions**

**Lunch, poster viewing and debate**

**“Professional fees of the private consultations of the professionals should be peer reviewed and not administrator reviewed”**

Chairpersons: Dr. Padma Gunarathne & Prof Lal Chandrasena

**Symposium 19**

**Case scenario based symposium on the management of the threatened diabetic foot**

Chairpersons: Prof. Mandika Wijerathne & Dr. Anuruddha Abeyagunasekara

**How do I assess this foot?**

Dr. Nalaka Gunawansa, Consultant Vascular Surgeon

**How do I dress this wound?**

Dr. Ranjuka Ubayasiri, Consultant Vascular Surgeon

Dr. Rezni Cassim, Consultant Vascular Surgeon

Prof. Ajit Varma, Senior Consultant, Department of Diabetic lower limb and foot and ankle surgery, Aster Medcity, Kochi, Kerala, India

**How do I treat infection?**

Dr. Ranjuka Ubayasiri, Consultant Vascular Surgeon

**How do I off load this ulcerated diabetic foot?**

Prof. Ajith Kumar Varma, Senior Consultant, Department of Diabetic lower limb and foot and ankle surgery, Aster Medcity, Kochi, Kerala, India

**How do I manage ischaemia?**

Dr. Rezni Cassim, Consultant Vascular Surgeon

**Summary**

Prof. Mandika Wijerathne, Consultant Surgeon and Professor, Department of Surgery, Faculty of Medicine, University of Colombo

**Tea**

### **PARALLEL SESSIONS DAY 3**

#### **SESSION THEME: CUSTOMIZED CARE IN NEUROLOGY, DERMATOLOGY AND ONCOLOGY**

##### **Guest lecture 8**

Chairpersons: Dr. J.B. Peiris & Dr. Padma Gunaratne

##### **The story a seizure behaviour tells us**

Prof. Manjari Tripathi, Professor Neurology, NIH Fellow (UCLA), Department of Neurology, Neurosciences Centre, All India Institute of Medical Sciences, New Delhi, India

**Tea and poster viewing**

##### **Symposium 17**

##### **Cosmetic surgery and cosmetic dermatology**

Chairpersons: Dr. Thushan Benragama & Dr. Sudarshi Seneviratne

##### **Beauty is skin deep**

Dr. Niranjana Ariyasingha, Consultant Dermatologist, Base Hospital, Wathupitiwala

##### **Defeat ageing with aesthetic medicine**

Dr. Nayani Madarasingha, Consultant Dermatologist, Teaching Hospital, Anuradhapura

##### **Surgical aspects of aesthetic dermatology**

Dr. Thushan Beneragama, Consultant Plastic Surgeon, National Hospital of Sri Lanka

**Lunch, poster viewing and debate**

**“Professional fees of the private consultations of the professionals should be peer reviewed and not administrator reviewed”**

Chairpersons: Dr. Padma Gunarathne & Prof Lal Chandrasena

##### **Free paper session 8: Medicine**

Chairpersons: Dr. Padma Gunaratne & Dr Preethi Wijegoonewardene

##### **Symposium 20**

##### **Personalized Medicine in Oncology**

Chairpersons: Dr. Mahendra Perera & Dr. Christo Fernando

##### **Introduction To Personalized Medicine In Oncology**

Dr. Mahendra Perera, President, Sri Lanka College of Oncologists

##### **Tree Revolutions In Cancer Therapy**

Dr. Tan Wu Meng, Consultant, Medical Oncology, Parkway Cancer Centre, Parkway Group Of Hospitals – Singapore

##### **Practical Implementation Of Personalized Cancer Therapy**

Dr Sachini Rasnayake, Consultant Oncologist, Provincial General Hospital, Badulla

**Tea**

### **PARALLEL SESSIONS DAY 3**

#### **SESSION THEME: HEALTH OF SPECIAL CATEGORIES**

##### **Guest lecture 9**

Chairpersons: Dr. Shamini Prathapan & Dr. Palitha Abeykoon

##### **History, Health care and Challenges of Health of Estate Workers in Sri Lanka**

Dr. Nithersini Periyasamy, Consultant Community Physician, Directorate of Estate and Urban Health Unit, Ministry of Health

**Tea and Poster Viewing**

##### **Symposium 18**

##### **Hot Topics in Sports Medicine**

Chairpersons: Dr Upali Bangala & Dr. B.J.C. Perera

##### **Introduction to Sports Medicine and Injury Prevention**

Dr. Asela Ratnayake, Sports Medicine Unit, Peradeniya Teaching Hospital

##### **Planning an exercise schedule scientifically**

Dr. Harindu Wijesinghe, Consultant Rheumatologist and Specialist in Sports Medicine, Nawaloka Hospital

##### **Anti doping legislation in Sri Lanka**

Prof. Arjuna de Silva, Head, Department of Medicine, Faculty of Medicine, University of Kelaniya

##### **Drug Doping Testing and Prescribing in Sports Medicine**

Dr. Kithsiri Perera, Sports Medicine Unit, Colombo South Teaching Hospital

**Lunch, poster viewing and debate**

**“Professional fees of the private consultations of the professionals should be peer reviewed and not administrator reviewed”**

Chairpersons: Dr. Padma Gunarathne & Prof Lal Chandrasena

##### **Free paper sessions 9: Community Medicine**

Chairpersons: Dr Shamini Prathapan & Dr Wasantha Gunatunga



## **Symposium 21**

### **Illness and health among doctors: do carpenters have good furniture?**

Chairpersons: Dr. Palitha Mahipala & Prof. Saroj Jayasinghe

#### **Introduction**

#### **Doctors' Health: Is It Important?**

Prof. Saroj Jayasinghe, Consultant Physician and Professor in Department of Clinical Medicine, Faculty of Medicine, University of Colombo

#### **The Precursors Study: The John Hopkins longitudinal study on health and illness of doctors**

Prof. Padmini D Ranasinghe, Director, Hospitalist Education Programs, Assistant Professor of Medicine, JohnsHopkins Hospital, USA

#### **Preventive health and Simple Health Tips for a Busy Doctor**

Dr. Prasad Katulanda, Consultant Endocrinologist and Senior Lecturer, Department of Clinical Medicine, Faculty of Medicine, University of Colombo

#### **Tea**

## **BANQUET**

Hotel Galadari

**Thursday 9<sup>th</sup> July 2015**

### **Post-congress workshop 1: Peer Assisted learning**

Board Room, Faculty of Medicine, Colombo

**Chair:** Dr. Madawa Chandrathilake and Dr. Gominda Ponnampuruma

#### **Introduction**

Prof. Joachim Perera, Associate Professor, Department of Human Biology, International Medical University, Kuala Lumpur, Malaysia

#### **Group activity: Identifying the different PAL activities in the host institution**

Dr. Diantha Soemanthri, Department of Medical Education, Faculty of Medicine, University of Indonesia

#### **Group activity: Identifying the possible areas where PAL can be introduced to undergraduate education**

Dr. Diantha Soemanthri

Dr. Kosala Marambe, Senior Lecturer, Medical Education Unit, Faculty of Medicine, University of Peradeniya.

#### **Group activity: Strategies to initiate, implement and monitor PAL**

Prof. Joachim Perera

Dr. Kosala Marambe

#### **Measures to overcome challenges**

Prof. Joachim Perera

#### **Closing remarks**

Prof. Joachim Perera

**Sunday 12<sup>th</sup> July 2015**

### **Post Congress Workshop 2: Managing the Obese Patient - Combining Treatment Modalities**

Lionel Memorial Auditorium, SLMA

**Chair:** Prof. Jennifer Perera and Prof. Saroj Jayasinghe

#### **Magnitude of the problem and overview of the management**

Dr. Prasad Katulanda, Consultant Endocrinologist/Diabetologist, National Hospital of Sri Lanka and Senior Lecturer, Department of Clinical Medicine, Faculty of Medicine, University of Colombo

#### **Childhood obesity**

Prof. Pujitha Wickramasinghe, Consultant Paediatrician, Department of Paediatrics, Faculty of Medicine, University of Colombo

#### **Body composition assessment**

Dr. Pulani Lanerolle, Senior Lecturer, Department of Biochemistry, Faculty of Medicine, University of Colombo

#### **Tea**

Consultant Psychiatrist, Senior Lecturer, Faculty of Medicine, University of Kelaniya

#### **Lifestyle modification**

Prof. Sudheera Kalupahana, Consultant Nutritionist, Faculty of Medicine, University of Peradeniya

#### **Surgical Management**

Prof. Ishan de Zoysa, Consultant Surgeon, Department of Surgery, Faculty of Medicine, University of Colombo.

#### **Cognitive Behavior Therapy**

Dr. Asiri Rodrigo

## OVERSEAS RESOURCE PERSONS

Dr. Rashan Haniffa  
Dr .S .Vivekanandhan  
Prof. Magdi Ramzi Iskander  
Dr. Siraj Misbah  
Dr Nicole Seguy  
Dr. Jeyaraj Durai Pandian  
Dr. Michelle Estrella  
Professor Sharon Friel  
Dr T Prabhu  
Prof. Hiroshi Nishigori  
Dr. Kim Sungchol

Dr. Vijaendreh Subramaniam  
Prof. Devaka Fernando  
Professor Haijun Wang  
Dr. Leong Khai Pang  
Eric Chalmers  
Prof. Sally McCarthy  
Prof. John O. Clarke  
Julianne Williams  
Dr. David Edwards  
Dr. Rita Shackel  
Prof. Ajith Kumar Varma

Dr. Prabhu Vinayagam  
Dr. Nor'Aishahbt Abu Bakar  
Dr Manjari Tripathi  
Prof. Jun Ma  
Prof. Ng Mah Lee, Mary  
Dr. AustinUgwumadu  
Dr. Nicholas Townsend  
Prof. Pali Hungin  
Dr. Diantha Soemantri  
Dr. Tang Wu Meng  
Dr. B. V. Murali Mohan

## RESOURCE PERSONS SRI LANKA

Dr. Palitha Abeyakoon  
Dr. Sumal Nandasena  
Dr Anuruddha Abeygunasekera  
Dr. SujeewaThalgaspitiya  
Dr. Suneth Agampodi  
Prof Jennifer Perera  
Dr Mahan Kothalawela  
Dr I. Athukorala  
Dr N Kumarasinghe  
Dr. Nithershini Periyasamy  
Dr. Kumari Vinodhani Navaratne  
Dr. N. Jeyakumaran  
Dr. Thushara Galabada  
Dr. Daminda Dimingoarachchi  
Dr. Keerthi Gunasekara  
Prof Lalitha Mendis  
Dr. Shirani Chandrasiri  
Dr Lilani Rajapaksa  
Mrs. Sharmila Corea  
Dr.Janakan Navarathnasingham  
Dr. Mahesh Wijesooriya  
Dr Nalin C Kithulwaththa  
Dr Tiran Dias  
Seenithamby Manoharan  
Dr. Kapila Jayaratne  
Dr. Sameera Senanayake  
Dr. Nayani Madarasingha  
Prof. Sudheera Kalupahana  
Dr. Sameera Madugalle  
Dr Chaminda Weerabaddana  
Mr. Sajeewa Samaranayake  
Prof. Aloka Pathirana  
Dr. Kithsiri Perera

Dr. Anuruddha Padeniya  
Dr P.G. Mahipala  
Dr.Senaka Pilapitiya  
Prof.Sisira Siribaddana  
Dr.Wathsala Wijesinghe  
Dr Lakshmi C Somatunga  
Dr. Neelamani S R Hewageegana  
Dr Thashi Chang Dr Y. Jayasinghe  
Dr C. Arambepola  
Hon. Minister P.Digambaram  
Dr. Devika Itawala  
Dr. Nimal Gamagedara  
Dr.Chandimani Undugodage  
Dr. Amitha Fernando  
Dr. Rajiva de Silva  
Dr Rohan Chinniah  
Dr.Kanthi Nanayakkara  
Dr Geethani Galaboda  
Prof. Preeni Abeynayake  
Dr. Harshini Rajapakse  
Dr AWM Wazeel  
Dr Krishantha Jayasekara  
Dr Nishani Lucas  
Mr. S.K. Liyanage  
Dr. Manjula Danansuriya  
Dr. Thushan Beneragama  
Prof. Pujitha Wickramasinghe  
Prof. Ishan de Zoysa  
Prof. Padmini D Ranasinghe  
Dr. Lasantha Malavige  
Dr. Mahendra Perera  
Dr. Asela Ratnayake  
Dr. Senaka Bandusena

Dr. Dineshan Ranasinghe  
Prof. Varuni de Silva  
Prof. Saroj Jayasinghe  
Dr. Kamal Perera  
Dr. Amali Perera  
Dr S Sridharan  
Dr R Jayamaha  
Miss. Nadeesha Kalyani  
Dr. Piyal Ratnayaka  
Dr. Upul Senerath  
Dr. S.Wickramasingha  
Dr. Siyambalagoda  
Rishikeshwan Suntharalingam  
Dr. Asiri Rodrigo  
Dr. Neelika Malavige  
Prof. S.P. Lamabadusuriya  
Prof.Janaka De Silva  
Dr.H.P.Premasiri  
Dr.Kushlani Jayatilleka  
Prof. Diyanath Samarasinghe  
Dr Anura Hewageegana  
Dr. Shehan Perera  
Dr Prasad Katulanda  
Dr. Indika Karunathilake  
Dr. Sanjaya Abeygunasekara  
Dr. Niranjana Aryasingha  
Dr. Angela De Silva  
Dr. Ruwan Ekanayaka  
Dr Roshan Hewapathirana  
Prof. Aswini Fernando  
Dr Sachini Rasnayake  
Dr. Harindu Wijesinghe

## **Annexe 2: Detailed programmes of the Monthly Clinical Meetings**

**Tuesday 20<sup>th</sup> January 2015**

### **CASE PRESENTATION**

#### **Girl presenting with headache and loss of weight**

Dr. A D M A Herath, Senior Registrar in Child and Adolescent Psychiatry

#### **Guidelines for management**

Dr. K D D R Goonawardena, Senior Registrar in Child and Adolescent Psychiatry

### **DISCUSSION AND MCQ**

Dr. Sudarshi Seneviratne, Consultant Child and Adolescent Psychiatrist

**Tuesday 24<sup>th</sup> February 2015**

#### **“RAG DOLLS”**

#### **An approach to a floppy baby**

#### **Case Discussion and differential diagnosis**

Dr. Nimesha Gamhewage, Registrar, Professorial Paediatric Unit, Teaching Hospital Colombo South

#### **Clinical Features, Investigations and Management**

Dr. Raihana Hashim, Registrar, Professorial Paediatric Unit, Teaching Hospital Colombo South

#### **MCQs and answers**

Dr. Saraji Wijesekara, Senior Lecturer in Paediatrics and Consultant Paediatric Neurologist, Professorial Paediatric Unit, Teaching Hospital Colombo South

**Tuesday 24<sup>th</sup> March 2015**

#### **Case Discussion**

Dr. C. J. Subasinghe, Senior Registrar in Endocrinology, CSTH

#### **Review Lecture**

#### **Hypokalemia: A common presentation of different aetiologies**

Dr. Uditha Bulugahapitiya, Consultant Endocrinologist, CSTH

#### **MCQs and Data interpretation on Hypokalemia**

Dr. C. J. Subasinghe/ Dr. Uditha Bulugahapitiya

#### **Discussion**

**Tuesday 21<sup>st</sup> April 2015**

#### **Unusual case of childhood leprosy**

Dr. Himali Sudusinghe, Senior Registrar in Dermatology, Lady Ridgeway Hospital for Children

#### **Paediatric dermatology picture quiz**

Prof. Jayamini Seneviratne, Consultant Dermatologists, Lady Ridgeway Hospital for Children

#### **MCQs in paediatric dermatology**

Dr. Hasanga Gamage, Senior Registrar in Paediatric Dermatology, Lady Ridgeway Hospital for Children

**Tuesday 19<sup>th</sup> May 2015**

### **UPDATE ON THE LABORATORY DIAGNOSIS OF THYROID NODULES**

#### **Case presentation**

Dr. A A H Priyani, Senior Lecturer, Consultant Histopathologist, Department of Pathology, Faculty of Medicine, University of Colombo

Dr. C S P Sosai, Consultant Histopathologist, District General Hospital, Gampaha

**Review Lecture**

Dr. A A H Priyani

**MCQs and Discussion**

Dr. C S P Sosai

**Tuesday 16<sup>th</sup> June 2015**

**Case Presentation and discussion on**

**DEATHS due to RABIES: Where did things go wrong?**

Dr. Kanthi Nanayakkara, Consultant Virologist, Head/ Department of rabies and Vaccine QC, MRI  
&

Dr. Dulmini Kumarasinghe, Consultant Virologist, Department of rabies and Vaccine QC, MRI

**MCQs on general virology**

Dr. Janaki Abeynayake, Consultant Virologist, Department of Virology, MRI

**Tuesday 21<sup>st</sup> July 2015**

**A MIDDLE AGE WOMAN WITH DYSPHAGIA SHORTNESS OF BREATH AND BLISTERING SKIN LESIONS;  
USUAL SYMPTOMS OF AN UNUSUAL CONDITION**

**Case Presentation and Discussion**

Dr. Udari Egodage, Registrar in Medicine, University Medical Unit, Teaching Hospital, Karapitiya, Galle  
&

Dr. H. M. M. Herath, Consultant Physician/ Senior Lecturer, Faculty of Medicine, University of Ruhuna, Galle

**Picture quiz**

Dr. Malin Uthpala Dahanayake, Senior Registrar in Medicine, University Medical Unit, Teaching Hospital, Karapitiya, Galle

**MCQ and Discussion**

Dr. H. M. M. Herath

**Tuesday 25<sup>th</sup> September 2015**

**A LUNG DISEASE NOT COMMON YET NOT UNCOMMON**

**Case/Case Presentation**

Dr. Wathsala Gunasinghe, Senior Registrar in Respiratory Medicine, Colombo Chest Clinic/ NHSL, Colombo

**Review Lecture**

Dr. Aflah Sadikeen, Consultant Respiratory Physician, Colombo Chest Clinic/ NHSL, Colombo

**MCQs and Picture quiz**

Dr. Suharshi Silva, Consultant Respiratory Physician, Colombo Chest Clinic/ NHSL, Colombo

**Tuesday 17<sup>th</sup> November 2015**

**MENOPAUSAL HORMONE REPLACEMENT THERAPY: BENEFITS, RISKS AND ALTERNATIVES**

**Rational use of Menopausal Hormone Replacement therapy**

Prof. Shalini Sri Ranganathan

Professor in Pharmacology and Specialist in Paediatrics

Department of Pharmacology, Faculty of Medicine, University of Colombo

**Latest evidence on using HRT in the menopause and Alternatives to HRT**

Dr. R Prathapan, *Consultant Obstetrician and Gynaecologist, Colombo South Teaching Hospital*

**Tuesday 24<sup>th</sup> November 2015**

**(IN COLLABORATION WITH THE SRI LANKA COLLEGE OF OBSTETRITIONS & GYNAECOLOGIST)**

**Case Presentation**

Dr. J. Kajendran, Senior Registrar in Obs. & Gynae, University Obs. & Gynae. Unit, Colombo North Teaching Hospital, Ragama

### **Review Lectures**

#### **Ultrasound diagnosis of ectopic pregnancy**

Dr. Tiran Dias, Senior Lecturer, Dept. of Obs & Gynae, University of Kelaniya

#### **Modern management of ectopic pregnancy**

Dr. Thilina S Paliawadana, Senior Lecturer, Dept. of Obs & Gynae, University of Kelaniya

### **MCQs and Discussion**

**Tuesday 16<sup>th</sup> December 2015**

#### **Clinical meeting on Hand Injury**

##### **Case presentation - common hand injuries**

Dr Thushan Beneragama, Consultant Plastic Surgeon, NHSL

##### **Hand Injuries, Assessment and Management Principles**

Dr Kolitha Karunadasa, Consultant Plastic Surgeon, Colombo North Teaching Hospital, Ragama

##### **MCQ**

Dr Kavinda Rajapaksha, Consultant Plastic Surgeon, Military Hospital, Colombo

## **Annex 3: DETAILED PROGRAMMES OF THE OUTSTATION MEETINGS**

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

*25<sup>th</sup> January 2015 at the Chilaw Rest House*

#### **Theme: Optimizing care**

##### **Registration**

**Welcome speech** by the President of the Chilaw Chapter of the Independent Medical Practitioners Association,  
Dr. Titus Fernando

**Welcome speech** by the President SLMA, Prof. Jennifer Perera

Chairpersons: Dr. Titus Fernando and Dr. Malik Fernando

##### **Physiology of Pain**

Dr. Suresh Dissanayake, Consultant Physician

##### **Managing Palliative Medicine in Paediatric patients**

Dr Pyara Ratnayake, Consultant Paediatric Neurologist, LRH

##### **Integrating Palliative medicine into Intensive Care units**

Dr Pallitha Bopitiya, Consultant Anesthetist, BH Tabuttegama

##### **Discussion and Tea**

Chairpersons: Dr. W.A.Ferdinand and Prof. Jennifer Perera

##### **Challenges involved in Palliative Care for Cancer Patients**

Dr. N. Jeyakumar, Consultant Oncologist, Cancer Hospital Maharagama

##### **Assessing the risk and managing “addicts” on treatment for chronic pain**

Dr Asiri Rodrigo, Consultant Psychiatrist, CNTH Ragama

##### **Malaria Elimination: A critical Juncture**

Dr. Risintha Premaratne, Director of the Anti Malaria Campaign

##### **Decompression Sickness**

Dr. Malik Fernando, Past President SLMA

##### **Discussion**

Vote of Thanks by the Secretary Chilaw Chapter of the Independent Medical Practitioners Association

Dr. N. A. Kottahchchi

##### **Lunch**

## JOINT REGIONAL MEETING WITH HOMAGAMA CLINICAL SOCIETY

16<sup>th</sup> February 2015 at the Auditorium, Base Hospital, Homagama

### Registration

Welcome speech by the President of the Homagama Clinical Society, Dr. Anoma Abegunawardena,  
Welcome speech by the President SLMA, Prof. Jennifer Perera

### Session I

#### Management of Hypertension; an evidence based approach

Dr. Sanjeewa Wijekoon, Consultant Physician, Colombo South Teaching Hospital

#### COPD - for the Primary care physician

Dr. Chandimani Undugodage, Respiratory Physician/Senior Lecturer, University of Sri Jayawardenepura

#### Challenges in Treating dengue Paediatrics Patients

Dr. Nalin Kithulwatta, Consultant Paediatric Intensivist, Lady Ridgeway Hospital

#### Case Presentations in Leprosy

Dr. Ranthilaka Ranawaka, Consultant Dermatologist, Base Hospital Homagama

#### Discussion and Tea

### Session II

#### Health Promotion Hospital and effective communication

Dr. Neelamani S Rajapaksa Hewageegana, Director, Health Education Bureau

#### Controversies in Diabetic diet

Dr. Ranil Jayawardena, Clinical Nutritionist - Nawaloka Hospital

#### Decompression sickness in underwater divers – an occupational disease

Dr. Malik Fernando, Past President SLMA

#### Discussion

Vote of Thanks by the Secretary, Homagama Clinical Society - Dr. Dhammika Wijethunga

#### Lunch

## JOINT REGIONAL MEETING WITH THE HILL COUNTRY CLINICAL SOCIETY

9<sup>th</sup> March 2015 at the Auditorium – District General Hospital, Nuwara Eliya

### Theme: Infections

#### Registration

Welcome speech by the President of the Hill Country Clinical Society  
Dr. Nieranjan Dissanayake, Welcome speech by the President SLMA, Prof. Jennifer Perera

#### Session I

##### Rational use of Antibiotics

Dr. Madhmanee Abeywardena, Consultant Microbiologist, District General Hospital, Nuwara Eliya

##### Emerging Infections

Dr. Hasini Banneheke, Secretary, Expert Committee of Communicable Diseases

##### Case Presentations on Leprosy

Dr. Sandeepa Ekanayake, Consultant Dermatologist, District General Hospital, Nuwara Eliya

##### Malaria elimination in Sri Lanka: a Critical Juncture

Prof. Deepika Fernando, Professor in Parasitology, Colombo

##### Respiratory Infections in Pregnancy- Improving outcomes

Dr. Nieranjan Dissanayake, Consultant Respiratory Physician, Nuwara Eliya

#### Discussion and Tea

#### Session II

##### Antibiotic prophylaxis in surgery

Dr. Duminda Gunawardane, Consultant Surgeon, District General Hospital, Nuwara Eliya

##### Sepsis

Dr. Pandula Jayathilaka, Acting Consultant Anaesthetist, District General Hospital Nuwara Eliya

##### Meningitis in Paediatrics

Dr. Indika Hewage, Consultant Paediatrician, District General Hospital, Nuwara Eliya

##### Advertising by doctors and institutions: the SLMC Guide

Dr. Malik Fernando, Past President, SLMA

##### Discussion followed by Vote of Thanks by the Secretary Hill Country Clinical Society

Dr. Muditha Priyankara followed by lunch



## JOINT REGIONAL MEETING WITH THE KURUNAGALA CLINICAL SOCIETY

18<sup>th</sup> March 2015 at the Auditorium, General Hospital, Kurunegala

**Theme: Cardiology and Paediatrics: Latest Knowledge and the Challenges in a low resource setting**

### Registration

Welcome speech by the President of the Kurunagala Clinical Society, Dr. Dileep Karunaratne

Welcome speech by the President SLMA, Prof. Jennifer Perera

### Session I

#### Valvular heart disease - "from guideline to clinical practice"

Dr. Bhathiya Ranasinghe, Consultant Cardiologist, District General Hospital, Trincomalee

#### Pre – Participation screening assessment for sports

Dr. Aranjana Karunanayake, Senior Lecturer in Anatomy, University of Kelaniya and Specialist in Sports & Exercise Medicine

#### GUCH service (grown-ups with congenital heart disease) - "past, present and future"

Dr. Shehan Perera, Consultant Paediatric Cardiologist, Lady Ridgeway Hospital

### Discussion and Tea

### Session II

#### Status epilepticus

Dr Rohini Premaratna, Consultant Paediatrician, Teaching Hospital Kurunagala

#### Current guidelines - management of Asthma in children

Dr Chandimani Undugodage, Consultant Respiratory Physician and Senior Lecturer at University of SJP

#### Childhood obesity

Dr. Navoda Atapattu, Consultant Paediatric Endocrinologist

#### Health Promotion Hospital and effective communication

Dr Neelamani S Rajapaksa Hewageegana, Director, Health Education Bureau

#### Case Presentations on Leprosy

Dr. D. M. Munasingha, Consultant Dermatologist, General Hospital Kurunagala

Discussion followed by Vote of Thanks by the Dr Priyamali Jayasekera, Chairperson Academic activities

### Lunch

## JOINT REGIONAL MEETING WITH THE RUHUNU CLINICAL SOCIETY

20<sup>th</sup> May 2015 at the Auditorium, General Hospital, Matara

**Theme: Infectious Diseases revisited**

### Registration

Welcome speech by the President of the Ruhunu Clinical Society,

Dr. V. T. Rajendiran

Welcome speech by the President SLMA, Prof. Jennifer Perera

### Session I

#### Atypical Pneumonias in Children

Dr. Ruwanthi Perera, Senior Lecturer, Faculty of Medical Sciences, University of Sri Jayewardenepura

#### Complications of Sinusitis

Dr. Hemantha Gamage, Consultant ENT Surgeon, DGH Matara

#### Basics in CPR

Dr. Z. M. Ruhullah, Consultant Anaesthetist, DGH Matara

### Discussion and Tea

### Session II

#### Drug Resistant Tuberculosis

Dr. Susil Herath, Consultant Chest Physician, DGH Matara

#### Leptospirosis

Dr Harindra Karunathilake, Consultant Physician, DGH Matara

#### Cutaneous leishmaniasis in Southern province

Dr. M. G. A. Dinusha, Dermatologist, DGH Matara

#### Health Promotion Hospital and effective communication

Dr Kapila Piyasena, Senior Registrar in Community Medicine, Health Education Bureau

Discussion followed by Vote of Thanks by the Dr. Hemantha Gamage, Secretary, Ruhunu Clinical Society.

### Lunch

## JOINT REGIONAL MEETING WITH THE SRI JAYAWARDENEPURA CLINICAL SOCIETY

27<sup>th</sup> June 2015 at Auditorium, Sri Jayawardenepura General Hospital

**Theme: New Trends in Medicine**

### **Registration**

Welcome speech by the President of the Clinical Society of the Sri Jayawardenepura General Hospital, Dr. Asoka Jayasena

### **Session I**

#### **Surgery in the 21<sup>st</sup> Century**

Prof Aloka Pathirana, Consultant Surgeon and Professor, Faculty of Medical Sciences, University of Sri Jayawardenepura

#### **New trends in Gastroenterology**

Prof R.L. Satharasinghe, Consultant Physician, Sri Jayawardenepura General Hospital

#### **Leprosy in Sri Lanka: today and tomorrow**

Dr. Indira Kahawita, Consultant Dermatologist, Base Hospital Karawanella

### **Discussion and Tea**

### **Session II**

Address by the President SLMA, Prof. Jennifer Perera

#### **New trends in Paediatric Cardiology; what is cost effective for Sri Lanka?**

Dr Duminda Samarasinghe, Paediatric Cardiologist, Lady Ridgeway Hospital

#### **Maternal mortality - where are we going wrong?**

Prof Hemantha Perera, Consultant VOG, Sri Jayawardenepura General Hospital

#### **Health Promotion Hospital and Effective Communication**

Dr Neelamani S Rajapaksa Hewageegana, Deputy Director General of Health Services (DDG) Planning, Ministry of Health

#### **Keyhole Cardiac Surgery**

Dr Rajitha de Silva, Consultant Cardiothoracic Surgeon, Sri Jayawardenepura General Hospital

Discussion followed by Vote of Thanks by Dr Shyama Subasinghe, Secretary, Clinical Society of the Sri Jayawardenepura General Hospital

### **Lunch**

## JOINT REGIONAL MEETING WITH THE RATNAPURA CLINICAL SOCIETY

26<sup>th</sup> August 2015 at Auditorium, Ratnapura General Hospital

### **Registration**

Welcome speech by the President of the Ratnapura Clinical Society,  
Dr Shantha Indralal (Consultant Resident Physician)

Welcome speech by the President SLMA, Prof. Jennifer Perera

### **Session I**

#### **Nutrition in Pregnancy – Current Recommendations**

Dr Mithree Chandrarathne, Consultant Gynecologist and Obstetrician, General Hospital Ratnapura

#### **Neumococcal vaccination – Widening the scope**

Prof Jennifer Perera, Dean and Senior Professor of Microbiology, Faculty of Medicine Colombo

#### **An interactive session on the management of acute childhood asthma**

Dr B J C Perera, Consultant Paediatrician

### **Discussion and Tea**

### **Session II**

#### **Eating disorders**

Dr Asiri Rodrigo, Consultant Psychiatrist, CNTH Ragama

#### **Nutrition in Critically ill Patients**

Dr Priyanthi Palihakkara, Consultant Anesthetist, General Hospital Ratnapura

#### **Nutrition concept and controversies in obesity**

Dr Ranil Jayawardena, Clinical Nutritionist, Nawaloka Hospital

Discussion followed by Vote of Thanks by the Secretary, Ratnapura Clinical Society Dr. K.M.N.L. Konara

### **Lunch**

## JOINT REGIONAL MEETING WITH THE VAVUNIYA MEDICAL ASSOCIATION

23<sup>rd</sup> September 2015 at the Eye Auditorium, Vavuniya General Hospital

### Registration

Welcome speech by the President of Vavuniya Medical Association, Dr A. Nishanthini

Welcome speech by the President SLMA, Prof. Jennifer Perera

### Session I

#### Vascular access for dialysis patients - Troubleshooting and complications

Dr P.N. Rajakrishna, Consultant Nephrologist, Vavuniya General Hospital

#### Headache: Management issues

Dr S. Godevithanage, Consultant Neurologist, Vavuniya General Hospital

#### Antibiotic usage: What is new?

Dr Thushari Dissanayake, Consultant Microbiologist and Senior Lecturer, Faculty of Medical Sciences, Sri Jayewardenepura

Discussion and Tea

### Session II

#### Gender based violence – Case scenarios at workplace

Dr Manoj Fernando, Lecturer in Health Promotion, Rajarata University of Sri Lanka

#### Indications for pneumococcal vaccine - Should it be included in EPI schedule?

Prof Jennifer Perera, Dean and Prof. of Microbiology, Faculty of Medicine, Colombo

#### Backache

Dr J Jeyakumar, Consultant Orthopedic Surgeon, Vavuniya General Hospital

#### Discussion on chest drain management

Surgical Consultants, Physicians and Chest Physician

Vote of Thanks by Dr C Wirasinghe, Secretary, Vavuniya Medical Association

#### Lunch

## JOINT REGIONAL MEETING WITH THE PUTTALAM CLINICAL SOCIETY

21<sup>st</sup> October 2015 at the Auditorium, Puttalam Base Hospital (PBH)

### Opening ceremony

Welcome speech by the President of Puttalam Clinical Society, Dr.M.Sugunadevan

Welcome speech by a President, SLMA, Prof. Jennifer Perera

Some experiences of a medical administrator: lessons for management.

### Guest Lecture by the Guest of Honour

Dr Lucian Jayasuriya, Former Additional Secretary, Ministry of Health

### Childhood Obesity

Dr. N. Rajasekara, Consultant Paediatrician, PBH

### Metabolic syndrome of obesity

Dr. P. Manivannan, Consultant Physician, PBH

### Endocrine Aspects of Obesity in children

Dr. Navodha Attapattu, Consultant Paediatric Endocrinologist, LRH

Discussion followed by Tea

### Obesity in Pregnancy

Dr. L. Rajapakse, Consultant Obstetrician and Gynecologist, PBH

### Surgical options for Obesity

Dr. R. A. Y. Rupasinghe, Consultant Surgeon, PBH

Anaesthetic challenges in Obesity

Dr.M.Sugunadevan, Consultant Anaesthetist, PBH

### Nutrition concept and controversies in obesity

Dr. Ranil Jayawardena, Clinical Nutritionist, Nawaloka Hospital

### Discussion Followed by Lunch

### Quiz programme

Conducted by Dr. U. Jayakody, Consultant Radiologist, PBH

### Obstructive sleep apnoea

Dr. W. Jayasinghe, Consultant ENT surgeon, PBH

### Obesity and skin

Dr. V. G. Abeywicrema, Consultant Dermatologist, PBH

Vote of Thanks by Dr. B. Branavan, Secretary, Puttalam Clinical Society

## JOINT SYMPOSIUM WITH THE AVISSAWELLA CLINICAL SOCIETY

27<sup>th</sup> November 2015 at the Auditorium, BOI Centre, Industrial Park, Avissawella

### Registration

Welcome speech by the President of Avissawella Medical Association,

Dr. J. M. R. G. Jayaweera

Welcome speech by the President SLMA, Prof. Jennifer Perera

### Session I: Prof. Jennifer Perera and Dr. Philip Weerasingham

#### Adult thyroid diseases

Dr. Shaminda Kahandawa, Consultant Endocrinologist, National Hospital of Sri Lanka

#### Paediatric Thyroid diseases

Dr. Navoda Attapattu, Consultant Paediatric Endocrinologist, Lady Ridgeway Hospital

#### Thyroid and imaging

Dr. Harsha Dissanayake, Consultant Radiologist and Senior Lecturer, Faculty of Medical Sciences, Sri Jayewardenepura

#### Discussion and Tea

### Session II: Dr. Asiri Rodrigo and Dr. Randil Wellaketiya

#### Role of FNAC in the diagnosis of Thyroid nodules

Dr. Cherine Sosai, Consultant Pathologist, District General Hospital Gampaha

#### Update on Management of Thyroid Cancer

Dr. N. Jeyakumaran, Consultant Clinical Oncologist, National Cancer Institute of Sri Lanka, Maharagama

Progress in thyroid research: Surgical Thyroidology - Highlights in the last decade

Prof. Ranil Fernando, Professor and Head, Department of Surgery, University of Kelaniya

Special lecture - A Microbiome / Helpful micro organism

Dr. Philip Weerasingham, Consultant General Surgeon, Avissawella

Vote of Thanks by Dr. Indika Halpage Secretary, Avissawella Medical Association

#### Lunch

## Annex 4: Detailed programme of the Foundation Sessions

Wednesday 28<sup>th</sup> October 2015

*Professorial Unit Auditorium, Teaching Hospital, Anuradhapura*

### Pre-Congress Workshop 1: Workshop on Scientific Writing

At the Main Auditorium, Teaching Hospital, Anuradhapura

#### Registration

#### Lighting up of the oil lamp

#### Writing the rationale and introduction

Prof. Sisira Siribaddana, Founder Professor & Chair, Department of Medicine, Dean, Faculty of Medicine & Allied Sciences, Rajarata University of Sri Lanka

#### Literature review

Dr Thilini Agampodi, Senior Lecturer, Department of Community Medicine, Faculty of Medicine & Allied Sciences, Rajarata University of Sri Lanka

#### Writing methodology

Dr Janaka Pushpakumara, Lecturer, Department of Psychiatry, Faculty of Medicine & Allied Sciences, Rajarata University of Sri Lanka

#### Presenting results

Dr Nuwan Wickramasinghe, Lecturer, Department of Community Medicine, Faculty of Medicine & Allied Sciences, Rajarata University of Sri Lanka

#### Refreshment

#### Writing discussion and conclusions

Dr Suneth Agampodi, Head, Department of Community Medicine, Director, Maternal and Child Health Research Unit, Faculty of Medicine & Allied Sciences, Rajarata University of Sri Lanka

#### Referencing

Dr Buddika Wijerathne, Lecturer & Postgraduate Researcher, Department of Forensic Medicine, Faculty of Medicine & Allied Sciences, Rajarata University of Sri Lanka

#### Writing exercise (with own data)

#### Q & A session

#### Concludes

**Pre-Congress Workshop 2: Anaphylaxis & Arrhythmias**  
At the Professorial Unit Auditorium, Teaching Hospital, Anuradhapura

**Registration**

**Lighting up of the oil lamp**

**Interactive teaching session: Anaphylaxis**

Dr Chandimani Undugodage, Consultant Respiratory Physician & Senior Lecturer in Physiology, Faculty of Medical Sciences, University of Sri Jayawardenapura

Dr Nirmala Wijekoon, Consultant Physician & Senior Lecturer in Pharmacology, Faculty of Medicine, University of Kelaniya

**Refreshments**

**Interactive teaching session: Arrhythmia**

Dr Rohan Gunawardene, Consultant Cardiac electrophysiologist, National Hospital of Sri Lanka,

Dr Suresh Kottegoda, Consultant Cardiac electrophysiologist, Sri Jayawardenapura General Hospital

**Concludes**

**Pre-Congress Workshop 3: Anaphylaxis for Nurses**

At the Main Auditorium, Teaching Hospital, Anuradhapura

**Registration**

**Interactive teaching session: Anaphylaxis**

Dr Chandimani Undugodage, Consultant Respiratory Physician & Senior Lecturer in Physiology, Faculty of Medical Sciences, University of Sri Jayawardenapura

Dr Nirmala Wijekoon, Consultant Physician & Senior Lecturer in Pharmacology, Faculty of Medicine, University of Kelaniya

**Concludes**

**Pre-Congress Workshop 4: Dental Surgery**

At the Renal Auditorium, Anuradhapura

**Registration**

**Lighting up of the oil lamp**

**Regenerating the periodontium: is there a magic formula ?**

Dr. F. Fazrina Farook, Head of Division of Periodontology, Senior Lecturer, Faculty of Dental Sciences, University of Peradeniya

**Refreshments**

**Medical emergencies in dental practise & prophylaxis in infective endocarditis**

Dr. Sanjeewa Rajapakse, Consultant Cardiologist, Teaching Hospital, Anuradhapura

**Concludes**

**Pre-Congress Workshop 5: Hands on Gyn & Obs Ultrasound imaging**

At the Department of Gyn & Obs, Teaching Hospital, Anuradhapura

Dr .Tiran Dias MD, MRCOG, MD (London),

Consultant Obstetrician and Gynaecologist, North Colombo Teaching Hospital, Ragama

**Registration**

**Lighting up of the oil lamp**

**Introduction**

**Why, when and how to use ultrasound in obstetrics**

**Gestational age assessment**

**How to optimize your ultrasound image**

**Refreshments**

**Fetal well being assessment**

**Hands on session on ultrasound**

**Lunch**

**FOR SIX CONSULTANTS ONLY**

**Rational use of Doppler in obstetrics**

**Hands on session on anomaly scan**

**INAUGURATION**

Arrival of Guests

Ceremonial Procession

National Anthem

Traditional lighting of the oil lamp

Address by The President, Anuradhapura Clinical Society

Dr Jagath Premadasa

Address by The President, Sri Lanka Medical Association

Prof Jennifer Perera

Address by the Chief Guest

Dr Palitha Abeykoon, Immediate Past President, SLMA  
Address by the Guest of honour  
Dr Niranjala Meegoda Widanege, Past President, Anuradhapura Clinical Society  
Presentation of SLMA Best Research Awards 2015  
Presentation of SLMA Best Health Journalist Awards 2015  
Vote of Thanks  
Dr Ranil Jayawardena, Honorary Secretary, SLMA  
E M Wijerama Endowment Lecture  
Emotional and spiritual intelligence and its relevance to medicine  
Dr. Sunil Seneviratne Epa  
MD, MRCP (UK), FRCP (London), FCCP  
Consultant Physician  
Reception

**Thursday 29<sup>th</sup> October 2015**

### **ACADEMIC PROGRAMME**

**Registration**  
**Lighting up of the oil lamp**  
**Welcome speech by the president of ACS**  
**Introduction to orator by The president of SLMA**

#### **Sir Marcus Fernando Oration**

##### **Laparoscopic Cholecystectomy – Simple yet Complicated**

Dr Chandika Liyanage, Senior Lecturer (Grade II) Department of Surgery, Faculty of Medicine, University of Kelaniya

**Tea**

#### **Plenary - Cervical cancer**

##### **Burden of cervical cancer in Sri Lankan setting**

Dr Suraj Perera, Consultant Community Physician National Cancer Control Programme

##### **Burden of cervical cancer in Anuradhapura district / North central province**

Dr Thushari Hapuarachchi, Consultant Oncologist, Teaching Hospital, Anuradhapura

##### **Cost effective methods of cervical cancer screening in low resourced countries**

Dr Romani Fernando, Senior Lecturer (Obstetric & Gynaecology), Faculty of Medicine, University of Rajarata

##### **HPV vaccination for prevention of cervical cancer: the UK experience**

Dr Allisair Solomonsz, Consultant Gynaecologist, Nottingham, United Kingdom

**Free paper session**

#### **Lunch**

##### **Symposia - Interventional cardiology**

##### **Stable Coronary Artery Disease - When to intervene**

Dr. Thilak Sirisena, Consultant Cardiologist, Teaching Hospital, Kurunegala

##### **Place of PCI in Acute Coronary Syndrome**

Dr. Vajira Senaratne, Senior Consultant Cardiologist, National Hospital of Sri Lanka

##### **Percutaneous Interventions in Structural Heart Diseases**

Dr. Duminda Samarasinghe, Consultant Paediatric Cardiologist, Lady Ridgeway Hospital, Colombo

#### **Plenary - Radiology**

##### **Imaging in Colorectal Malignancies: Diagnosis and Staging**

Dr S. Sukumar, Consultant Radiologist, South Manchester University Hospitals, United Kingdom

##### **Overview of vascular interventions**

Major General (Dr.) Sanjeewa Munasinghe, Consultant Radiologist, Military Hospital, Colombo

##### **Peripheral vascular interventions**

Prof Badra Hewawithana, Consultant Radiologist, Faculty of Medicine, University of Peradeniya

**Tea**

**Friday 30<sup>th</sup> October 2015**

**Registration**  
**Lighting up of the oil lamp**  
**Introduction to orator by the President of ACS**  
**ACS Oration**  
**Tea**  
**Symposia - Common ENT disorders**



**Otological perspective**

Dr S.B Ethulgama, Consultant ENT, Head & Neck Surgeon, Sirimao Bandaranayake memorial Hospital, Peradeniya

**Rhinological perspective**

Dr R. Kirihe, Consultant ENT, Head & Neck Surgeon, Lady Ridgeway Hospital for Children, Colombo

**Laryngological perspective**

Dr S. Welendawa, Consultant ENT, Head & Neck Surgeon, Teaching Hospital, Karapitiya

**Free paper session****Lunch****Symposia - Neurology****Revisit into the management of primary headache disorders**

Dr Dilum Palliyaguruge, Consultant Neurologist, Teaching Hospital, Anuradhapura

**Rehabilitation of mobility**

Dr Uditha Jayatunga, Consultant in Rehabilitation Medicine, Leicester General Hospital, United Kingdom

**Fits, faints and funny turns in children**

Dr Malkanthi Ratnayake, Consultant Neonatologist, United Kingdom

**Rational pharmacotherapy in epilepsy**

Dr Sanjaya Fernando, Consultant Paediatric Neurologist, Teaching Hospital, Anuradhapura

**Plenary - Trauma****New developments on trauma and resuscitation**

Dr Keerthi Abeyjeewa, Consultant Surgeon, Accident Service Unit, National Hospital of Sri Lanka

**Critical bleeding in trauma**

Dr Ranjith Ellawela, Consultant Surgeon, Police Hospital, Narahenpita

**Damage control in surgery**

Dr Mahanama Gunasekera, Consultant Surgeon, National Hospital of Sri Lanka

**Closing Remarks****Tea**

## Annex 5: Programme of the Seminars and Workshops

### WORKSHOP ON “EQUALITY FOR WOMEN IS PROGRESS FOR ALL”

3<sup>rd</sup> March 2015 at 12.00 pm at the New Auditorium, Lady Ridgeway Hospital  
Organized by the Women's Health Committee of the SLMA

**Commemorate International Women's Day 2015**

“Equality for women is progress for all”

A Short Film Festival in Sinhala and Tamil on Issues related to Gender and Sexual Health followed by a moderated discussion.

### SYMPOSIUM ON “MOVING TOWARDS FILARIASIS FREE SRI LANKA”

19<sup>th</sup> of March 2015 at 11.30 at the Board Room, Faculty of Medicine, University of Colombo, Colombo 08

**“Moving towards Filariasis free Sri Lanka”**

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

**Lymphatic filariasis: Aetiological and clinical perspective**

Dr. Hasini Banneheke, Convener, Expert Committee on Communicable Diseases of SLMA  
Senior lecturer-Parasitology, Faculty of Medical Sciences, USJP

**Lymphatic filariasis in Sri Lanka; What have we done? Where are we now?**

Dr. Sandya Dilhani Samarasekera, Consultant Community Physician, Anti Filariasis Campaign

**Elimination: Is it a success story?**

Professor Mirani V. Weerasooriya, Senior Professor in Parasitology, Faculty of Medicine, University of Ruhuna,  
Head/Filariasis Research Training and Service Unit

## **SYMPOSIUM ON “WORLD HEALTH DAY-2015 & RELATED ACTIVITIES OF THE WHO”**

30<sup>th</sup> April 2015, at 8.30 a.m. at the New Building Lecture Hall, Faculty of Medicine, Colombo

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

**A collaborative activity of SLMA & WHO**

**Theme: Food Safety. “From Farm to Plate, Make Food Safe”**

### **Welcome Address & Introduction**

Dr. Ranjith Perera, Chair, Expert Committee on Communicable Diseases of SLMA

### **Address by President – SLMA**

Professor Jennifer Perera

### **Session I - Health hazards due to contaminated food**

Chairperson - Professor Jennifer Perera

#### **Microbial contamination of food & testing of food for pathogens**

Dr. Sujatha Pathirage, Consultant Microbiologist, Medical Research Institute, Colombo

#### **Chemical contamination of food & their testing**

Mr. Nisala Gunasekara, Research Scientist, Food Technology Section, Industrial Technology Institute, Colombo

#### **Educating the consumer: How to handle, store & prepare food safely**

Dr. Ranjani Amarakoon, Senior Lecturer, Department of Microbiology, Faculty of Science, University of Kelaniya

### **Discussion**

Tea

### **Session II - Food Hygiene Principles**

Chairperson - Dr. Kalyani Guruge

#### **Standards for food safety**

Mrs. Nayana Satharasinghe, Deputy Director-General, Sri Lanka Standards Institution, Colombo

#### **The role of Veterinary Public Health in food safety**

Dr. Vipula Dharmawardana, Chief Municipal Veterinary Surgeon, Colombo

#### **Good Agricultural Practices**

Mrs. Priyanjani Bandara, Additional Director, Agri Business Counselling, Department of Agriculture, Peradeniya

### **Discussion**

### **Vote of Thanks**

Dr. Hasini Banneheke, Secretary, Expert Committee on Communicable Diseases of SLMA

Lunch

## **YOUNG HEALTH PROFESSIONALS LEADERSHIP PROGRAMME 2015**

9<sup>th</sup>-11<sup>th</sup> June 2015 at Global Towers on Marine Drive, Colombo 06

The Young Health Professionals Leadership (YHPL) programme workshop was held from the 9<sup>th</sup>-11<sup>th</sup> June 2014 at Global Towers on Marine Drive, Colombo 06. Fifteen young health professionals under the age of forty years, both medical and non-medical with research and teaching skills and who have taken on positions of responsibility at some point in their lives and careers were brought together and hosted in a common venue and allowed to network both socially and academically.

The idea to cultivate ‘young’ leadership in health in Sri Lanka was the brain-child of Professor Nilanthi de Silva, Current Dean of the Faculty of Medicine, University of Kelaniya, who is also a member of the National Academy of Sciences. Her efforts were instrumental in bringing together the five alumni who had previously participated in the YPL programme to form a steering committee to organize the Sri Lankan event. This idea was fully supported by Professor Jennifer Perera, the President of the Sri Lanka Medical Association and the ‘Young Health Professionals Leadership programme was launched under the patronage of SLMA.

This workshop was designed to introduce young leaders to theoretical concepts of leadership and to broaden their repertoire of leadership skills. A field visit to SLINTEC, the Sri Lanka Institute of Nanotechnology enhanced their horizons on current cutting edge technology. The field trip also gave them an opportunity to network and build up a rapport before the workshop commenced.

On the first day the participants were asked to self-reflect and also compare challenges in leadership.

Another important aspect of the workshop was to challenge the participants to develop a personal leadership plan – to choose just one leadership skill from among those discussed during the earlier sessions (possibly public speaking, increased delegation of tasks, or improved ways of working with a team) and to consider how improving their skill-set in this area would make them a more effective leader. The workshop aimed to challenge them to choose something a little

risky, something that they wouldn't normally do if they hadn't attended this workshop. The YHPLs were then also asked to consider who would notice the difference if they effected this change, and what would they notice.

A key feature of the programme was a discussion with a peer gathering featuring eminent persons in the fields of health, corporate sector and research and a session with the alumni where leadership experiences were shared. There was also an interactive session on relationship between medical and allied health professionals.

The whole workshop was based on interactive discussions and presentations, with the participants doing most of the speaking. Based on the knowledge gathered and experiences shared, the participants will present a group presentation at the SLMA sessions on 8<sup>th</sup> July 2015.

These are a few comments from some of the participants:

'Thank you so much to all of you for organizing such an "eye opener". While meeting and listening to a group of eminent leaders was undoubtedly inspirational, for me the best bit was finding out how much each of the participants and the mentors have gone through and how much we can learn from each other, which was a truly humbling experience. There is nothing like finding out that you are not alone'.

'Thank you very much for arranging this wonderful programme and also selecting me for this. I was inspired by listening to stories of eminent people. I learned a lot to improve myself. I believe this as a good step to build a second line'.

'No words to say thank you, we will continue this. Hope to see you all soon in SLMA sessions next month at least'.

The steering committee wishes to thank the President and all the committee of the SLMA for their support to make this endeavor a reality and a success.



## SYMPOSIUM ON “3D VIEW OF DENGUE: DIVERSITY, DEVELOPMENTS AND DETERMINATION TO CONTROL”

18<sup>th</sup> June 2015, at 11.30 am at the Lionel Memorial Auditorium

**Symposium jointly organized by the Expert Committee on Communicable Diseases of the SLMA  
&  
National Dengue Control Unit Ministry of Health and Indigenous Medicine’**

**Theme: Dengue - “3D view of dengue: Diversity, Developments and Determination to control”**

### **Welcome Address & Introduction**

Dr. Ranjith Perera, Chair, Expert Committee on Communicable Diseases of SLMA

### **Address by President – SLMA**

Professor Jennifer Perera

### **Pearls and pitfalls in dengue clinical management**

Dr. Ananda Wijewickrama, Consultant Physician, Infectious Diseases Hospital, Angoda

### **Dealing with serious or unusual presentations of dengue in children**

Dr. Shanthini Ganeshan, Consultant Paediatrician, Infectious Diseases Hospital, Angoda

### **Recent advances in therapeutic options available for dengue: progress, obstacles and optimism**

Dr. Neelika Malavige, Senior Lecturer and Immunologist; Director, Centre for Dengue Research; Head/ Department of Microbiology, University of Sri Jayewardenepura, Nugegoda

### **Obstacles in socio-ecological and biological aspects of dengue control in Sri Lanka**

Dr. Hasitha Tissera, Consultant Epidemiologist / Head National Dengue Control Programme, Ministry of Health Sri Lanka

### **Environmental policing and dengue control: lessons to be learned**

SSP Quintus Raymond, Director, Environment protection Division of Police

### **Voice of those who are in the field: bridging the gap between policy makers and those who are in action**

Dr. Prasad Liyanage, Regional Epidemiologist, Kalutara District & Senior SPHI Kalutara

### **Discussion**

By panel of speakers

### **Vote of Thanks**

Dr. Hasini Banneheke, Secretary, Expert Committee on Communicable Diseases of SLMA

## CLINICAL NUTRITION MEETING 2015

20<sup>th</sup> September 2015 at 8.30 am at the Upper Crystal, Taj Samudra, Colombo

### **Registration**

### **Welcome Address**

Prof Jennifer Perera, President, SLMA

### **Nutrition support for liver diseases**

Prof Alastair Forbes

### **Nutrition for patients with Burns**

Dr Ravinder Reddy

### **Tea**

### **Critical Care Nutrition**

Dr Trin Jakobson

### **Panel discussion & case study presentation**

All three speakers

### **Lunch**

### **Principles and practical aspects of Enteral and Parenteral nutrition**

Prof Alastair Forbes

### **Nutrition in intestinal Failure**

Dr Ravinder Reddy

### **Clinical case presentation and problem solving**

All three speakers

### **Closing remarks**

Dr Ranil Jayawardena, Secretary, SLMA

### **Tea**

The third Clinical Nutrition Meeting, which was organised by SLMA in collaboration with Nutrition Society of Sri Lanka, Sri Lanka Medical Nutrition Association and Sri Lankan Society of Critical Care and Emergency medicine, was held on Sunday, the 20th September 2015, at Hotel Taj Samudra, Colombo, from 8.00 a.m. onwards. The speakers' panel comprised of three foreign speakers including Professor Alastair Forbes, Dr. Ravinder Reddy and Dr. Trin Jakobson. Professor Alastair Forbes is the Professor of Medicine (Gastroenterology and Nutrition) at University of East Anglia, UK. He is the current President of British Association of Parenteral and Enteral Nutrition (BAPEN). Dr. Ravinder Reddy is a consultant surgeon at Care Hospital, Hyderabad and Honorary Professor in Clinical Nutrition at National Institute of

Nutrition, Hyderabad. He is also the President of Indian Society for Enteral and Parenteral Nutrition (ISEPN). Dr. Triin Jakobson is an anaesthetist and intensivist at Tartu University Hospital, Estonia and the President of Estonian Society for Enteral and Parenteral Nutrition. The audience included nutritionists, dieticians, medical officers of nutrition, doctors, academia from various faculties, nutrition care nurses and medical and nutrition students.

The meeting began traditionally with the lighting of the oil lamp and national anthem. Professor Jennifer Perera (President, SLMA) welcomed the gathering and delivered the welcome speech. In her address, she emphasized on the importance of the clinical nutrition meeting and the need for collaboration of different stake holders in this regard for better patient care. She also thanked the resource persons and other collaborators who made this meeting a success.

Welcome address was followed by the first session which was chaired by Professor Jennifer Perera. The panel speakers comprised of Professor Alastair Forbes and Dr. Ravinder Reddy. Prof. Alastair Forbes initiated the session with a comprehensive presentation on "Nutrition support for liver diseases". He commenced his lecture with the discussion on nutrition in acute liver disease where patients are usually in good nutritional condition before the acute illness. He explained the metabolic changes in acute liver failure which includes the risk of hypoglycaemia due to diminished gluconeogenesis, depleted glycogen stores, increased glycolysis and hyperinsulinaemia, increased resting energy expenditure (REE), increased protein catabolism and hyperammonaemia leading to hepatic encephalopathy. He concluded the first part of his presentation stating that the nutrition management of acute liver disease should be as for any other patients with severe acute illness with careful monitoring and special attention to glycaemic control.

The second part of his presentation on nutrition support for liver disease was focused on nutritional support in chronic liver disease. In this part, he explained the possible reasons for malnutrition in chronic liver cell disease (CLCD) which are loss of appetite, malabsorption and increased energy expenditure. He highlighted the current evidence that malnutrition and hyper metabolism worsen the prognosis in cirrhosis. He continued to talk about the metabolic alterations in CLCD including glucose intolerance, increased protein requirement and vitamin and mineral deficiency, especially thiamine, pyridoxine, zinc and magnesium. He stressed the importance of proper nutrition care for a favourable outcome following liver transplantation. He stated that protein depletion in cirrhosis will lead to impaired muscle function including muscles of respiration and adversely affecting the prognosis. He introduced the concept of bioelectrical impedance in cirrhosis and phase angle of prognostic value. He concluded with a discussion on the issues with salt restriction in ascites and protein restriction in hepatic encephalopathy.

Following Prof. Alastair Forbes, Dr. Ravinder Reddy delivered a lecture on "Nutrition for patients with burns". He began with the initial assessment and resuscitation of a patient with burns and the systemic response due to burns which include changes in cardiovascular and respiratory function, changes in metabolism and immunology. He explained clinical benefits of albumin and the lack of evidence for the use of albumin as a volume expander or as a nutrition supplement in burns. In his discussion on nutritional recommendations in patients with burns, he stressed the importance of early establishment of feeding preferably enteral route. He also discussed the energy requirements, protein turn over and intake, importance of micronutrients and the role of immune modulatory diet.

The second session was chaired by Ms Vishaka Tillekeratne, President, Nutrition Society of Sri Lanka. Dr. Triin Jakobson addressed the gathering on "Critical Care Nutrition". She began with the current research evidence on the importance of proper feeding for ICU patients since starvation or underfeeding in ICU patients is associated with increased morbidity and mortality. She outlined the negative outcomes of starvation and underfeeding which include increased mortality, increased risk of complications, increased length of ICU and hospital stay, delay in recovery and increased health care cost. She discussed the importance of early establishment of enteral feeding in the appropriate patients. She continued to discuss on protein and energy requirements in critically ill patients, different routes of feeding in ICU and the associated complications. She discussed the issues with the study on early versus late parenteral nutrition in critically ill adults. Which concluded that early initiation parenteral nutrition is not beneficial in critically ill. The role of glutamine in critically ill, the current evidence and recommendations and flaws of REDOX study which concluded glutamine is pointless and might be even harmful, were discussed.

Following the comprehensive lecture by Dr. Triin Jakobson, the first series of clinical cases were presented by a medical registrar and medical officers working in different state hospitals as Medical Officer in Nutrition. Each case was followed by expert opinion and discussion. All three foreign speakers congratulated the medical officers who were able to achieve successful targets in their patient management with regard to nutrition with limited resources and practical difficulties. The use of locally available modes of nutrition was highly appreciated. It was noted that there is a considerable delay globally in referring patients to clinical nutritionists by the other team members of patient care. This delay was shown to adversely affect the recovery and prognosis.

The third was chaired by Dr. Damien de Silva (Secretary, SLMNA). The third session began with Prof. Alastair Forbes' address on "Principles and practical aspects of Enteral and Parenteral nutrition". He started off with the history of parenteral nutrition which dates back to 1658 when first intra venous infusion was given to dogs. He continued to highlight the evolution of enteral and parenteral nutrition for humans along the timeline. He discussed about patient assessment with regard to nutritional requirements, nutrition prescription to patients, monitoring and follow up of nutritional interventions and the necessary modifications in these interventions. He concluded with discussion on complications of enteral and parenteral nutrition and with a note about the future of nutrition care.

This was followed by Dr. Ravinder Reddy's presentation on "Nutrition on Intestinal Failure". He began with the definition of intestinal failure and the functional and pathophysiological classification systems of intestinal failure. He continued to discuss about gastro-intestinal physiology and the effects of intestinal resection or diseased intestines. Management of

intestinal failure including assessment, optimising hydration, different enteral feeding regimens, role of parenteral feeding in intestinal failure, judicious use of pharmacotherapy to augment nutrition, surgical options and the long term follow up plan were discussed.

As the final event, the second series of clinical cases were presented which was followed by expert panel discussion. To conclude the 3rd Clinical Nutrition Meeting, Dr. Ranil Jayawardena (Clinical Nutritionist and the Secretary, SLMA) addressed the gathering with the closing remarks. In this he stressed the importance of this clinical nutrition meeting. He also stated that SLMA and its collaborators are highly dedicated to strengthen the knowledge and skills on nutrition management among medical practitioners and other healthcare workers. He thanked the foreign speakers for their presence and valuable presentations and expert opinion. He extended his gratitude for all who made this meeting a success. Following this, all the speakers were presented with a token of appreciation. The third clinical nutrition meeting was concluded with a fellowship tea.

## **SYMPOSIUM ON “PRICING OF MEDICINAL DRUGS”**

22<sup>nd</sup> September 2015 at 9.00 am at the Lionel Memorial Auditorium

### **Symposium on “Pricing of Medicinal Drugs”**

***Jointly organized by the Medicinal Drugs Committee of the SLMA& National Medicines Regulatory Authority, Ministry of Health***

**Co: Chair:** Professor R. L. Jayakody and Professor Gita Fernando

#### **Introduction**

Professor R. L. Jayakody

#### **Strategies in pricing pharmaceuticals: examples and evidence**

Dr. Chiranthi Liyanage, Lecturer, Dept. of Pharmacology, University of Colombo

#### **Prices of medicines and its impact on the public**

Dr. Ravi Rannan-Eliya

#### **Proposals on Pricing**

Mr. Mahanama Dodampegama, Sri Lanka Chamber of Pharmaceutical Industry

#### **Proposals on Pricing**

Mr. Dilranjan Jacob, Sri Lanka Chamber of Medical Devices Industry (SLCMDI)

#### **Proposals on Pricing**

Mr. Trihan Perera, – Sri Lanka Pharmaceutical Manufacturers’ Association

#### **Prices of medicines in Sri Lanka – A comparison with other countries**

Professor Rohini Fernandopulle, Professor of Pharmacology, KDU

#### **Discussion**

#### **Summary and remarks**

Professor Gita Fernando, Chairperson, Medicinal Drugs Committee, SLMA

#### **Vote of thanks**

Dr. Pradeepa Jayawardena

## **SYMPOSIUM ON “CONTROL OF RABIES IN SRI LANKA -THE WAY FORWARD”**

30<sup>th</sup> September 2015 at 11.30 am at the Lionel Memorial Auditorium

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

#### **Policy decision on cessation of stray dog elimination - has it affected the rabies control activities in Sri Lanka?**

Dr. Ramasamy Balasubramaniam, Medical Officer, Medical Research Institute, Colombo and Department of Public Health, Faculty of Medicine, Ragama

#### **New changes to anti - rabies vaccination schedule in dogs, based on research done in Sri Lanka**

Professor Mangala Gunatilake, Department of Physiology, Faculty of Medicine, Colombo

#### **Challenges and opportunities for elimination of rabies in Sri Lanka**

Dr P. A. L. Harischandra, Director (Public Health Veterinary Services), Ministry of Health

#### **Discussion**

## CAREER GUIDANCE SEMINAR

4<sup>th</sup> October 2015, at 8.30 a.m. at the Lionel Memorial Auditorium

### Session I

Welcome Address	-	Prof. Jennifer Perera
Introduction & Cadre	-	Dr. Lakshitha Ranasinghe
Post Graduate Training Programme	-	Dr. Achala Jayathilake
Medical Administration	-	Dr. S. Sridharan
Surgery & Finer Specialities	-	Dr. Ranjan Dias

### QUESTIONS

### Session II

Armed Services	-	Surgeon Rear Admiral Dr. N.E.L.W. Jayasekara
Forensic Medicine	-	Dr. Muditha Vidanapathirana
Obstetrics & Gynaecology	-	Dr. M.A.K. Perera
Paediatrics	-	Prof. Sujeewa Amarasena
Universities	-	Prof. Vajira Dissanayake

### QUESTIONS

### Session III

Venereology	-	Dr. Jayadari Ranathunga
Anaesthesiology	-	Dr. Ramya Amarasena
General Practice	-	Dr. C.M.A. Anthony
Pathology	-	Dr. Mangala Bopagoda

### QUESTIONS

### Session IV

Community Physicians	-	Dr. Chithramalee de Silva
Microbiology	-	Dr. Shirani Chandrasiri
Psychiatry	-	Dr. Asiri Rodrigo
Medicine & Finer Specialities	-	Dr. Upul Disanayake

### QUESTIONS

### Session V

Dermatology	-	Dr. Sriyani Samaraweera
Radiology	-	Dr. Gayani Senanayake
Otorhinolaryngology	-	

## WORKSHOP ON “GCP WORKSHOP” ON CLINICAL TRIALS

8<sup>th</sup> and 9<sup>th</sup> October 2015, at 8.30 am – 4.00 pm at the Lionel Memorial Auditorium

### Day 1

#### Registration

#### Introduction

Dr Malik Fernando FERCSL MC

Prof Jennifer Perera, President SLMA

#### Research ethics in Clinical Trails

Dr Chandanie Wanigatunge, Senior Lecturer in Pharmacology, FMS, USJ, Secretary, ERC SLMA

#### Tea

#### Drug development process

Prof Asita de Silva, Professor in Pharmacology, FM, Kelaniya, Director, Clinical Trials Unit, Kelaniya

#### Regulatory requirements for clinical trials and legal frame work

Mr Arjuna Pathmaperuma, Regulatory Pharmacist, NMDRA/ SCOCT

#### Introduction to GCP, Principles and Need

Prof Priyadarshani Galappaththy, Professor in Pharmacology, FM, Colombo

#### Lunch

#### 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

#### Role and Responsibilities of PI

Dr Lalith Wijayaratne, Consultant Rheumatologist

#### Role of the sponsor & CRO

Prof Vajira HW Dissanayake, Professor in Anatomy, FM, University of Colombo, Board member, FERCAP

#### Tea & Close



## **Day 2**

### **Clinical Trial protocol and IB**

Dr Nirmala Wijekoon, Senior Lecturer in Pharmacology, FM Kelaniya

### **Documentation & record keeping**

Dr G R Constantine, Senior Lecturer in Clinical Medicine, FM, Colombo

### **Tea**

### **Participant safety and adverse effects**

Prof Rohini Fernandopulle, Senior Professor in Pharmacology, KDU

### **Investigational products**

Prof Shalini Sri Ranganathan, Professor in Pharmacology, FM, Colombo

### **Research misconduct and COI**

Dr Malik Fernando, ERC, SLMA

### **Lunch**

### **Informed consent**

Dr Rasika Perera, Senior Lecturer in Biochemistry, FMS, USJ

### **Ethical issues in clinical trials – ERCs experiences**

### **Panel discussion**

### **10 minutes each from the 4 SIDCER recognised ERCs**

Dr.Chandanie Wanigatunga (USJ)

Dr. Panduka Karunanayake (Colombo)

Dr.C. Ranasinha (Kelaniya)

Prof.R.Kumarasiri (Peradeniya)

### **Tea & Close**

## **SYMPOSIUM ON “LEISHMANIASIS: ARE WE READY TO COMBAT?”**

12<sup>th</sup> November 2015, at 11.30 am at the Lionel Memorial Auditorium

**Symposium jointly organized by the Expert Committee on Communicable Diseases of the SLMA& Centre for diagnosis, research & training of leishmaniasis, Department of Parasitology, Faculty of Medicine, Colombo**

### **Introduction and explaining the purpose of the symposium**

Professor Nadira Karunaweera, Head and Chair, Department of Parasitology, Faculty of Medicine, Colombo

### **Overview of leishmaniasis in Sri Lanka, case detection and laboratory diagnosis**

Dr. Yamuna Siriwardana, Senior Lecturer, Department of Parasitology, Faculty of Medicine, Colombo

### **Clinical presentations and challenges in patient management**

Dr. Sanjeewa Hulangamuwa, Consultant Dermatologist, Base Hospital, Chilaw

### **Challenges in prevention and control**

Dr. Paba Paliawadana, Chief Epidemiologist, Epidemiology Unit, Ministry of Health

### **Elimination of leishmaniasis in South Asia; myth or reality?**

Professor Mitali Chatterjee, Institute of PG Medical Education & Research, Kolkata, India

### **What is the way forward; Panel discussion and Concluding remarks**

Professor Nadira Karunaweera, Head and Chair, Department of Parasitology, Faculty of Medicine, Colombo

### **Vote of Thanks**

Dr. Hasini Banneheke, Secretary, Expert Committee on Communicable Diseases of SLMA

## **SEMINAR ON “WORLD OBESITY DAY”**

11<sup>th</sup> October 2015, at 8.30 am at the Lionel Memorial Auditorium

Sri Lanka Medical Association with Diabetes Research Unit – Faculty of Medicine, University of Colombo

### **Registration**

### **Lighting of oil lamp**

### **Welcome speech**

Dr. Prasad Katulanda, Consultant Endocrinologist

### **Current situation of childhood obesity in SL**

Prof. Pujitha Wickramasinghe, Consultant Pediatrician

### **Current situation of obesity In SL**

Dr. Prasad Katulanda, Consultant Endocrinologist

### **Tea Break**

### **Surgical solutions for obesity**

Dr. Thejana Wijeratne, Consultant Surgeon

### **Nutrition concepts & controversies in obesity**

Dr. Ranil Jayawardena, Clinical Nutritionist

### **Discussion**

### **Closing remarks**

Dr. Ranil Jayawardena, Clinical Nutritionist

## SYMPOSIUM ON “NEXT GENERATION SEQUENCING: A BOON TO INFECTIOUS DISEASES”

11<sup>th</sup> December 2015, at 11.30 am at the Lionel Memorial Auditorium

**A symposium organized by the Expert Committee on Communicable Diseases of the SLMA**

**Impact of Next Generation sequencing in the field of microbiology**

Professor Jennifer Perera, *Chair Professor of Microbiology and Dean, Faculty of Medicine University of Colombo, President, SLMA*

**Metagenomics and the benefits of semi conductor based sequencing**

Mr. Prathap Naidu, *Sr. Field Applications Scientist, Thermo Fisher Scientific, India*

**Principles of precision diagnostics in infection using metagenomics**

Ms. Sujani Ariyadasa, *Scientist: Credence Genomics (Pvt) Ltd*

**Rapid Infection Workflow: realising the clinicians dream**

Dr. Deepthi De Silva, *Senior Lecturer, Department of Physiology, Faculty of Medicine, University of Kelaniya*

**Q & A session**

### Annex 6: List of Members

#### Life Members

Dr W M L D Jinadasa	Dr W M L D Nakkawita	Dr U A Liyanage
Dr P I Karunaratne	Dr S L Wanniarachchi	Dr S Subramaniam
Dr G Kalaichelvi	Dr N H Rohan Sanjeewa	Dr K P C Dalpatadu
Dr S G Kumara	Dr. D. P. S. Ishari Silva	Dr. K. C. Kalubowila
Dr. B. S. M. Fernando	Dr. W. A. D. L. Amarasiri	Dr. R. T. Dassanayaka
Dr. V. C. D. G. Gunasekara	Dr. B. N. L. Munasinghe	Dr. M. M. P. Thusharika Jayasekera
Dr. S. R. Manilgama	Dr. K. K. S. Chinthanie	Dr. H. G. P. K. Wijerathne
Dr. C. G. U. A. Patabendige	Dr. B. A. G. G. Mahendra	Dr. C. M. Undugodage
Dr. G. K. D. Karunaratne	Dr. K. A. T. M. Jayawardena	Dr. Y. A. C. Rathnasekara
Dr. Y. M. Samarakoon	Dr. M. B. F. Rahuman	Dr. S. P. Hewavitharana
Dr. S. C. Weerasinghe	Dr. W. M. K. L. Welagedara	Dr. P. Paranitharan
Dr K D S Kulasinghe	Dr D T D Warnakulasuriya	Dr W V Virantha De Silva
Dr Y W Wickramasinghe	Dr P H M P Bandara	Dr T Sathiyamoorthy
Dr Lakmini Ginige	Dr A S Pallewatte	Dr. Vithiya Rishkesavan
Dr. Shihanie Rubecka	Dr. G. G. P. Liyanage	Dr. U. I. P. Gallage
Dr. M. A. A. P. K. Alagiyawanna	Dr. R. M. S. P. Karunaratne	Dr. W. M. U. S. Wijemanne
Dr. H. H. P. M. J. Thabrew	Dr. M. V. S. C. Pathirage	Dr. R. A. D. P. M. Jayawardana
Dr. S. A. Liyanage	Dr. M. V. D. S. P. Vithanage	Dr. A. S. Migelheva
Dr. H. G. Jayakody	Dr. H. G. K. K. M. Bandara	Dr. M. N. Jazeel
Dr. S. A. Hewage	Dr. E. A. Jeyaseelan	Dr. A. H. T. W. K. Abeywickrama
Dr. A. J. P. Jeyaseelan	Dr. Mahboob Niraj	Dr. A. I. Jeyaseelan
Dr. D. D. K. Abeyaratne	Dr. K. Gnanakanthan	Dr. Yalini Guruparan
Dr. L. H. M. M. N. Lansakara	Dr. A. I. Jagoda	Dr. H.N.S. Janaka
Dr. M. N. Rajamuni	Dr. T. M. S. U. B. Tennakoon	Dr. K. Arulaanantham
Dr. M. V. D. S. P. Vithanage	Dr. Guruparan Kandiah	Dr. B. M. T. P. Nawasiwatte
Dr. A. D. G. S. B. Pigera	Dr. A. A. G. H. Saparamadu	Dr. W. D. M. A. Gunawardane
Dr. S. A. M. L. C. Seneviratne	Dr. L. L. L. De Silva	Dr. M. F. M. Imthiyas
Dr. T. A. C. L. Piyarathna	Dr. M. T. M. Dhilshan	Dr. J. K. Melanie Naamal
Dr. A. D. M. Anuradha Herath	Dr. M. P. Kumbukage	Dr. P. K. Wickramasinghe
Dr. W. A. C. C. Ranasinghe	Dr. S. C. Prathapasinghe	Dr. M. D. De Paul
Dr. S. D. Senarathne	Dr. L. V. C. Liyanapathirana	Dr. J. A. D. A. E. Jayasinghe
Dr. M. S. Imthihaam	Dr. Rathish Devarajan	Dr. D. O. C. De Alwis
Dr. G. Weerasinghe	Dr. Y. P. J. N. Warnakekara	Dr. P. S. Mahaliyana
Dr. D. H. Jayasena	Dr N N M Punchihewa	Dr S M K W K Seneviratne
Dr F A Solomonsz	Dr G S Liyanage	Dr D U G D Pushpakumari
Dr W A Mohammed Aslam	Dr Nilanga N U Gamage	Dr L P Dharmaratne
Dr Y M Abeywickreme	Dr S S Wickramasinghe	Dr M G S N S Perera

#### Ordinary Members

Dr A W P I Gunatilake	Dr N U Wanniarachchi	Dr RS Saumya Rajapakse
Dr. Dharmalatha Irugalbandara	Dr. K. N. D. Weerapperuma	Dr. D. A. Dimal
Dr. K. M. D. Fernando	Dr. N. R. Liyanage	Dr. L. S. D. De Silva
Dr. H. N. A. Fonseka	Dr. D. C. Kottahachchi	Dr. P. P. U. C. Peries
Dr. L. C. Devasurendra	Dr. Anushika Subasinghe	Dr. R. T. Samarakoon
Dr. R. G. M. S. Nandasena	Dr. K. P. Gunasinghe	Dr. Thangarajah Kogulan
Dr. D. S. P. Jayatunge	Dr. R. D. Induruwage	Dr. Sharmila Thillainathan

Dr. M. R. M. Ziyad  
 Dr. N. Pratheep  
 Dr. Y. K. W. Magamma  
 Dr. Priyantha Liyanage  
 Dr. N. Sathyasagar  
 Dr. S. I. Wickramasinghe  
 Dr. A. Sivadramyan  
 Dr. A. M. Hewagama  
 Dr. Y. M. M. Priyangani  
 Dr. J. P. Silva  
 Dr. R. M. S. Rukman Rajapaksha  
 Dr. M. B. U. D. Sooriyaarachchi  
 Dr. Achini Balasooriya  
 Dr. K. K. Malavige  
 Dr. S. R. S. C. Silva  
 Dr. A. R. Chandraratne  
 Dr. P. S. K. Batagalla

Dr. K. Karunayokiny  
 Dr. S. Prashanth  
 Dr. W. P. L. Kanchana  
 Dr. K. Arulnithy  
 Dr. S. T. Abeywardane  
 Dr. L. Dushiyanth  
 Dr. K. A. C. P. Imalke  
 Dr. D. S. A. Wickramasinghe  
 Dr. I. U. K. Marasinghe  
 Dr. W. A. S. N. Senanayake  
 Dr. M. R. M. R. Hassim  
 Dr. K. G. V. J. Kobbegala  
 Dr. A. A. C. Amarathunga  
 Dr. N. P. Rathnasekera  
 Dr. N. C. Loganathan  
 Dr. Rajitha Siriwardena  
 Dr. A. B. P. Perera

Dr. R. A. N. Sajeewani  
 Dr. N. A. N. Perera  
 Dr. N.P.G. C. R. Naotunna  
 Dr. P. W. M. Sudusinghe  
 Dr. S. Shanthavani  
 Dr. B. P. N. Wijerathne  
 Dr. I. G. P. D. Rathnasena  
 Dr. D. K. D. Priyangika  
 Dr. W. S. Rathnaweera  
 Dr. H. M. T. W. Seneviratne  
 Dr. E. J. M. P. De Silva  
 Dr. W. D. M. A. Gunawardane  
 Dr. K. R. Hakmana  
 Dr. G. R. S. De Silva  
 Dr. R. M. M. D. B. Rathnayake  
 Dr. I. I. Gajaweera

### Ordinary to Life Members

Dr. A. Ganeshraja

Dr. P.S.K. Batagalla

### Student Members

Miss P A M Perera  
 Miss. T. K. M. S. Kossinna  
 Miss. S. P. Kodikara  
 Miss. M. O. K. Weerakoon  
 Mr. H. M. P. S. Herath  
 Miss. M. D. M. S. Wijayabandara  
 Miss T M B Weerasinghe  
 Mr. D. D. Eleperuma  
 Mr. G. S. N. Gunathilake  
 Mr. J. M. D. Kumara  
 Mr. L. N. U. Gunasekara  
 Miss. R. P. D. P. Rajapakse  
 Miss. W. M. S. R. Weddagala  
 Mr. W. A. H. K. Wijenayaka  
 Miss. S. H. K. Marasinghe  
 Mr. M. Z. Shakoor  
 Miss. U. P. Edirisinghe  
 Mr. M. Rathnayake  
 Miss. N. K. P. M. Abeysiri  
 Mr. B. H. C. T. Hettiarachchi  
 Mr. M. M. M. Mufaris  
 Miss. M. H. I. Fernando  
 Miss. K. K. M. Fernando

Mr. A. M. K. C. J. Samankumara  
 Mr. P. M. J. Liyanagama  
 Miss. S. L. Withange  
 Mr. S. D. Praveen Madusanka  
 Mr. Anuradha Jayakody  
 Dr. R. M. C. L. Gunarathne  
 Mr. B. A. A. J. Jayawardena  
 Miss. I. H. Senanayake  
 Miss. T. G. Pathirana  
 Miss. M. A. P. S. Gunawardane  
 Miss. C. Heenatigala  
 Mr. W. M. A. D. Wasala  
 Miss. Ekmini Higgoda  
 Miss. H. K. N. L. P. Mendis  
 Mr. S. Sivayaganathan  
 Miss. R. M. S. P. Muwanwella  
 Miss. M. R. Jayawardhana  
 Mr. A. D. R. Madusanka  
 Miss. S. Tillekeratne  
 Mr. P. T. S. Prasanga  
 Mr. M. R. S. Fernando  
 Miss. Tshering Wangmo  
 Mr. C. L. Hettiarachchi

Mr. K. T. Kuruwitaarachchi  
 Miss. I. D. D. Arosha Kumari  
 Mr. C. T. Punchihewa  
 Mr. M. N. M. Lamrath  
 Miss. D. S. Warapitiya  
 Miss. W. S. Wathurapatha  
 Miss. M. N. S. K. Perera  
 Mr. Umesh Jayarajah  
 Mr. U. P. G. R. P. Gunathilaka  
 Mr. R. M. A. S. B. Rathnayake  
 Miss. W. D. K. Ganga  
 Mr. K. A. S. A. Perera  
 Miss. W. M. M. O. R. Weerasekara  
 Mr. M. B. J. N. Jayaneth  
 Mr. M. M. N. N. Mapa  
 Miss. B. A. N. W. Bamunusinghe  
 Mr. G. D. T. N. Samarasena  
 Mr. A. R. Wickramasinghe  
 Mr. H. M. M. Gunathilaka  
 Miss. Y. T. M. de Silva  
 Mr. I. D. Fernando  
 Mr. M. Y. D. Fernando  
 Miss. N. N. Rajapakse

**Annex 7: Audit Report**
**DETAILED INCOME & EXPENDITURE STATEMENT  
YEAR ENDED 31<sup>ST</sup> OCTOBER 2015**

<b>INCOMING RESOURCES</b>		<b>For the Year ended 31.10.2015 Rs.</b>	<b>For the Period ended 31.10.2014 Rs.</b>
	Subscription and Entrance Fee	1,497,420	268,160
	Anniversary International Medical Conference	19,520,953	10,984,488
	Sponsorship Income	-	55,350
	Rent Income	3,823,650	1,089,860
	Auditorium and Council Room Hire	444,900	176,706
	Career Guidance Seminar	123,000	-
	Income from Ceylon Medical Journal (13.1)	172,166	83,599
		<u>25,582,089</u>	<u>12,658,163</u>
<b>13.1</b>	<b>Income from Ceylon Medical Journal</b>		
	Library Subscription	1,000	3,000
	Sale of Journal	3,500	5,500
	Processing Fee	157,555	75,099
	Interest Income	10,111	-
		<u>172,166</u>	<u>83,599</u>
<b>14.</b>	<b>PROJECT EXPENDITURE</b>		
		<b>For the Year ended 31.10.2015 Rs.</b>	<b>For the period ended 31.10.2014 Rs.</b>
	Operational Expenditure (14.1)	6,048,432	2,473,168
	Annual Academic Session (14.2)	12,322,770	13,473,539
	Ceylon Medical Journal (14.3)	400,247	126,707
		<u>18,771,448</u>	<u>16,073,414</u>
<b>14.1</b>	<b>Operational Expenditure</b>		
		<b>For the Year ended 31.10.2015 Rs.</b>	<b>For the period ended 31.10.2014 Rs.</b>
	Paper Advertisement	155,955	30,201
	Auditorium Equipment Repair	524,099	12,165
	Lectures and Meetings	268,704	555,650
	Annual Medical Dance - Hotel Charge	3,327,709	-
	Foundation Celebration Session	187,925	668,550
	Career Guidance Seminar Expenses	81,298	38,972
	Regional Conference Expenses	337,329	328,850
	Sessions Co-coordinator Monthly Allowance	479,857	240,000

Medical Writing Workshop (FERCSL)	83,445	357,380
Workshop Expenses	602,111	241,400
	<u>6,048,432</u>	<u>2,473,168</u>

**14.2 Annual Academic Session**

**For the Year  
ended**

**For the period ended**

**31.10.2015**

**31.10.2014**

**Rs.**

**Rs.**

Annual Academic Session

12,322,770

13,473,539

12,322,770

13,473,539

**14.3 Ceylon Medical Journal**

**For the Year  
ended**

**For the period ended**

**31.10.2015**

**31.10.2014**

**Rs.**

**Rs.**

Stamp Charges

1,928

685

Printing and Stationary

1,476

13,265

Computer and Fax Machine Maintenance

-

2,800

Salaries and Bonus

275,800

84,800

EPF and ETF

46,090

12,720

Bank Charges

-

1,850

Telephone and Fax

38,153

6,587

Monthly Allowance

12,000

4,000

Bonus

21,200

-

Sundry expense

3,600

400,247

126,707

**OTHER INCOME**

**For the Year  
ended**

**For the period ended**

**31.10.2015**

**31.10.2014**

**Rs.**

Sale of Books

77,483

66,736

Interest Income

1,352,472

520,118

Sponsorship and Other Donations

3,813,444

2,489,270

Sundry Income

275,452

56,611

Electricity Income

833,853

307,793

Amortization of Grants

143,254

48,685

Clinical Trial Registry Proposal

246,798

80,437

Income on Annual Medical Dance	3,314,200	25,000
Income on FERCSL Conference	261,310	-
ERC Income	154,515	102,000
Workshop Registration	165,691	285,750
Dr.BDJS Fernando Lecture	992,050	-
Clinical Nutrition Meeting 2015	472,405	-
	<u>12,102,927</u>	<u>3,982,401</u>

#### ADMINISTRATIVE EXPENSES

	12 Months 31.10.2015 Rs.	4 Months 31.10.2014 Rs.
Salary and Overtime	3,643,179	1,042,288
E.P.F and E.T.F	474,306	140,823
Bonus	225,118	-
Electricity	1,485,028	625,630
Printing and Stationery	346,167	482,508
Postage	32,000	16,595
Staff Welfare	175,415	75,848
Repair and Maintenance	2,882,920	249,846
Water	188,895	87,590
Depreciation	1,123,428	313,054
OPA Membership Fee	21,280	26,600
Travelling and Hiring	243,159	20,129
President Induction Ceremony	408,076	-
Fax and Telephone	649,302	206,670
Rates and Taxes	148,302	49,434
Internet Charges	533,636	48,845
Audit Fees	154,000	102,624
Gratuity	(363,807)	54,955
Franking Machine	778,100	221,100
Council Group Photograph	53,500	-
Annual Return Expenses	105,230	23,636
Security Charges	203,288	68,250
Research Promotion Grant	300,000	-
Bank	74,284	7,350
Sundry	179,178	138,789
Daily News Publication Expenses	9,360	9,828
News Letter Advertisement Collection Expenses	109,500	49,500
AGM Meeting Expenses	59,255	-
		90

Law and Medical Cricket Match Expenses	373,234	130,000
CMAAO Membership	80,346	-
Consultancy Fees	15,120	-
FERCAP Expenses	118,260	-
Quik book expense	16,983	
	<u>14,846,040</u>	<u>4,191,892</u>

