



# **Sri Lanka Medical Association**

## **Annual Report - 2019**

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

## 1. ANNUAL GENERAL MEETING 2018

The Annual General Meeting of the Sri Lanka Medical Association (SLMA) was held on the 21<sup>st</sup> December 2018 at 7.00 p.m. at the Lionel Memorial Auditorium, Wijerama House, Colombo 07. Dr. Ruvaiz Haniffa chaired the meeting. He thanked the members of the Council, members of the SLMA 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 his period of presidency. The Honorary Secretary Dr. Hasini Banneheke tabled the Annual Report 2018 and the minutes of the previous Annual General Meeting held on 15<sup>th</sup> December 2017. The minutes were unanimously confirmed by the membership present. Dr. Hasini Banneheke thanked the president, the members of the council, members of the SLMA and the staff of the SLMA office for the support given during the year 2018.

### ELECTION OF OFFICE BEARERS

The following Office Bearers and Council Members were unanimously elected.

<b>President</b>	Dr. Anula Wijesundere
<b>President Elect</b>	Prof. Indika Karunathilake
<b>Vice Presidents</b>	Dr. Panduka Karunanayake Dr. Kirthi Gunasekera
<b>Secretary</b>	Dr. Kapila Jayaratne
<b>Assistant Secretaries</b>	Dr. Thathya de Silva Dr. Amaya Ellawala Dr. E. A. Sajith T. Edirisinghe Dr. S. D. Samarasekera
<b>Treasurer</b>	Dr. Yasas Abeywickrama
<b>Assistant Treasurer</b>	Dr. Pamod Amarakoon
<b>Public Relations Officer</b>	Dr. Kalyani Guruge
<b>Social Secretaries</b>	Dr. Christo Fernando Dr. Pramilla Senanayake
<b>Past President Representative</b>	Retired Professor Wilfred Perera
<b>Co-editors, Ceylon Medical Journal</b>	Professor A. Pathmeswaran Professor Senaka Rajapakse

### ELECTED COUNCIL MEMBERS

Dr. Iyanthi Abeyewickreme, Dr. Duminda Ariyaratne, Dr. Naomali Amarasena, Dr. Sarath Gamini de Silva, Professor Vajira H.W. Dissanayake, Associate Professor S.D. Dharmaratne, Dr. Ruwan Ferdinando, Professor Ariarane Gnanathan, Professor Priyadarshani Galappaththy, Dr. Lucian Jayasuriya, Professor Saroj Jayasinghe, Professor Kumara Mendis, Dr. B.J.C. Perera, Dr. U.C.P. Perera, Dr. Surantha Perera, Dr. M.N.G.G.D. Pramitha, Dr. Sankha Randenikumar, Dr. G.U. Ramadasa, Dr. P. K. Sashika Sandaruwani, Professor Chandanie Wanigatunge, Dr. Thilina Wanigasekera

### EX-OFFICIO COUNCIL MEMBERS

Dr. Ruvaiz Haniffa (Immediate Past President), Dr. Hasini Banneheke (Out – going Secretary), Dr. Achala Jayatileke (Out – going Treasurer)

### OTHER REPRESENTATIVES APOINTED TO THE COUNCIL

Dr. Sunil Seneviratne Epa (the nominee from the Ruhuna Clinical Society) and Professor R.M. Mudiyanse (the nominee from the Kandy Society of Medicine) were appointed at the Council meeting held in January.

## 2. INDUCTION OF THE PRESIDENT

The induction ceremony of Dr. Anula Wijesundere, the President of Sri Lanka Medical Association for the year 2019 was held on 12<sup>th</sup> January 2019, at Sri Lanka Foundation Institute, Independence Square, Colombo 07. The induction took place amidst a large and distinguished gathering exceeding 450 invitees.

The Presidential Address titled 'Facing the challenges and forging ahead for better health outcomes' generated much interest among those present. Her presidential address was given wide publicity by both the electronic and print media.

The ceremonial induction was followed by a reception and fellowship and dinner for all invitees at the same venue.



*Dr. Ruvaiz Haniffa inducting Dr. Anula Wijesundere as President SLMA 2019*



*Dr. Anula Wijesundere delivering the Presidential Address*



*Head table*



*Audience*

## 3. COUNCIL MEETINGS

Fourteen Council meetings (12 Regular meetings) were held in 2019. The attendance of members at the regular Council meetings is given below:

Name	No.	Excuses	Name	No.	Excuses
Dr. Anula Wijesundere	12	-	Prof. Vajira HW Dissanayake	08	04
Dr. Kapila Jayaratne	10	02	Prof. S.D. Dharmaratne	05	05
Prof. Indika Karunathilake	08	04	Dr. Ruwan Ferdinando	10	02
Dr. Ruvaiz Haniffa	04	03	Prof. Ariarane Gnanathan	07	05
Dr. Panduka Karunanayake	07	04	Prof. Priyadarshani Galappaththi	10	02
Dr. Kirithi Gunasekera	03	03	Dr. Achala Jayathillake	07	05
Dr. Thathya de Silva	08	01	Dr. Lucian Jayasuriya	10	02
Dr. Amaya T. Ellawala	12	-	Prof. Saroj Jayasinghe	06	05
Dr. E.A. Sajith Edirisinghe	11	01	Prof. Kumara Mendis	10	02
Dr. S. D. Samarasekera	10	01	Prof. R.M. Mudiyanse	11	01

Dr. Yasas Abeywickrama	09	02	Dr. B.J.C. Perera	12	00
Dr. Pamod M. Amarakoon	08	02	Dr. U.C.P. Perera	08	03
Dr. Kalyani Guruge	09	03	Dr. Surantha Perera	09	00
Dr. Pramilla Senanayake	09	01	Dr. Pramitha Mahanama	08	02
Dr. Christo Fernando	10	02	Dr. Sankha Randenikumara	12	00
Retired Prof. Wilfred Perera	10	02	Dr. G.U. Ramadasa	06	04
Prof. A. Pathmeswaran	06	04	Dr. Sashika Sandaruwani	07	03
Prof. Senaka Rajapakse	01	04	Dr. Sunil Seneviratne Epa	10	02
Dr. Iyanthi Abeyewickreme	06	04	Prof. Chandanie Wanigatunge	06	06
Dr. Duminda Ariyaratne	08	03	Dr. Thilina Wanigasekera	10	01
Dr. Naomali Amarasena	03	06	Dr. Kalum Deshapriya	02	01
Dr. Hasini Banneheke	09	03	Dr. Nuwan Premawardana	01	00
Dr. Sarath Gamini de Silva	11	01	Dr. T. Thivakaran	01	00

#### 4. SLMA ALL ISLAND CHILDRENS' ART CREATIONS

Report Presented by Dr. Kalyani Guruge

In 2015, then 128 years old SLMA extended the activities to involve children of the country by conducting the first island wide art competition on the same day as the Annual Run & Walk.

We are all well aware of the accidental injuries that take place, a major concern for the whole country. As a responsible organization, SLMA considered it to be vital to address this and made use of the art competition to take the message to the community. “අවදිව තිබුණු - වළකමු අනතුරු” became the theme for 2019.

From the very inception in organising the art creation, SLMA worked closely with both the Ministry of Education and the Child Development Ministry. Two changes were made this year, as suggested by the Child Development Ministry. They pointed out that we should not generate a feeling of competitiveness among pre-schoolers who are still in the formative stages of development. The new term, “Art Creations” was their suggestion instead of Art Competition. We refrained from selecting winners from under 5 years category this year. The SLMA collaborated with the FHB this year, who assisted us by distributing flyers to the community through MOOMCH, MOH and family health workers and by giving financial help as well. From the inception, Atlas company gave us logistical support as usual.

The SLMA is pleased to have been able to convey the important message of injury prevention to the community. We received over 4000 entries from all 4 corners of the country. You can well imagine the impact created on at least 8000 parents, 4000 teachers and principals and some more family members who would have been focused on this theme of injury prevention at the time the children created the art. We changed the selection criteria by categorizing the age groups to under 5 and the rest by their grades and class in school. An art of a 6 year old cannot and should not be compared to a 9 year old as they are in different stages of development. The pre-schoolers drew on accidents at home, the children of 5-9 years created their art on accidents at home and playground and the older children were requested to draw on accidents and prevention caused by water, chemicals, fire, poisons, electricity and road traffic accidents.

The Directors of the Aesthetic Department of the Education Ministry assisted us in selecting the winning art entries. Although I am no expert, as I have been involved in the selection process, I was requested to be the 3rd judge.

At the prize giving, the SLMA Auditorium was filled with bright faces of young art winners and their proud parents, a rare sight indeed for all of us, and a proud moment for us too. Presence of officials of Ministry of Health and Family Health Bureau was very encouraging. DIG, Mr. Ajith Rohana gave a very powerful talk on road traffic accidents and prevention and I am sure he was able to reach the minds of the parents very forcefully with his messages. The kids enjoyed the puppet show presented by Mr. Upul Alwis and his team. The skits on injury prevention were based on an attractive book ‘රන් රන්වන් ළමුන්’ created by Mrs. Sybil Wettasinghe, legendary writer of childrens’ books. ‘රන් රන්වන් ළමුන්’ was done by Sri Lanka College of Paediatricians supported by Unilever company. In 2017 and 2018 SLMA produced a calendar depicting some winning art. This became a window of opportunity to showcase the talents of Sri Lankan children, as young as 3 years as well as those right up to their adolescent years. SLMA is hoping to continue the unique venture which is an excellent way to reach the masses.

## 5. 132<sup>ND</sup> ANNIVERSARY INTERNATIONAL MEDICAL CONGRESS

The 132<sup>nd</sup> Anniversary International Medical Congress was held from 24<sup>th</sup> – 27<sup>th</sup> July 2019 at the Galadari Hotel, Colombo. The Inauguration ceremony was held on 24<sup>th</sup> July 2019 at 6.00 pm onwards. The theme of the Congress was “Facing the challenges and forging ahead for better health outcomes”. The Chief Guest was Hon. Dr. Rajitha Senaratne, Hon. Minister of Health, Nutrition & Indigenous Medicine. The Guests of Honour were Professor Malik Peiris, Professor and Chair of Virology, School of Public Health, The University of Hong Kong and Dr. Santanu Sen, President, Indian Medical Association.

Dr. Lakshman Ranasinghe and Dr. Lucian Jayasuriya were awarded Honorary Life Memberships of the SLMA with prior ratification by an ordinary general meeting held on 24<sup>th</sup> April 2019. Dr. Panduka Karunanayake was the academic chairperson of the congress.

The annual congress comprised of six (6) pre congress seminars, the key note address, four (4) orations, twelve (12) plenaries, twenty three (23) symposia, five (5) seminars, a debate on the “Death penalty for drug trafficking”, and one public colloquium on “Unplanned pregnancies”. There were two (2) post congress sessions. All were well attended.

There were 143 poster presentations and 63 oral presentations. The abstracts were published as a supplement of the Ceylon Medical Journal.

The total participants for the pre congress and post congress sessions numbered 630.

### The Pre-Congress Sessions

1. The pre-congress workshop on “Wound care” was held on 27<sup>th</sup> & 28<sup>th</sup> June 2019 at the College of Surgeons Auditorium in collaboration with the College of Surgeons of Sri Lanka.
2. “Public and patient, involvement and engagement (PPIE) in health and social care: its role and relevance in the research and implementation process” was held on 25<sup>th</sup> July 2019 at Post Graduate Institute of Management, Colombo-8.
3. “Communication skills: training of trainers” workshop was held on 22<sup>nd</sup> & 23<sup>rd</sup> July 2019 at the SLMA Auditorium.
4. “Introduction to medical research: from proposal to paper” was held on 23<sup>rd</sup> July 2019 at the Post Graduate Institute of Medicine.
5. “Lung disease”  
A simplified approach to the early diagnosis and treatment of anterior mediastinal Masses” and “Research and innovation” were held on 24<sup>th</sup> July 2019 at the Galadari Hotel, Colombo-01.
6. “Evidence-based medicine for busy clinicians” were held on 24<sup>th</sup> July 2019 at the Galadari Hotel, Colombo-01.

### The Post congress sessions

1. The post-congress workshop on “Surgical anatomy and operative surgery hands-on skills surgical course on organ transplantation” was held on 28<sup>th</sup> July 2019 at the Department of Anatomy, Faculty of Medical Sciences, University of Sri Jayewardenepura, Gangodawila, Nugegoda.
2. “Introduction to systematic review and meta-analysis” was held on 8<sup>th</sup> August 2019 at the Lionel Memorial Auditorium, Colombo 7

The programme put forward for the IMC was very comprehensive and stimulating. It catered to the needs of all categories of doctors – relevant to the practicing doctors of today and the eager researchers alike. The congress provided the ideal platform where all categories of doctors- consultants, PG trainees, family physicians, house officers and medical students, came together to listen, to discuss, to question, exchange views, learn from each other, showcase research done and establish links for future research.

Some of the interesting topics covered by the symposia were sepsis, new technology in medicine (nanotechnology), new diagnostics, new therapies in cancer (genetherapy) measuring human capital development, etc.

This year we broke new ground by organizing a public colloquium on a sensitive topic ‘Unplanned pregnancies’. This was held with the participations of dignitaries representing all religions of Sri Lanka, ministers, members of parliament, lawyers, members of civil societies and media. This was sponsored by the UNFPA. The Sri Lanka College of Obstetricians, Sri Lanka College of Community Physicians and the Sri Lanka Medical Association were the co-organizers. This colloquium received much publicity both in the print and electronic media and we

hope to continue the dialogue in the future to ensure that all pregnancies in Sri Lanka will be planned and desired.

An important and much needed seminar on 'CPD: the way forward' was held during the main congress with the participation of Sri Lanka Colleges of Surgeon, Physicians, Obstetricians, Paediatricians, Anesthesiologists, Radiologists and GMA and the SLMA. This was conducted by Dr Sunil Seneviratne Epa, the SLMA coordinator for CME, who officially handed over the reins to Dr. Panduka Karunanayake. About 3 hours of discussion followed and a decision was made to create a common framework by the SLMA to deliver CPD to all the doctors through the respective colleges.

The galaxy of resource persons both from Sri Lanka and overseas (UK, America, Australia, India, Japan, Hong Kong) fulfilled their tasks beyond expectations. They are all gratefully acknowledged for their contribution to scientific research and dissemination of knowledge.

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



Head table



Welcome address by President SLMA



Address by Chief Guest



With the Guest of Honour and Conference Chairperson



Presentation of National Guideline on Clinical Management of Dengue Fever in Pregnancy



Vote of thanks by Hon'y Secretary SLMA





Pre congress session on Respiratory Medicine



Pre congress workshop on Communication Skills

## 6. HISTORY OF MEDICINE LECTURE 2019

Dr. C. G. Uragoda History of Medicine Lecture 2019 which had been awarded to Prof. Anoja Fernando MBBS (Cey), MRCP (UK), BA (OU, UK), FRCP (Lond), Emeritus Professor of Pharmacology, University of Ruhuna in 2019 was delivered this year at the Lionel Memorial Auditorium on the 26<sup>th</sup> February 2019. The title of the lecture was "The Evolution and Current Status of Biomedical Ethics in Sri Lanka". It was followed by fellowship and refreshments.

## 7. ORATIONS & ENDOWMENT LECTURES

All orations of SLMA were selected by open advertisement. The E. M. Wijerama Endowment Lecture is usually awarded to a person who has contributed much to the SLMA and the topic of the oration is decided by the orator. The decisions regarding the E. M. Wijerama Lecture and the Desmond Fernando Memorial Lecture are made by the honours committee. The following orations and endowment lecture were delivered in 2019.

### THE SLMA ORATION

*Wednesday 24th July 2019 during the 32<sup>nd</sup> Anniversary International Medical Congress*

"Strategies to reduce the use of cytotoxic therapy in childhood nephrotic syndrome"

Professor Asiri Abeygunawardena MBBS (SL), MD (Col), DCH (Col), MRCP(UK), FRCPCH (UK)

Professor of Paediatrics, Faculty of Medicine, University of Peradeniya

### S C PAUL ORATION

*Thursday 25th July 2019 during the 132<sup>nd</sup> Anniversary International Medical Congress*

"Haematopoietic stem cell transplantation: The Sri Lankan experience"

Dr. Lallindra Gooneratne MBBS, Dip.Pathology, MD (Haematology), FRCPATH(UK)

Consultant Haematologist, Senior Lecturer & Head, Department of Pathology, Faculty of Medicine, University of Colombo

### PROFESSOR N. D. W. LIONEL MEMORIAL ORATION

*Friday 26th July 2019 during the 132<sup>nd</sup> Anniversary International Medical Congress*

"Molecular genetic determinants of sporadic breast cancer in Sri Lankan postmenopausal women"

Dr. Nirmala D. Sirisena MBBS, FWACP, MSc. in Clinical Genetics

Senior Lecturer & Clinical Geneticist, Human Genetics Unit,

Department of Anatomy, Faculty of Medicine, University of Colombo

### DR. S. RAMACHANDRAN MEMORIAL ORATION

*Friday 26th July 2019 during the 132<sup>nd</sup> Anniversary International Medical Congress*

"Diagnosis of tropical infections: beyond the borders"

Dr. Kosala G. A. D. Weerakoon MBBS, MPhil, PhD, FRSPH

Senior Lecturer, Department of Parasitology

Faculty of Medicine and Allied Sciences, Rajarata University of Sri Lanka

### **MURUGESAR SINNETAMBY ORATION**

*Friday 4<sup>th</sup> October 2019 at the NDW Lionel Memorial Auditorium of the SLMA*

“Survival analysis of breast cancer in Sri Lanka; a dire necessity revisited”

Dr. Harshini Peiris BSc, MSc, PhD

Dept. of Medical Laboratory Science, Faculty of Allied Health Sciences, University of Ruhuna

### **SIR MARCUS FERNANDO ORATION**

*NOT AWARDED*

### **SIR NICHOLAS ATTYGALLE ORATION**

*NOT AWARDED*

### **E M WIJERAMA ENDOWMENT LECTURER 2019**

*Friday 25<sup>th</sup> October 2019 at the NDW Lionel Memorial Auditorium of the SLMA*

“Reminiscences from a personal odyssey of a 50 year medical career: an opportunity to reflect”

Vidyajyothi Senior Prof. Rezvi Sheriff MBBS, MD, FRCP, FRCPE, FCCP, FACP, FNASSL FIMA

Senior Professor of Medicine, Sir John Kotelawala Defence University,

Emeritus Professor of Medicine, University of Colombo

Past-President, SLMA



Professor Asiri Abeygunawardene delivering the SLMA Oration



Awarding the medal to the S C Paul Orator,  
Dr. Lallindra Gooneratne



Dr. Nirmala Sirisena delivering the N.D.W. Lionel Memorial  
Oration



Dr. Kosala Weerakoon delivering the Dr. S. Ramachandran  
Oration





Dr. Harshini Peiris delivering the Murugesar Sinnetamby Oration



Vidyajyothi Professor Rezvi Sheriff delivering the E M Wijerama Endowment Lecture

## 8. SLMA AWARDS

### E. M. Wijerama Prize

**Development of a model for a resource limited setting, to predict the presence of oesophageal varices among newly diagnosed patients with cirrhosis**

Perera K, Kodisinghe SK, Ediriweera D, Moratuwagama HMD, Williams S, Pathmeswaran A, Niriella MA, De Silva HJ

1Colombo North Teaching Hospital, Ragama

2Faculty of Medicine, University of Kelaniya

### S. E. Seneviratna Prize

**Effectiveness of every-other-day atorvastatin dosing in patients with statin-related muscle disease: A randomised controlled clinical trial**

Wijekoon CN, Wijekoon PWMCSB, Bulugahapitiya U, Pathirana N, Wickramasinghe MC, Paranavitane SA, Kottage A, Wijayawardena S, Karunaratne M, Samarasinghe M

1Faculty of Medical Sciences, University of Sri Jayewardenepura

2Colombo South Teaching Hospital

### H. K. T. Fernando Prize

**Effectiveness of every-other-day atorvastatin dosing in patients with statin-related muscle disease: A randomised controlled clinical trial**

Wijekoon CN, Wijekoon PWMCSB, Bulugahapitiya U, Pathirana N, Wickramasinghe MC, Paranavitane SA, Kottage A, Wijayawardena S, Karunaratne M, Samarasinghe M

1Faculty of Medical Sciences, University of Sri Jayewardenepura

2Colombo South Teaching Hospital

### Sir Nicholas Attygalle Prize

**Identifying haemoglobinopathy traits and iron deficiency in Sri Lanka using the dichlorophenolindophenol (DCIP) and one- tube osmotic fragility (OF) tests and measurement of red cell zinc protoporphyrin (ZPP)**

Perera PS, Premawardhana A, Mettananda S, Rodrigo R, Perera L, Weatherall DJ, Allen S3, Allen A

1Faculty of Medicine, University of Kelaniya

2MRC Molecular Haematology Unit, Weatherall Institute of Molecular Medicine, University of Oxford, UK

3Centre for Tropical and Infectious Disease, Liverpool School of Tropical Medicine, UK

### **Wilson Peiris Prize**

#### **Metabolic syndrome, but not non-alcoholic fatty liver disease, is associated with increased mortality: A 10-year prospective, community-based cohort study**

Niriella MA, Kasturiratna A, Beddage TU, Withanage KKSA, Goonatillake MDDC, Abeysinghe AACCP, De Mel VRT, De Silva ST, Dassanayaka AS, De Silva AP  
<sup>1</sup>Faculty of Medicine, University of Kelaniya

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

#### **Delays in breast cancer care in Sri Lanka and factors associated with delays**

Hewage SA, Gunawardena NS, Samaraweera S  
1National Cancer Control Programme, Ministry of Health, Nutrition and Indigenous Medicine  
2Health Systems Analysis and Evidence, WHO Country Office for Sri Lanka

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

#### **Metabolic syndrome, but not non-alcoholic fatty liver disease, is associated with increased mortality: A 10-year prospective, community-based cohort study**

Niriella MA, Kasturiratna A, Beddage TU, Withanage KKSA, Goonatillake MDDC, Abeysinghe AACCP, De Mel VRT, De Silva ST, Dassanayaka AS, De Silva AP  
Faculty of Medicine, University of Kelaniya

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

#### **Entomological surveillance guided parasitological surveillance: An effective post-elimination strategy to clear last few lymphatic filariasis cases in Sri Lanka**

Gunaratna IE, de Mel D, Punchihewa MW, Wijethunga IC, Mendis D  
1Anti Filariasis Campaign, Ministry of Health, Colombo, Sri Lanka  
2Regional Filariasis Unit, Office of Regional Director of Health Services, Galle, Sri Lanka  
3Office of Medical Officer of Health, Balapitiya, Sri Lanka

### **Special Prize in Cardiology**

#### **Effectiveness of every-other-day atorvastatin dosing in patients with statin-related muscle disease: A randomised controlled clinical trial**

Wijekoon CN, Wijekoon PWMCSB, Bulugahapitiya U, Pathirana N, Wickramasinghe MC, Paranavitane SA, Kottage A, Wijayawardena S, Karunaratne M, Samarasinghe M  
1Faculty of Medical Sciences, University of Sri Jayewardenepura  
2Colombo South Teaching Hospital

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

#### **BK virus associated nephropathy in renal transplants: A single center experience in Sri Lanka**

Perera NJAHD, Galahitiyawa MCB, Rodrigo AS, Herath CA  
1Department of Nephrology, Dialysis and Transplantation  
2Department of Pathology, Sri Jayewardenepura General Hospital, Sri Lanka

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

#### **Antibiotic consumption in the state sector of Sri Lanka, using quality indicators of appropriate antibiotic use**

Gunasekara ADM, Yasaratna KWGKP, Beneragama BVSH, Panapitiya L, Wanniarachchi LC, Fernandopulle BMR  
1Faculty of Medicine, General Sir John Kotelawala Defence University  
2Ministry of Health, Nutrition and Indigenous Medicine, Sri Lanka  
3Medical Supplies Division, Sri Lanka

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

#### **Care paths and their effect on delays in breast cancer care in Sri Lanka**

Hewage SA, Gunawardena NS, Samaraweera S

1National Cancer Control Programme, Ministry of Health, Nutrition and Indigenous Medicine

2Health Systems Analysis and Evidence, WHO Country Office for Sri Lanka

### **CNAPT Award**

#### **Melioidosis in Sri Lanka**

Dr Enoke Corea, Senior Lecturer in Microbiology, Faculty of Medicine, University of Colombo

### **G R Handy Award for the best paper in Cardiology published in the year 2018**

Not awarded

### **Glaxo Wellcome Research Award for the year 2018**

Not awarded

### **FAIRMED Foundation**

Not awarded

### **SLMA Research Grant 2018**

#### **Prophylactic prednisolone for prevention of early and intermediate adverse effects of radioactive iodine therapy in thyroid cancer**

Dr Umesh Jayarajah, Registrar in Surgery, Professorial Surgical Unit, National Hospital of Sri Lanka

### **Professor Wilfred S E Perera Travel Award in Bioethics 2018 – Joint winners**

#### **“Orthostatic hypotension among patients aged above 65 years admitted to medical wards in a tertiary care Hospital, Sri Lanka”**

Dr M C K Thilakasiri, Registrar in Emergency Medicine, PGIM

#### **“Detrusor muscle in the initial transurethral resection of bladder tumour specimen and recurrence rate at first check cystoscopy in non-muscle invasive bladder cancer based on surgeon experience: A retrospective analysis”**

Dr Umesh Jayarajah, Registrar in Surgery, Professorial Surgical Unit, National Hospital of Sri Lanka

### **Dr. Thistle Jayawardena Research Grant for Intensive Care 2018**

Not awarded

## **9. MONTHLY CLINICAL MEETINGS**

The SLMA held a total of 10 monthly clinical meetings except in July (due to 132<sup>nd</sup> Anniversary International Medical Congress) this year in collaboration with Professional colleges on every 3<sup>rd</sup> Tuesday of each month. We thank Dr Sajith Edirisinghe, assistant secretary for meticulously arranging the programmes.

<b>MONTH</b>	<b>COLLABORATING COLLEGE</b>
January	Sri Lanka College of Paediatricians
February	Sri Lanka College of Haematologists
March	College of Anaesthesiologists & Intensivists of Sri Lanka
May	Ceylon College of Physicians

June	Sri Jayawardenapura General Hospital, Transplantation Unit
August	College of Ophthalmologists of Sri Lanka
September	College of Obstetricians & Gynaecologists of Sri Lanka
September	Teaching Hospital, Karapitiya
October	Sri Lanka College of Dermatologists
November	Sri Lanka College of Psychiatrists

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 postgraduate trainee attendees.

The monthly clinical meeting is a continuing professional development (CPD) activity targeted mainly postgraduates in training, general practitioners and grade medical officers. The CPD committee and the council have approved their recognition to award CPD points under the category designated "Teaching activities". Some monthly clinical meetings were available as webinars for the remote participants as a live telecast with the facility to ask questions from the resource persons. These webinars had high and active participation not only from local doctors but from overseas participants as well.

The detailed programmes are given in **Annexure 2**.

## 10. REGIONAL MEETINGS

A total of eleven (11) successful meetings were held during the year 2019 covering 9 Provinces in the country. The meetings were well attended by our regional members. The selected topics presented by the SLMA speakers included -violence against children, clinical governance, palliative care and malaria.

The organizations of the regional meetings were actively supported by the SLMA members who represented the provinces and the assistant secretary Dr. Thathya De Silva, who organized these meetings in an admirable manner. The presentations at these regional meetings were of very high quality. However, sadly the participation of members of council of the SLMA was minimal.

All participants received a certificate of participation carrying "CPD" points to emphasize the importance of continuous professional medical education to keep abreast with new knowledge and skills.

1. **Joint Academic Session with Faculty of Medicine - Kotelawala Defence University**  
*21<sup>st</sup> February 2019 at the Auditorium, Auditorium- University Hospital, KDU, Werahara*
2. **Joint Clinical Meeting with the Base Hospital Homagama**  
*27<sup>th</sup> February 2019 at the Hospital Auditorium, BH Homagama*
3. **Joint CME Programme with the Asiri Group of Hospitals**  
*3<sup>rd</sup> May 2019 at the Auditorium, Asiri Surgical Hospital*
4. **Joint Clinical Society, Teaching Hospital, Kuliyaipitiya**  
*27<sup>th</sup> May 2019 at the Hospital Auditorium, TH Kuliyaipitiya*
5. **Joint Clinical Meeting with the Base Hospital, Horana**  
*4<sup>th</sup> June 2019 at the Auditorium, Hospital Auditorium, BH Horana*
6. **Joint Clinical Meeting with the General Hospital, Matara**  
*12<sup>th</sup> July 2019 at the Auditorium, GH Matara*
7. **Joint Clinical Meeting with the DGH Vavuniya**  
*30<sup>th</sup> July 2019 at the Hospital Auditorium, DGH Vavuniya*
8. **Clinical Society, DGH Polonnaruwa**  
*31<sup>st</sup> July 2019 at the Maithripala Sirisena Auditorium, DGH Polonnaruwa*
9. **Joint Clinical Meeting with the Teaching Hospital, Ratnapura**  
*22<sup>nd</sup> August 2019 at the Hospital Auditorium, Teaching Hospital, Ratnapura*

10. **Joint Clinical Meeting with the DGH Negombo**  
*27<sup>th</sup> November 2019 at the Hotel Olanro, Anderson Road, Negombo*
11. **Joint Academic Session with Ruhunu Clinical Society**  
*28<sup>th</sup> November 2019 at the Hotel Sanaya Mansion, Matara*

The academic programmes of these meetings are given in **Annexure 3**.

## 11. GUEST LECTURES

Following are the Guest Lectures organized the SLMA and delivered in the 2019 at the NDW Lionel Memorial Auditorium, No.06, Colombo 07.

**Guest Lecture on “Towards understanding the complexity of neurodevelopmental disorders”**

*Prof. Santhosh Girirajan*

*Associate Professor of Genomics, Department of Biochemistry and Molecular Biology, Pennsylvania State University, USA*

*2<sup>nd</sup> January 2019 from 12.30 p.m.*

**Guest Lecture on “Building universal healthcare through strong public – private partnerships”**

*Mr. Mark Britnell*

*Global Chairman and Senior Partner, Healthcare, Government & Infrastructure, KPMG International*

*22<sup>nd</sup> January 2019 from 4.00 – 5.00 p.m.*

**Guest Lecture on “Heavy metals are the probable cause for CKDu”**

*Dr. Kamal Gammampila MPhil, PhD, DIC,*

*Independent Scientist*

*13<sup>th</sup> February 2019 from 6.00 p.m.*

**Guest Lecture on “Current security situation in Sri Lanka”**

*Col. Senaka Muthukumarana*

*of the Military Intelligence*

*16<sup>th</sup> May 2019 from 12.00 noon*

**“An update on genetics in Haematology”**

*Dr. Arundathie Kurukulasuriya, MBBS, Dip Pathology, MD Haematology, FRCPA*

*Dr. Chandanamali Punchihewa PhD*

*Monday, 9th September 2019 at 12.00 noon – 1.00 pm*

**Guest Lecture “Lessons from the past and insights for the future –”**

*Dr. Gamini Goonatillake, Consultant Surgeon MBBS, FRCS*

*20th December 2019 at 12.30 a.m. – 01.15 p.m.*

## 12. THERAPEUTIC UPDATES

Therapeutic Updates were organised by the Medicinal Drugs Committee of the SLMA and delivered in 2019 at the Lionel Memorial Auditorium, No.06, Colombo 07.

**Therapeutic Update on “Cardiometabolic: Evidence based management”**

*Dr. Ruwan Ekanayake*

*Consultant Cardiologist*

*22<sup>nd</sup> February 2019 from 12.00 noon – 1.00 pm*



**Therapeutic Update on “What is New in Management of Thyroid Disease”**

*Professor Thilak Weeraratne*

*Professor in Medicine, Faculty of Medicine, University of Ruhuna*

*29<sup>th</sup> March 2019 from 12.00 noon - 1.00 pm*

**Therapeutic Update on “Idiopathic Pulmonary Fibrosis”**

*Dr. Chandimani Undugodage*

*Senior Lecturer/ Consultant Respiratory Physician, Faculty of Medical Sciences*

*University of Sri Jayewardenepura*

*31<sup>st</sup> May 2018 from 12.00 noon – 1.00 p.m.*

**Therapeutic Update on “Iron Deficiency Anaemia”**

*Anaemia in Adults*

*Dr. Upul Dissanayake, Consultant Physician*

*Anaemia in Pregnancy*

*Prof. Athula Kaluarachchi, Professor in Obstetrics and Gynaecology, Faculty of Medicine, University of Colombo*

*Anaemia in children*

*Dr. S. Mettananda, Senior Lecturer, Department of Paediatrics, University of Kelaniya*

*Discussion*

*28<sup>th</sup> June 2019 from 12.00 noon – 1.00 p.m.*

**Therapeutic Update on “Therapeutic Uses of Vitamin D”**

*Dr Sachith Abayaratne*

*Senior Lecturer/ Consultant Endocrinologist, Faculty of Medicine, University of Colombo*

*27<sup>th</sup> September 2019 at 12.00 noon - 1.00 pm*

**Therapeutic Update on “Chronic Kidney Disease”**

*Dr Arjuna Marasinghe*

*Consultant Nephrologist, Colombo South Teaching Hospital, Kalubowila*

*17<sup>th</sup> October 2019 at 12.00 noon - 1.00 pm*

**13. MONTHLY SEMINARS FOR MEDIA AND PUBLIC ON HEALTH RELATED ISSUES**

A new venture this year was the introduction of monthly seminars for the media and the public on health related matters based on the World Health days as declared by the World Health Organization. These seminars were conducted in the following manner. These seminars were very popular among the public, media and also amongst medical professionals. All seminars were conducted at the Lionel Memorial Auditorium, Wijerama House.

**January 9th 2019 - “National day against child abused” collaboration with National Child Protection Society**

*Professor Harendra De Silva*

*Professor Asvini D. Fernando*

**February 1<sup>st</sup> 2019 – “World cancer prevention day”**

*Collaboration with National Cancer Control Programme and Sri Lanka Cancer Society*

*Dr. Sudath Samaraweera*

*Dr. Suraj Perera,*

*Dr. Dehan Gunasekera*

**March 5<sup>th</sup> 2019 - “World birth defects day”**

*Sri Lanka Medical Association in collaboration with Family Health Bureau – Ministry of Health, Perinatal Society of Sri Lanka, Human Genetics Unit, Sri Lanka College of Paediatricians, Sri Lanka Association for Child Development and other non-governmental organizations*

**April 5<sup>th</sup> 2019 - “UN world health day”**

Universal health coverage  
Dr. Sussie Perera  
Dr. Palith Karunapema

**May 29<sup>th</sup> 2019 - “World No Tobacco Day”**

*Collaboration with National Alcohol and Tobacco Authority (NATA)*  
Dr. Palitha Abeykoon  
Dr. Saman Kapilawansa  
Dr. Sajeewa Ranaweera  
Dr. Jayamal de Silva

**July 19<sup>th</sup> 2019 - “World Hepatitis Day”**

Dr. Sanjeeva Ariyasinghe  
Dr. Nilesh Fernandopulle

**September 4<sup>th</sup> 2019 – “World suicide prevention day”**

Seminar on “Reducing Suicides in Sri Lanka through the Media”  
*Collaboration with Sri Lanka Technological Campus, Padukka*  
Dr Anula Wijesundere  
Prof Samudra Kathriarachchi,  
Dr Prabath Wickrama,  
Panel discussion - Prof. Thilini Rajapakse, Mrs. Kumudini Hettiarachchi, Dr Sunil Wijesiriwardena

**September 24<sup>th</sup> 2019 - “World No Alcohol Day”**

Dr. Anula Wijesundere  
Dr. Jayamal de Silva  
Dr. Sajeewa Ranaweera

**November 14<sup>th</sup> 2019 - “Medical Humanities”**

Dr. Panduka Karunanayake  
Professor Chandanie Wanigatunge  
Dr. Shehan Silva

Birth defects (BD) are emerging as a leading cause of infant and childhood mortality in Sri Lanka. This was revealed at the World Birth Defects Day activity organized jointly by the Family Health Bureau – Ministry of Health, Sri Lanka Medical Association (SLMA), Perinatal Society of Sri Lanka, Human Genetics Unit, Sri Lanka College of Paediatricians, Sri Lanka Association for Child Development and other non-governmental organizations. The event took place on 5<sup>th</sup> March, 2019 at the NDW Lionel Memorial Auditorium, SLMA.



The event started with a song performed by a group of children with Down Syndrome, coordinated by Mr. Nadun Hettiarachchi, a teacher from Homagama Central College.

Dr. Anula Wijesundere, President – SLMA and Dr. Chithramalee De Silva, Director – Family Health Bureau delivered welcome addresses.

Dr. Kapila Jayaratne, Consultant Community Physician in charge of child morbidity and mortality surveillance at Family Health Bureau presented the latest birth defects related data of the country. Around 360,000 pregnancies are registered in the country in a year and about 326,000 babies are born alive. Out of them, around 5800 are born with a birth defect. Nearly 30% of babies with birth defects have a serious problem affecting their day to day life. Nearly 650 of them die before their first birth day, placing birth defects as the second leading cause of infant mortality. Out of the 1900 babies dying in utero after 28 weeks of gestation (still births), approximately 35% die due to genetic or other congenital abnormalities.



Director General of Health Services, Dr. Anil Jasinghe, said over the years, maternal mortality, infant mortality and deaths due to birth defects have decreased. Congenital defects of the heart is the major cause of birth defects. Limb defects, cleft lip/palate, genetical disorders, neural tube defects and thalassaemia are the other leading birth defects reported in Sri Lankan children. Dr. Jasinghe elaborated that so far the country was focusing on secondary prevention, which is the process of caring and treating the baby with a birth defect once he or she is born. Now it is high time for Sri Lanka to focus on the other two preventive strategies; primary and tertiary prevention. In primary prevention, the causes of birth defects are identified and prevented. In tertiary prevention, disability limitation and rehabilitation are focused on.

"Birth defects may be of genetic, environmental or complex in origin. Several environmental, nutritional, genetic, familial and maternal factors either alone or in combination cause them", Dr. Surantha Perera, President of The Perinatal Society of Sri Lanka said.

Prof. Vajira Dissanayake, Head of Human Genetics Unit, Faculty of Medicine, University of Colombo explained the need for genetic testing in women with recurrent miscarriages, foetal loss and birth of a baby with a congenital abnormality. He said that making the general public aware of the availability of genetic testing and genetic counselling is crucial.

Dr. Duminda Samarasinghe, Consultant Paediatric Cardiologist of Lady Ridgeway Hospital for Children presented a video on the Little Heart Project to construct a specialized centre for heart diseases in children at the Lady Ridgeway Hospital. Dr. Saraji Wijesekera, President of Sri Lanka Association for Child Development, described the care arrangements made for children with disabilities and the need for community involvement. This event was attended by children with disabilities, key stakeholders on birth defects, community level workers and media personnel.

## 14. SYMPOSIA, SEMINARS AND WORKSHOPS

Expert Committees of the SLMA organized several seminars and workshops held at the NDW Lionel Memorial Auditorium of the SLMA during the year 2019.

### **National Capacity Building Workshop on "Preterm Births"**

14<sup>th</sup> of January 2019 at 8.30 am at the Lionel Memorial Auditorium

*Organized by the Sri Lanka Medical Association in collaboration with Family Health Bureau (MoH), March of Dimes, Perinatal Society of Sri Lanka and UNICEF*

### **Symposium on "WHO CONVERT THE SAVIOR TO A KILLER?"**

28th February 2019 at 12.00 noon at the Lionel Memorial Auditorium

*Organized by the Expert Committee on Communicable Diseases of the SLMA*

**Seminar on “Overdiagnosis – Too Much Medicine”**

26th March 2019 at 12.00noon – 2.00 p.m.at the Lionel Memorial Auditorium

*Organized by the Sri Lanka Medical Association*

**Seminar on “Consumer Awareness on Milk”**

27th March 2019 at 12.00 noon at the Lionel Memorial Auditorium

*Organized by the Expert Committee on Non-Communicable Diseases of the SLMA*

**Symposium on “Soil-transmitted Helminth Infections in Sri Lanka: The Way Forward”**

3rd July 2019 at 12.00 noon at the Lionel Memorial Auditorium

*Organized by the Expert Committee on Communicable Diseases of the SLMA*

**Basics of Research Ethics**

4<sup>th</sup> of July 2019 at 9.00 am – 12.30 pm at the Lionel Memorial Auditorium

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

*Wednesday, 7th August 2019 at 12.00 noon*

**Symposium on “Early detection of Smokeless Tobacco (SLT) and areca nut health hazards: Oral Submucous fibrosis - for Medical Practitioners”**

Dr. Hemantha Amarasinghe

Dr. Ananda Rathnayake

**Symposium on “Control of Dengue in Sri Lanka: Are we on the correct path?”**

29th August 2019 at 12.00 noon

*Organized by the Expert Committee on Communicable Diseases of the SLMA*

**Seminar for Electronic, Print and Digital Media****The Launch of “Safe Sri Lanka”**

19th September 2019 at 3.30 pm at the Lionel Memorial Auditorium

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

**Career Guidance Seminar**

3<sup>rd</sup> November 2019 at 8.30 a.m. at the Lionel Memorial Auditorium

*Organized by the Expert Committee on Health Management of the SLMA*

**Symposium on “Measles: Will the recent global and local outbreaks affect our elimination status?”**

5th December 2019 at 12.00 noon

*Organized by the Expert Committee on Communicable Diseases of the SLMA*

The detailed programmes are given in **Annexure 4.**

**15. CEYLON MEDICAL JOURNAL****Editors:**

Professor A. Pathmeswaran  
Professor Senaka Rajapakse

**Emeritus Editors:**

Dr. C.G. Uragoda, Professor Colvin Goonaratna, Professor Janaka de Silva and  
Dr. Anuruddha Abeygunasekera

**Section Editors:**

Dr.B.J.C. Perera, Dr.Udaya Ranawaka and Professor Shalini Sri Ranganathan

**Editorial Board:**

Professor Carukshi Arambepola  
Professor Ranil Fernando  
Professor Raveen Hanwella  
Dr Sachith Metananda  
Dr BJC Perera  
Prof. Udaya Ranawaka  
Prof. Shalini Sri Ranganathan

Professor Tiran Dias  
Dr. Renuka Jayatissa  
Professor Sarath Lekamwasam  
Prof Ajith Nagahawatta  
Prof Shamini Prathapan  
Prof. SH Siribaddana

**International Editorial Board:**

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

**Compiled by:** Compiled by: Prof. A Pathmeswaran, Co-editor, Ceylon Medical Journal (CMJ)

**Period covered:** 1 January 2019 to 15 November 2019

**1. Editorial board membership**

Prof Raveen Hanwella, Prof Ajith Nagahawatta, Dr Sachith Mettananda and Prof Shamini Prathapan joined the editorial board in August 2019.

**2. Board Meetings**

The Editorial Board meetings are usually held on the second Saturday each month. Eight meetings have been held so far in 2019. Average attendance was 50%. A summary of the events of CMJ are sent to the council periodically.

**3. Journal**

Three issues of the 2019 Journal have been published to date: March, June and September. The December issue is in preparation. Ananda Press continued to print the Journal during the year under review.

A total of 106 articles were tabled and discussed at the editorial board from Jan-Oct. Thirty-two articles were accepted for publication. The article acceptance rate was 30%. Average time period between submission of an article and decision taken at the editorial board was 5 weeks.

A total of 23 articles have been published in 3 issues in 2019. Of them 13 were original articles.

Past issues of the Journal can be purchased at Rs 500/= per copy. The processing fee per article is Rs 2000.

In addition, the members of the editorial board reviewed 267 abstracts submitted for the SLMA annual academic sessions.

**4. Website**

The CMJ can be accessed online through the SLMA website. Full article access is available from 2000 onwards. The Sri Lanka Journals Online website is maintained by the National Science Foundation. There are 2249 online registrants of the CMJ who access the website. The PubMed abstract of the CMJ articles provide a link to the full text articles.

**5. Online activities**

The Twitter and Facebook accounts of the CMJ are being used to promote the Journal electronically. The Twitter account has 1117 followers to date. The Facebook page has 975 followers.

**8. CMJ office**

Ms. Dinushi Madushika left the CMJ in October to take up a position in the ministry of health. Ms Sandamali assumed duties as the editorial assistant from November. The office can be contacted on 0112690212 and at cmj@slma@gmail.com

**9. Finances**

The SLMA council has agreed to support the CMJ with an annual grant of Rs. 500,000 which will finance the running costs of the journal. The CMJ would like to acknowledge the support extended by the President and Council of the SLMA.

**10. Acknowledgements**

The Editorial Board is grateful for the continued help of all SLMA staff, especially Ms Jayarani Tennakoon.



## 16. ETHICS REVIEW COMMITTEE

**Chairperson** Professor Chandanie Wanigatunge (Medical)  
**Convener/ Secretary:** Dr. Jayanie Weeratna (Medical)

### Members

Dr. Malik Fernando (Medical)	Professor Shalini Sri Ranganathan (Medical)
Professor Amala de Silva (Non-medical)	Dr. Kamal Weerapperuma (Non-medical)
Prof. Naazima Kamardeen (Non-medical/ Lawyer)	Ms. Durga Pulendran (Non-medical)
Dr. Chathura Ediriweera (Medical)	Dr. Chathuri Suraweera (Medical)

### New members joined in 2019

Dr. Mizaya Cadar (Medical)	Dr. Dumitha Govindapala, (Medical)
Dr. Shehan Silva (Medical)	Dr. Shyamini Adikaram (Medical)

### Members Resigned in 2019

Dr. Mayuri Thammitiyagodage (Non -medical)	Dr. Sumal Nandasena (Medical)
Dr. Upul Dissanayake (Medical)	

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

Objective	General	Specific
To advocate the reorientation of the health sector towards health promotion with a life cycle approach	-	-
To engage the non-health sector in taking on equal responsibility in the prevention and reducing health inequities	To enhance research ethics capacity of those involved in biomedical research	To promote involvement of non-health sector associated persons in health-related research as members of the Ethics Review Committee
To promote healthy lifestyle and address major causative factors for NCDs among vulnerable populations through health promotion approach	-	-
To enhance the capacity of medical professionals	To enhance research ethics capacity of those involved in biomedical research	<ul style="list-style-type: none"> <li>To provide timely and comprehensive review of biomedical research protocols submitted for ethical approval</li> <li>To provide guidance and support to other ERCs to enhance their capacity in reviewing applications pertaining to ethical aspects of biomedical research</li> </ul>
To play an advocacy role towards a comprehensive curative and preventive healthcare for the community	-	-

### Attendance at Committee meetings

Name	Number of meetings attended	Number of meetings excused
Prof Chandanie Wanigatunge	9	2
Dr Malik Fernando	11	0
Prof Shalini Sri Ranganathan	8	3
Prof Amala de Silva	8	3
Dr Jayani Weeratne	8	3
Dr Kamal Weerapperuma	8	3

Dr Naazima Kamardeen	5	6
Ms. Durga Pulendran	7	2
Dr. Mayuri Thammitiyagodage (resigned in September 2019)	5	5
Dr. Sumal Nandasena (Resigned in July 2019)	2	5
Dr. Chathura Edirisinghe (Medical)	6	5
Dr. Chathurie Suraweera (Medica)	6	5
Dr Upul Dissanayake (Resigned in October 2019)	5	5
Dr. Mizaya Cadar (Joined in August 2019))	4	-
Dr. Dumitha Govindapala, (From November 2019)	1	-
Dr. Shehan Silva (From November 2019)	1	-
Dr. Shyamini Adikaram (From November 2019)	1	-

#### Activities carried out in 2017

Eleven meetings were held from January to November 2019 and 18 research proposals were submitted to the committee during this period. Eight research proposals were approved (03 from 2018, 05 from 2019) and 01 proposal was removed from the agenda as the Principle Investigator did not respond despite repeated reminders. Five (01 from 2018 and 04 from 2019) protocols were rejected during this period.

- The following were given ethical approval by the committee in 2019.
1. ERC/18 – 024  
Knowledge, attitude and practice on hypertension among people aged 30 to 70 years residing in Kelaniya MOH area  
PI: Dr J.I.N.C. Karunaratne, Senior Registrar in Community Medicine, Office of DDG (PHS 11), Ministry of Health, Nutrition & Indigenous Medicine, Rev. Baddegama Wimalawansa Thero Mawatha, Colombo 10
  2. ERC/18 – 026  
Patterns of admissions, organ involvement, intensity of treatment and outcomes of leptospirosis admitted to ICU/HDU in Sri Lanka (title changed from the original)  
PI: Dr. K Y S Perera, Registrar in Anesthesiology, National Hospital of Sri Lanka
  3. ERC/18 – 027  
Associated comorbidities, target achievement and outcomes among young hypertensive patients with essential hypertension attending the VP/OPD clinic at Provincial General Hospital Badulla  
PI: Dr Chathuri Liyanapathirana, VP /OPD, Provincial General Hospital, Ratnapura
  4. ERC/19 – 001  
An observational study on the effectiveness of a Multicenter training program to improve Communication skills of health care professionals (Title changed from the original)  
PI: Prof. R. M. Mudiyanse, Professor in Paediatrics, Department of Paediatrics, Faculty of Medicine, University of Peradeniya
  5. ERC/19–003  
Subjective quality of sleep, circadian preference to study and excessive daytime sleepiness among first year medical students of two selected Universities in Sri Lanka: a lower middle-income country  
PI: Dr. M. M. J. A. Jayawardena, Lecturer (Probationary) Faculty of Medicine, Sabaragamuwa University of Sri Lanka. PO Box - 02, Hidellana, Ratnapura Col: Dr. Yasas Dahamuna Kolambage, Faculty of Medicine, Sabaragamuwa University of Sri Lanka
  6. ERC/19 – 004  
Impact assessment of certificate course in palliative care conducted by the Palliative Care Association of Sri Lanka on professional behavior of medical officers  
PI: Dr Dumindu Wijewardana, Medical Officer, Army Hospital, Elvitigala Mawatha,
  7. ERC/19 – 007  
The Effect of Mindfulness Meditation on Emotional Intelligence of Mental Health Nurses at National Institute of Mental Health, Sri Lanka  
PI: Ms Dilmi Weerasinghe, Psychological Counsellor, “Serenity” Counselling and Wellbeing Center, 20/17, Jayanthi Place, Gangarama Road, Werahera, Boralasgamuwa

8. ERC/ 19 - 008

Recognition of the essential skills related to doctor-patient communication for medical undergraduates in Sri Lanka

PI: Dr. Amaya Ellawala, Department of Medical Education, Faculty of Medical Sciences, University of Sri Jayewardenepura, Gangodawila, Nugegoda

- Two proposals (ERC/19 – 002 and ERC 19/006) were rejected in the presented format as it was both scientifically and ethically unacceptable.
- Obtained the FERCAP recognition which is valid for a period of 4 years – i.e until 2023.
- The members of the EFC attended workshops conducted by FERCSL during the year and also the ERC members were resource persons at workshops conducted by FERCSL.

**Action plan for 2020**

- Provide support to FERCSL and to look into the possibility of conducting a programme to grant local accreditation for the ethics review committees.
- To conduct training programmes for the newly joint SLMA-ERC members.

## 17. SRI LANKAN CLINICAL TRIALS REGISTRY

**Chairperson:** Professor Colvin Goonaratna  
**Convener:** Dr. Udaya Ranawaka

**Members**

Dr. Ashwini de Abrew (Joint Secretary)	Dr. Manu Wimalachandra (Joint Secretary)
Dr. Nithushi Samaranyake (Joint Secretary)	Dr. Kishara Goonaratna (Assistant Secretary)
Dr. Carmeline Motha (Assistant Secretary)	Dr. Shamini Prathapan
Professor Shalini Sri Ranganathan	Professor Chandanie Wanigathunge
Dr. Nirmala Wijekoon	Dr. Sithara Dissanayake
Dr. Dinithi Fernando	Dr. Senaka Pilapitiya

**Ex-Officio Members**

Dr. Anil Jasinghe (DGHS)	Dr. Sudath Samaraweera (Acting DDG, ET&R)
Professor H J De Silva (Director, PGIM)	Dr. Anula Wijesundere (President, SLMA)
Dr. Kapila Jayaratne (Hony.Secretary, SLMA)	Dr. Yasas Abeywickrama (Hony.Treasurer, SLMA)

**New members joined in 2019** : Prof. Nirmala Wijekoon

**Members resigning in 2019** : Prof. Chandanie Wanigathunge

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

**Objectives of the committee**

The overall objectives of the SLCTR are;

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

**Committee meetings**

(Number of committee meetings held during the year 2019 with attendance of each member in a table as follows.)

Meeting attendance											
	Name	2019									
		Jan	Feb	Mar	May	Jun	Jul	Aug	Sep	Nov	Dec
1	Prof. Colvin Goonaratna (Chairperson)	P	Ex	P	P	Ex	P	P	P	P	
2	Prof. Udaya Ranawaka (Administrator)	P	P	Ex	P	Ex	P	P	P	P	
3	Dr. Ashwini de Abrew (Joint Secretary)	P	P	On extended leave							

4	Dr. Nithushi Samaranayake (Joint Secretary)	Ex	Ex	P	P	P	P	P	P	P	P	
5	Dr. Manu Wimalachandra (Joint Secretary)	P	P	P	P	P	On extended leave					
6	Dr. Kishara Goonaratna (Assistant Secretary)	P	P	Ex	P	Ex	P	Ex	P	Ex		
7	Dr. Carmeline Motha (Assistant Secretary)	P	P	P	Ex	P	P	P	P	Ex		
8	Prof. Shamini Prathapan	P	Ex	P	P	P	Ex	Ex	P	Ex		
9	Prof. Shalini Sri Ranganathan	Ex	P	P	P	Ex	Ex	Ex	Ex	P		
10	Prof. Chandanie Wanigatunge	Ex	Ex	P	Ex	P	Ex	Ex	Ex			
11	Prof. Nirmala Wijekoon				Ex	P	Ex	Ex	P	P		
12	Dr. Sithara Dissanayake	Ex	P	Ex	P	P	P	Ex	P	Ex		
13	Dr. Dinithi Fernando	P	Ex	Ex	Ex	Ex	Ex	Ex	Ex	Ex		
14	Dr. Senaka Pilapitiya	P	Ex	Ex	Ex	P	P	Ex	Ex	Ex		
<b>Ex officio members</b>												
1	Dr. Anil Jasinghe (DGHS)											
2	Dr. Sunil de Alwis (Additional Secretary, Health Service)											
3	Dr. Sudath Samaraweera (Acting DDG, ET&R)	P	Ex	Ex	P	Ex	P	P	Ex	Ex		
4	Prof. H J De Silva (Director, PGIM)											
5	Dr. Anula Wijesundera (President, SLMA)	Ex	Ex	P	Ex	Ex	Ex	Ex	Ex	P		
6	Dr. Kapila Jayaratne (Secretary, SLMA)	Ex	Ex	Ex	Ex	Ex	Ex	Ex	Ex	Ex		
7	Dr. Yasas Abeywickrama (Treasurer, SLMA)	P	Ex	Ex	Ex	Ex	Ex	Ex	Ex	Ex		

#### Activities carried out during 2019

*(Please align the activities carried out with the objectives of the committee and those of SLMA in general as far as possible and attach photo documents where applicable)*

1. Thirty nine clinical trials were registered as of 20<sup>th</sup> November 2019 (Total 335 trials in the registry).
2. Total of 50 applications received and processed as of 20<sup>th</sup> November 2019.
3. SLCTR database and website were revised according to the new requirements of the WHO-ICTRP. Further database developments are ongoing.
4. Standard Operating Procedures (SOPs) of SLCTR were revisited and updated.
5. The Ministry of Health Nutrition and Indigenous Medicine officially recognized SLCTR as the nationally operating clinical trials registry in Sri Lanka.
6. Delivered a talk on 'Clinical trial registration: an overview' at the Annual Sessions of the Anuradhapura Clinical Society.

#### Action plan for 2020

1. Further develop the SLCTR web application according to updated WHO-ICTRP standards.
2. Provide a platform for results reporting of trials registered with the SLCTR.
3. Repeat the audit on the quality of clinical trials registration at the SLCTR.

## 18. REPORTS OF THE SLMA EXPERT COMMITTEES

### COMMUNICABLE DISEASES

**Chairperson:** Dr. Ranjith Perera  
**Convenor:** Dr. Chamila Dalpathadu

#### Members

Professor Jennifer Perera	Dr. Lucian Jayasuriya	Dr. Maxie Fernandopulle
Dr. Kalyani Guruge	Dr. N.P.S.Gunaratna	Dr. Samitha Ginige
Dr. Deepa Gamage	Dr. Rohini Wadanambi	Dr. Janani Kottahachchi
Dr. Shalindra Ranasinghe	Dr. Iyanthi Abeyewickreme	Dr. Yamuna Siriwardene

Dr. Thushari Dissnayake  
Dr. Hasini Banneheke  
Dr. S.J. M. Walgampaya

Prof. Eugene Wickramanayake  
Dr. Neelamani Punchihewa  
Dr. K.A.D.T. Gunathilleke

Dr. Bhagya Piyasiri  
Dr. Nuwan Ranawaka

#### Activities of the committee in relation to SLMA Objectives

Objective	General	Specific
To advocate the reorientation of the health sector towards health promotion with a life cycle approach	NA	
To engage the non-health sector in taking on equal responsibility in the prevention and reducing health inequities	None	
To promote healthy lifestyle and address major causative factors for NCDs among vulnerable populations through health promotion approach	NA	
To enhance the capacity of medical professionals	Committee has always been working with other colleges in providing CME to medical professionals.	<p>ECCD organized a symposium on symposium on “<b>Current Influenza</b>” was held in collaboration with the Medical Research Institute on 27<sup>th</sup> November 2018.</p> <p>ECCD organized a symposium on “<b>Microbial Resistance and Microbiome</b>” on 28<sup>th</sup> of February 2019 from 12.00 noon to 1.30 pm at auditorium, SLMA, Colombo 7.</p> <p>ECCD organized a symposium on “<b>Soil-transmitted Helminth Infections in Sri Lanka: The Way Forward</b>” was held on the 3<sup>rd</sup> of July 2019 from 12.00noon to 1.30pm at auditorium, SLMA, Colombo 7.</p> <p>ECCD organised a symposium on “<b>Control of Dengue in Sri Lanka: Are we on the correct path?</b>” on the 29<sup>th</sup> August 2019 from 12 noon to 1.30 pm</p>
To play an advocacy role towards a comprehensive curative and preventive healthcare for the community	<p>Vaccine book revision is underway to be published in March 2020 which is a collaborative effort with other professional colleges.</p> <p>Future symposia on infectious diseases during disasters are being listed as future topics for year 2019.</p> <p>A symposium titled “Measles: Will the recent global and local outbreaks affect our elimination status?” will be held on the 5<sup>th</sup> of December 2019 from 12 noon to 1.30pm at SLMA auditorium.</p>	<p>Grand round at NHSL for microbiology trainees and the critical care trainees together with consultants is carried out which was initiated through the members of ECCD.</p> <p>Video CD's are being produced regarding infection prevention and hand washing which can be used in the hospitals for allied health professionals as education material. Medium of instruction is Tamil and Sinhala.</p>

#### Attendance at Committee meetings

	Committee Members	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
1	Dr. Ranjith Perera-President	1	1	1
2	Dr. Chamila Dalpatadu	1	1	1
3	Prof. Jennifer Perera	E	E	E
4	Dr. Hasini Banneheke	A	E	1



5	Dr. Lucian Jayasuriya	E	E	1
6	Dr. Maxie Fernandopulle	A	A	1
7	Dr. Kalyani Guruge	E	E	1
8	Dr. N.P.S. Gunaratna	1	E	A
9	Dr. Samitha Ginige	A	A	A
10	Dr. Deepa Gamage	E	E	A
11	Dr. Rohini Wadanambi	1	1	A
12	Dr. Janani Kottahachchi	E	1	E
13	Dr. Shalindra Ranasinghe	E	1	1
14	Dr. Iyanthi Abeyewickrama	A	A	A
15	Dr. Yamuna Siriwardene	1	E	1
16	Dr. Thushari Dissnayake	A	A	A
17	Dr. Neelamanie Punchihewa	E	E	E
18	Dr. Bhagya Piyaarisi	E	E	A
19	Dr. Nuwan Ranawake	1	1	E
20	Dr. SJM Walgampaya,	A	A	A
21	Dr. KADT Gunathileke	A	A	A
22	Prof. Eugene Wickramanayake	A	1	A

#### Activities carried out in 2018/2019

- ECCD organized a symposium on "Current Influenza" was held in collaboration with the Medical Research Institute on 27<sup>th</sup> November 2018.
- ECCD organized a symposium on "Microbial Resistance and Microbiome" on 28<sup>th</sup> of February 2019 from 12.00noon to 1.30pm at auditorium, SLMA, Colombo 7.
- ECCD organized a symposium on "Soil-transmitted Helminth Infections in Sri Lanka: The Way Forward" was held on the 3<sup>rd</sup> of July 2019 from 12.00noon to 1.30pm.
- ECCD organised a symposium on "Control of Dengue in Sri Lanka: Are we on the correct path?" on the 29<sup>th</sup> August 2019 from 12 noon to 1.30 pm.
- Summary of presentations and recommendations of all symposia have been recorded and published in the SLMA web.
- A symposium titled "Measles: Will the recent global and local outbreaks affect our elimination status?" will be held on the 5<sup>th</sup> of December 2019 from 12 noon to 1.30pm at SLMA auditorium.

#### Action plan for 2020

- To organize symposia on currently important and relevant topics such as infections in elderly, for capacity building and Continuous medical education purposes of medical professionals.
- To explore the possibility of long term collaboration with an organization /institution to obtain assistance for CPE sessions.
- To initiate activities targeting comprehensive curative and preventive healthcare for the community.
- Improve and expand the series of CD's on health related topics which can be used as education material in hospitals.

#### CORE GROUP ON COMMUNICATION IN HEALTHCARE

**Chairperson** : Prof. Rasnayaka Mudiyanse  
**Secretary** : Dr. Amaya Ellawala

#### Members:

Dr. B.J.C. Perera	Prof. Saroj Jayasinha	Dr. Ranjan Dias
Dr. Ruvaiz Haniffa	Prof. Madawa Chandratilake	Dr. S. Krishnapradeep
Dr. Ruwan Ferdinando	Dr. Wasanatha Rathnayaka	Dr. Thalaspitiya
Dr. Chathura Rathnayaka	Dr. Guwani Liyanage	Dr. Asela Olupeliyawa
Dr. Surantha Perera	Dr. Santhushi Amarasuriya	Dr. Vishnu Sivapatham
Dr. Pandula Siribaddana	Dr. Mohammed Rishard	Dr. Jagath Ranasingha
Dr. Prashantha Gamage	Dr. Aanjali Wimalasiri	Dr. Deluckshi Navaratnam
Mrs. Gothami Kaushalya	Mrs. Anuradha Rathnayaka	Mrs. Achini Purnima De Silva
Miss. Ramya Kumari Ekanyaka	Dr. Priyanwada Jayalath	Dr. Nihal Weerasooriya
Dr. Shyamalee Samaranyake	Prof. Piyanjali de Zoysa	

The Expert Committee was initiated in December 2018 as the Core Group on Communication in Healthcare, and was later re-named as the Expert Committee on Communication in Healthcare. The Committee held 13 meetings from December, 2018. The main activities undertaken by the committee were as follows:

1. Communication Skills Training Programme in 10 Hospitals in collaboration with the Ministry of Health – workshops were conducted for 20 doctors and 20 nurses in 10 hospitals around the country over the course of the year to provide training in effective doctor-patient communication. Initially, a resource pool from each hospital was trained by the Expert Committee. This resource team conducted the workshops in their respective institution. The workshop series was evaluated through various methods.
2. Objective Structured Clinical Examination (OSCE) to evaluate the communication skills gained through the Communication Skills Training Programme – separate OSCE's were held to evaluate the communication skills of doctors and nurses following the training programme.
3. Narrative Competition for medical and allied health students – As an initiative to promote the development of empathy among medical and allied health undergraduates, Narrative Competitions were held, first at the institutional level and finally at the national level, to provide students with the opportunity to narrate authentic patient stories. The best presentations in Sinhala, Tamil and English were selected.
4. Development of an e-journal – 'Archive of Patient Narratives' – a quarterly publication of the SLMA, to include the narratives presented by students in the Narrative Competition.
5. Inaugural Conference on Communication in Healthcare – to showcase the achievements of the 10 hospitals that conducted Communication Skills Training Programmes and to recognize the winners of the Narrative Competitions.
6. Recognition of the essential doctor-patient communication skills to be included in local undergraduate medical curricula – through a consensus conference with the participation of all relevant stakeholders.
7. Recognition of the essential skills related to patient communication, for nursing officers in the local context.
8. Communication Skills Training Workshops and Training-of-Trainer Workshops were conducted in various institutions throughout the year.

## ETHICS

**Chairperson:** Dr. Preethi Wijegoonewardene  
**Convenor:** Dr Amaya Ellawala

### Members

Dr. Vinya Ariyaratne	Dr. Enoka Corea	Professor Anoja Fernando
Dr. Christo Fernando	Dr. Malik Fernando	Dr. Ruvaiz Haniffa
Dr. Lushan Hettiarachchi	Dr. Panduka Karunanayake	Dr. Harshini Rajapakse
Dr. Lilanthi Subasinghe	Professor Chandanie Wanigatunge	Mrs Savithri Wijesekera
Dr. Isuri Wimalasiri		

The ethics committee held seven meetings during the year. The main activities undertaken by the committee were as follows:

1. Networking with outstation clinical societies by conducting ethics related sessions at SLMA regional meetings.
2. Contribution to the formation of guidelines on the ethical issues at end of life care.
3. Promotion of the establishment of Hospital Ethics Committees.
4. Stakeholder contribution in the development of a Charter on Patients' Rights and Responsibilities.
5. Bringing ethics related issues to the notice of the Ministry of Health – the failure to issue diagnosis cards and investigation records to patients leaving hospital against medical advice.
6. Promotion of professionalism, good medical practice and ethical conduct among doctors through the publishing of several ethics related articles in the SLMA newsletter.
7. Initiation of discussion with the Sri Lanka Chamber of the Pharmaceutical Industry (SLCPI) on furthering ethical medicinal drug promotion and ethical behaviour of prescribers vis a vis the drug trade.

## FORUM FOR ETHICS COMMITTEES (FERCSL)

**Chairperson** : Professor Chandanie Wanigatunge  
**Convener** : Professor Shamini Prathapan  
**Treasurer** : Dr. A. Balasuriya  
**Editor** : Dr. Prasad Ranatunga

### Members

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

ERC, Faculty of Medicine, Colombo  
ERC, Faculty of Medicine, Jaffna  
ERC, Faculty of Medicine, General Sir John Kotelawala Defence University  
ERC, Faculty of Medicine, Kelaniya  
ERC, Faculty of Medical Sciences – Sri Jayewardenepura  
ERC, Faculty of Medicine, Peradeniya  
ERC, Faculty of Medicine and Allied Sciences, Rajarata  
ERC, Faculty of Medicine, Ruhuna  
ERC, Faculty of Graduate Studies, University of Colombo  
ERC, PGIM University of Colombo  
ERC, Eastern University  
ERC, Faculty of Applied Sciences, Rajarata  
ERC, Sri Lanka Medical Association  
ERC, Institute of Indigenous Medicine (IIM)  
ERC, Provincial General Hospital, Kurunegala  
ERC, Medical Research Institute of Sri Lanka  
ERC, Sri Lanka College of Paediatricians  
ERC of the Health informatics Society  
ERC, Gampaha Wickramarachchi Ayurveda Institute  
ERC, National Institute of Health Sciences  
ERC, Peradeniya Dental Faculty

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

#### 1. Basics of Research Ethics

A workshop on “Basics of Research Ethics” was organized on the 4<sup>th</sup> of July 2019. Principles of research ethics and their application, evaluating the protocol and responsible conduct of research in relation to vulnerability, conflict of interest, confidentiality, privacy were presented and discussed to all ethics review committee members and researchers.

#### 2. Workshop for Common Ethical Applications for all ERCs in Sri Lanka

All ERCs in FERCSL felt the need of a common application form for all ERCs in Sri Lanka. Therefore, a common format was circulated among the members and a workshop was held on the 26<sup>th</sup> of February 2019 for further discussion. All ERC members of the FERCSL participated in this workshop and the new application form is been used by the ERCs with few modifications that are needed if necessary by the respective ERCs.

#### 3. Accreditation of the ERCs

The ERC of the Faculty of Medical sciences, University of Sri Jayewardenepura and the ERC of the Sri Lanka Medical Association underwent the review process under the Strategic Initiative for Developing Capacity in Ethical Review (SIDCER) programme of the Forum for Ethical Review Committees of the Asia and the Western Pacific (FERCAP) for the third time and second time respectively. The surveys were held in collaboration with FERCSL which coordinated the survey related activities including identification of local surveyors. This was held from the 5<sup>th</sup> to the 11<sup>th</sup> of May 2019.

#### 4. Database of reviewers and trainees

A database is being maintained by the FERCSL on all national reviewers and trainees. This database will help select reviewers for SIDCER and FRECAP for international ERC accreditation. This will also help FERCSL to keep track of trainees, who will be eligible as reviewers.

## 5. e-newsletter

e-newsletters of the FERCSL were circulated by the FERCSL among its member ERC's.

### Action plan for 2020

Strategies	Action Plan
1. Facilitate training and educational opportunities for members of ERCs in the country in Research ethics	a. Conducted workshops on basic research ethics
	b. Conduct workshops on specific topics
	c. Conduct workshops in GCP
	d. Help ERC in developing SOPs
	e. Conduct workshops on function of ERCs to newly established ERCs
2. Redefine the role of ethics among institutions interested in research ethics and form a larger consensus group with these institutions and other healthcare related associations, colleges and societies	Provide guidance for new ERCs to form a core group in their own institutions to enhance capacity in Ethics Review Committees of the Country by Stipulating Guidelines and Standard Operating Procedures for member ERCs  Promoting a review system for all ERCs in Sri Lanka
3. Foster the ERCs to maintain uniform standards in ethics review and be sustainable	a. Promote the ERCs to measure and provide accountability regarding the quality and effectiveness of ethical review by engaging them in the SIDCER recognition programme
	b. Promote the ERCs to measure and provide accountability regarding the quality and effectiveness of ethical review by engaging them in the SIDCER re - recognition programme

## CLINICAL GOVERNANCE

**Chairperson:** Professor R. M. Mudiyanse  
**Joint Secretaries:** Dr. Sudath Dharmaratne & Dr. Thathya De Silva

### Members

Dr. Anula Wijesundere	Prof. Priyadarshani Galappaththy	Prof. Indika Karunathilaka
Dr. Palitha Abeykoon	Dr. Kalyani Guruge	Dr. Chandanie Wanigathunge
Prof. Athula Kaluarachchi	Dr. S. Sridharan	Dr. Palitha Karunapema
Dr. Dilantha Dharmagunwadana	Dr. Upuli Wijemanna	Dr. Vajra Nanayakkara
Dr. Vindya Kumarapeli	Dr. Mihiri Priyangani	

It is a pleasure to forward the report on the activities of the newly established expert committee of the SLMA on Clinical Governance. SLMA as the leading professional body of the country has taken a responsible position in evaluating sensitive issues related to delivery of health care. General public has raised concerns about accountability and quality of service in recurring episodes. Health care professionals also have their own grievances. Health policies and administrative matters are challenged and questioned repeatedly. After lengthy discussions in several meetings the council of the SLMA at the August meeting decided to form this new expert committee on Clinical Governance with the objective of prompting scientific and unbiased self-evaluation of issues pertaining to delivery of health care. This expert committee will promote self-evaluation of their own performance in a process of clinical auditing and appreciative inquiry related seven pillars of clinical governance.

Up to now four committee meetings were held. We were able to appoint sixteen members with significant knowledge and explosion.

The vision of the expert committee is "to be the leading advocacy body for clinical governance to achieve the excellence in quality and safety in health care" and our mission to promote and contribute to enhance existing mechanisms and to initiate new interventions to strengthen the quality of health care while ensuring patient and provider safety, accountability and progressive development of health care providers and institutions. "

What activities entail in the mission includes

1. Education and Training – SLMA has already embarked on this. However, we have not evaluated this process contributed by multiple professional bodies.

2. Clinical audit – There is a need to introduce a systematic national program in collaboration with the quality secretariat of the ministry of health
3. Clinical effectiveness – We need to develop measures to evaluate clinical effectiveness of individual institutions
4. Research and development – This is done by numerous professional bodies as well as ministry of health. Needs an evaluation to ensure comprehensiveness
5. Openness – we need to promote openness in health care institutions. Establishing patients support groups and rational public involvement would be the way forward
6. Risk management – Risk management include recognition of problems through early warning and effective management of such issues. Entertaining complaints and whistle blowing is vital to prevent disasters
7. Information Management – information management and utilization is vital for a progressively developing health care system

We have initiated the process of disseminating the concept of clinical governance at all regional meetings of the SLMA. A standard lecture on clinical governance has been formulated by the expert committee and has already been delivered at the regional meetings of the SLMA in Negombo and Matara. We have planned to do a national survey to attest the feasibility of clinical governance in government healthcare institutions in the future.

Steps to conduct a national survey to evaluate the feasibility of adopting clinical governance in individual health care institutions has been initiated. This project will be a reflection of their performance as well as evaluation of the current status that will help our future plans.

The expert committee have taken steps to develop teaching/learning material for clinical audit workshops with handbooks and material. Our target is to do a trainer training programme and disseminate knowledge of clinical audit island wide. We hope this initiative will contribute to establish clinical governance and quality improvement of clinical care in government hospitals.

The auditing programme will contribute to ensure CME programme in a more effective and equitable way. The health care institutions are expected to monitor their effectiveness establishing their standard of care with good quality of data collection and respecting the openness to the stakeholders. We believe that self-governance is the only way to achieve excellent delivery of healthcare.

#### HEALTH INOVATIONS, RESEARCH AND PRACTICE HUB

**Chairperson:** Dr. Palitha Abeykoon  
**Convenor:** Dr. Ruvaiz Haniffa

**Members:**  
 Dr. Susantha de Silva Dr. Padmal de Silva Dr. Sajeewa Ranaweera  
 Dr. Anula Wijesundere Prof. Amala de Silva Dr. Achala Jayatilleke  
 Dr. Hasini Banneheke

**NO REPORT**

#### HEALTH MANAGEMENT

**Chairperson:** Dr Ruvaiz Haniffa  
**Convenor:** Dr. Dinesh Koggalage

**Members**  
 Dr. Lucian Jayasuriya Dr. Sarath Samarage Dr. S. Sridharan  
 Dr. Rani Fernando Dr. Palitha Abeykoon Dr. Deepika Atygalle  
 Prof. Antoinette Perera Dr. Priyane Senadheera Dr. G.S.K. Dharmaratne  
 Dr. Allan Ludowyke Dr. M.U.K. Galhena Dr. Upuli Wijemanne

**New members joined 2019:**  
 Dr. N.N.R. Perera Dr. Thilanka Dewapura

*Report presented by Dr. Ruvaiz Haniffa*

## **General objective**

To assist in strengthening SLMA in its role of influencing health policy and support to play the advocacy role towards a comprehensive curative and preventive healthcare for the Sri Lankan community

## **Specific objectives**

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

## **Activities carried out in 2019**

The HMC met on two occasions up to November 2019 when the previous chairperson, Dr. Susantha De Silva resigned the post as he left to overseas for a long stay. The following activities were undertaken by the HMC up to this date.

1. Appointment of a new Chairperson and a Secretary/ Convenor.  
The HMC at its meeting on the 03rd of July 2019 appointed Dr. Ruwaiz Haniffa as the new Chairperson for the committee while Dr. Dinesh Koggalage, the incumbent Convenor of the Committee, was proposed to continue as the Convenor for another term. The proposed names were approved by the SLMA Council.
2. Issue of obtaining 'Informed Written Consent' for Surgical procedures in the state sector hospitals.  
The HMC noted with concern the lack of seriousness in obtaining informed written consent from patients undergoing surgical procedures in the state sector hospitals.  
It was noted that a "Blanket" consent was obtained often without proper information being provided to the patient about the nature of the surgery, the risks involved and possible complications and expected outcome prognosis in patient centered manner.  
The Committee raised this issue and recommended to the Council of the SLMA that this issue should be communicated to the Director General of Health Services for further action at his meeting with the SLMA office bearers.
3. Amalgamation of SLMA Clinical Governance Committee and Healthcare Quality and Safety Committee  
All members of the HMC agreed to amalgamate these two committees to form one committee. The Chairperson informed the SLMA Council regarding this matter.
4. Need for doctors to be recognized and treated as medical professionals regardless of race, religion and ethnicity.  
In light of the Easter Sunday 2019 (21/04/2019) bombings and resultant situation with a particular reference the accusation that a Senior House Officer attached to the Obstetrics and Gynaecological Unit of the Provincial General Hospital, Kurunegala being accused of unethical medical practice, medical practitioners of the Islamic faith have in general have come under criticism about their professional conduct from their fellow medical practitioners without proper evidence.

The Committee also noted that medical professionals are taking to social media and times main stream media to inform the general public of Sri Lanka to specifically avoid seeking all types of professional medical services from members of the medical profession belonging to the Islamic faith.

The Committee unanimously agreed that the above are serious ethical violations of professional conduct by members of the medical profession and recommended that the SLMA Council specifically deliberates on this issue with a view to restoring public confidence in the profession in general and the health care system both in the state and private sectors.

5. 'Career Guidance Seminar for Junior Medical Officers - 2019'  
The 'Career Guidance Seminar for Junior Medical Officers - 2019' organised by the HMC was successfully conducted on Sunday, 03rd November 2019 from 8.00 am to 1.00 pm at the Lionel Memorial Auditorium, SLMA with the participation of junior doctors. The objectives of the seminar were as follows.
  - To make junior doctors aware of the vacancies available in the Ministry of Health cadre;
  - To make junior doctors aware of the opportunities available outside the Ministry of Health;
  - To increase awareness of the advantages and disadvantages of working in different specialties in the state and private sector;
  - To help guide junior doctors in the selection of their future career.

The Seminar was conducted in four sessions chaired by Dr. Anula Wijesundere, President, SLMA, Dr. Ruwaiz Haniffa, Chairperson, HMC, Dr. Lucian Jayasuriya, Member, HMC and Dr. Sarath Samarage, Member, HMC.

Presentations were made by experts of different medical specialties on the fields of postgraduate training programmes, universities, MoH cadre positions, Medical Administration, Surgery & its sub-specialties, Obstetrics & Gynaecology, Paediatrics, Universities, Venereology, Anaesthesiology, General Practice, Radiology, Community Medicine, Psychiatry, Medicine & its sub-specialties, Dermatology, Pathology, and Otorhinolaryngology and also the opportunities in Armed Forces. This year Seminar included a session on private sector opportunities for junior doctors. The queries by junior doctors were answered by the experts in the fields.

## MEDIA

**Chairperson:** Dr. Ruvaiz Haniffa  
**Convenor:** Dr. Hasini Banneheke

### Members

Dr. Kalyani Guruge                                      Dr. Iranga Madushan                                      Dr. Upul Gunasekera

*Report Presented by Dr. Ruvaiz Haniffa*

The SLMA Media Committee during the New Year supported the general media advisory of the SLMA. It assisted the secretary SLMA in organizing monthly health theme based media conferences during the year.

It is with regret we note that the annual SLMA Awards for Excellence in Health Journalism 2019 was not held.

## MEDICINAL DRUGS

**Chairperson:** Prof. Priyadarashani Galappathy  
**Convenor:** Prof. Pradeepa Jayawardane

### Members:

Emeritus Professor Gita Fernando	Prof. Menik Hetthiweha	Dr. M. C. Weerasinghe
Prof. Chandanie Wanigatunge	Dr. Sarath Gamini de Silva	Dr. Maxie Fernandopulle
Ms Chinta Abeywardana	Prof. Nirmala Wijekoon	Dr. Shyamalee Samaranayake
Prof. Shalini Sri Ranganathan (Resigned with effect from 31st March 2019)		

**Report presented by:** Prof. Priyadarshani Galappaththy & Prof. 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 medicinal drugs.
- Discuss problems related to drug regulation such as registration, pricing, distribution of medicines.

### Activities carried out during 2019

#### 1. Therapeutic update lectures

Medicinal Drugs Committee (MDC) organized the lunch time lectures for the 6<sup>th</sup> consecutive year to update knowledge on therapeutics and rational use of medicines. Such updates were aimed at promoting CPD of post graduate trainees and other doctors.

Six updates were held for this year. All lectures were held at SLMA. All lectures were well attended. All the lectures are uploaded to the SLMA website. The updates held and speakers are as follows:

- Cardio-diabetes: Evidence based management by Dr Ruwan Ekanayake, Consultant Cardiologist on 22nd February 2019
- Therapeutic Update on Thyroid diseases by Prof Thilak Weeraratne, Professor in Medicine, Faculty of Medicine, University of Ruhuna on 29th March 2019



3. Therapeutic Update on Idiopathic Pulmonary Fibrosis by Dr Chandimani Undugodage, Consultant Respiratory Physician and Senior Lecturer, Faculty of Medical Sciences, University of Sri Jayewardenepura on 31st May 2019
4. Symposium on Iron Deficiency Anaemia  
Prof Atula Kaluarachchi - Anaemia in pregnancy  
Dr Upul Dissanayake –Anaemia in Adults  
Dr S. Mettananda –Anaemia in Paediatrics on 28th June 2019
5. Therapeutic Uses of Vitamin D by Dr Sachith Abeyratne, Consultant Endocrinologist, Senior Lecturer, Faculty of Medicine, University of Colombo on 27th September 2019
6. Therapeutic Update on Acute Kidney Injury by Dr Arjuna Marasinghe, Consultant Nephrologist, Colombo South Teaching Hospital, Kalubowila on 17th October 2019

## 2. Development of Medication Safety National Action Plan

WHO has identified "Medication Safety" as the 3rd global challenge in 2017 with an aim of reducing serious medication errors by 50% in the next 5 years. The draft of the National Action Plan for Medication Safety in Sri Lanka was compiled by Prof Priyadarshini Galapaththy, Chairperson of the MDC, and it was submitted to the Directorate of Healthcare Quality and safety of the Ministry of Health which is the main stakeholder to implement the National Action Plan on Medication Safety. Five consultative meetings were held with funding obtained from WHO to get the views of all stakeholders and to finalize the National Action Plan. The activities to be conducted under the four domains, Systems and practices, Medicines, Healthcare professionals and patients and public were identified with performance indicators and activities assigned to members of the consultative group to act on the tasks. MDC of SLMA was a key stakeholder to providing technical expertise. Professor Priyadarshini Galapaththy and Dr Sudath Dharmaratne Director, Healthcare Quality and Safety were the co-chairpersons for the consultative meetings with other members of the MDC, Prof Pradeepa Jayawardane and Prof Nirmala Wijekoon actively contributing in developing the plan. Finalised Medication Safety Action Plan will be launched in 2020.

### Action plan for 2020

- a) MDC will continue to have therapeutic updates for 2020.
- b) Provide leadership in implementing Medication Safety National Action Plan
- c) Prevention of AMR by improving prescribing practices
- d) Patient education on " Misconceptions regarding use of medicinal drugs".
- e) Improving knowledge of Pharmacists/ Pharmacy sales Assistants through workshops

## NON COMMUNICABLE DISEASES

**Chairperson:** Dr. J. B. Jayawardena  
**Convenor:** Dr. Chathuranga Ranasinghe

### Members

Prof Chandrika Wijeratne	Dr. V.T.S Siriwardena	Dr. Sanka Randenikumara
Dr. Bhanuja Wijethilake	Dr. Lasantha Wijesekera	Dr. Damayanthi Perera
Dr. Shashika Sandaruvanie	Dr. Kalpani Wijewardena	Dr. Sidath Wijesekera
Dr. Thusitha Kahaduwa	Dr. I. P Godakanda	Dr. Sampatha Gunawardena

### Background

The expert subcommittee on Non-Communicable Diseases (NCD) has been active and operational since 2004. The Committee has given sustainable leadership to SLMA in playing a pioneering advocacy role in the field of chronic NCDs (diabetes and cardiovascular risks) from policy formulation, to strategic planning, and development of national action plans in support of the Ministry of Health (MoH) and other relevant ministries and stakeholders.

### Activities carried out in 2019:

#### 1. NIROGI Lanka Project 2019

The NIROGI Lanka project, the flagship project of SLMA, successfully completed 10 years (2009-2019). The phase III (2016-2019) of NIROGI project is part funded by the World Diabetes Foundation (WDF) with SLDC collaboration and by World Bank second SHSDP funds via the Ministry of Health (2016-2019). In 2019 the project was also partially funded by Rotary Sri Lanka. Academics and experts at Health Promotion Bureau MoH were closely collaborated for technical expertise. In Phase III the priority was Health Promotion under "NIROGI Diviya" theme which initially done for Colombo District and later expanded for rural and suburban communities in 6 districts. Currently nearly 10,000 + people are covered in 6 districts, 18 MOH areas in 168 settings covering communities, schools and workplaces

Dr.Chathuranga Ranasinghe was appointed as the Chairperson of the NIROGI Lanka Project from 01.01.2019.

Table 1. Districts and settings covered in the NIROGI Lanka Project

DISTRICT	TOTAL	COMMUNITY	SCHOOL	WORK	ACTIVE MOHs
ANURADHAPURA	7	6	0	1	2
COLOMBO	25	14	0	11	3
GALLE	45	30	6	9	4
KANDY	36	14	11	11	3
KURUNEGALA	8	8	0	0	2
RATNAPURA	47	31	3	13	4
Total	168	103	20	45	18

Table 2. Activities conducted based on behavioural risk factors for NCDs

DISTRICT	DIETARY HABITS	PHYSICAL ACTIVITY/ AEROBICS	TOBACCO AND ALCOHOL PREVENTION	MENTAL WELLBEING	HOME GARDENING
ANURADHAPURA	7	-	7	-	-
COLOMBO	25	13	5	25	5
GALLE	12	15	5	8	30
KANDY	24	26	4	26	6
KURUNEGALA	8	-	5	8	-
RATNAPURA	23	-	-	8	-
TOTAL	99	54	26	75	41

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

Above and following activities were done in the settings every week and followed up by monitoring them through setting level and reported to the central office at SLMA for monthly review and documentation.

- Training of community members and preschool teachers as health promoters and activists.
- Conduct of NCD prevention programs with pregnant mothers.
- Conduct of early childhood care development practices with mothers' groups in MOH areas.
- Changing the attitudes of the community and other groups regarding the importance of maintaining a healthy BMI, engaging in physical activities, stress control, decreasing the use of alcohol and tobacco.
- Conduct of awareness and training programs regarding the importance of aerobic exercises and decreasing the risk of NCDs.
- Home gardening sessions are conducted with health promotion officers in collaboration with agriculture officers

#### District level showcasing of health promotion activities

Monthly review meetings were conducted every month with central reporting of all district level activities with the Health Promotion Officers and the technical team from SLMA and MoH.

Following District showcases were conducted with the community members and the health care staff (PD, RDHS, MOH, NCD unit and the health care staff related to NCD) of the relevant district and SLMA expert members.

#### 1. Galle district showcase

Date: 26/06/2019

Participants: 125

Venue: Divisional Secretariat Office Auditorium, Gonapinuwalla, Galle

#### 2. Ratnapura district showcase

Date: 16/08/2019

Participants: 100

Venue: Hotel Samudi, New Town, Ratnapura

### 3. Kandy district showcase

Date: 30/09/2019

Participants: 207

Venue: Kandyan Art Association, Kandy

### The final showcasing program

The final showcasing program to the World Diabetes Federation WDF (the main Sponsor for the NIROGI activities) representatives was held from 4th to 6th November 2019 as part of the SLDC (Sri Lanka Diabetes and Cardiovascular Disease Initiative) showcasing.

The NIROGI project team SLMA were involved in the following

- 04.11.2019 - Field visits and presentations at 3-5 settings at Gonapinuwala and Hikkaduwa in Galle attended by WDF representatives (Dr Anil Kapur, Ms Hanne Strandgaard) SLDC representatives.
- 06.11.2019- Presentation by the NIROGI SLMA team on activities from 2016-2019 at the central showcasing ceremony at BMICH followed by awards ceremony to all stakeholders of the project and SLMA stakeholders of 2016-2019 activities. The event was attended by Dr. Anula Wijesundara president SLMA.
- The WDF team commended on the activities of NIROGI and to move forward expanding the Health Promotion Officer Concept. The WDF Project is planned to be ended by early next year 2020.

### Health promotion material and processes developed

1. An expert group was appointed for health message development collaborated with the Health Promotion Bureau MoH. Hundred /100 short messages (3 languages), 30 voice messages and 20 video messages were developed to be sent via sms and social media and other media platforms both in SLMA and MoH. Planned to be sent via mobile service providers.
2. Two (2) books were published 1) NIROGI evaluation booklet and 2) NIROGI Diviya Lessons Learnt (2009-2016).
3. Upgrade and development of the website and social media platform (Facebook/You tube) was conducted to take health promotion messages to more wider and young audience. Agreement will be arrived with a commercial care provider for content development and dissemination.
4. "Happy calendar" is developed where family happiness and mental health is monitored throughout the year daily. The content and concept was developed by the HPOs of NIROGI.
5. "Active Lanka" T shirt with 'I am active logo' was distributed to the aerobic groups and communities in the settings

### Capacity building programs

1. Two day Training program (12,13<sup>th</sup> March 2019) on aerobic exercises training and was conducted by Dr Chathuranga Ranasinghe and Mr Nalin Kumara were conducted programs for HOPs, doctors and Health promotion activists.
2. A one day workshop on 21.08.2019 in Health & Nutrition and Stress Management with collaboration of Health & Wellness unit of Faculty of Medicine Colombo by Prof Priyanjali De Zoysa and Dr Ranil Jayawardena.
3. A one day workshop on 17.09.2019 on Tobacco and Alcohol Control and Health Promotion Evaluation done by Dr. Mahesh Rajasuriya ADIC and Dr. Manoj Perera.
4. The Asian University Alliance Youth Forum was held from 25<sup>th</sup> to 29<sup>nd</sup> November hosted by University of Colombo. Undergraduates (#50) from 15 top Asian Universities including China, Japan, and Korea attended. The theme was 'Wellbeing Beyond Health' focusing on reducing NCD burden in Asia through youth empowerment. Prof Chandrika Wijeyaratne was the Executive President of the Asian University Alliance for 2019-2020 and Dr. Chathuranga Ranasinghe was the Chairperson of Youth Forum. Prof Carukshi Arabepola conducted a session on Community empowerment for health promotion with lessons learnt from NIROGI project. World Health Organization (WHO) endorsed and partnered with the event.
5. Dr. Jayanthimala Jayawardena presented the work of NIROGI Lanka at Cardiovascular Advocacy workshop held during the Asia Pacific Society of Cardiology conference in Thailand Manila on 24.05.2019.

### Implementation plan for the next 6 months

1. The central level showcasing program is planned.
2. Independent evaluation of the project is planned.
3. Initial agreement signed for continuation of the project and expansion with Rotary movement Sri Lanka.

### Major Achievements

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

### 2. Committee action on adulteration of milk powder imported to Sri Lanka

- Public seminar on "Consumer Awareness on Milk" in parallel with the Consumer Rights Month was

organized on 27.03.2019 at Lionel Memorial Auditorium, SLMA. Speakers were Dr. Damayanthi Perera, Mr. Ariyaseela Wickramanayake followed by an interactive Q & A session. As outcome of the seminar, a Press release was done. In addition an article was published in the SLMA newsletter (June 2019) by Dr. Sanka Randenikumara.

- The SLMA NCD subcommittee chairperson provided expertise to coordinate an international laboratory to test the imported milk powder adulteration with palm oil. The committee representatives (convener and chairperson) attended the meeting held at Consumer Affairs Authority (CAA) on 06.06.2019 as requested by the Minister of Trade to discuss the results of the imported milk powder samples sent to the international laboratories. Observations and recommendations regarding the meeting and need to see the full test report was sent in writing to the CAA and to the Minister of Trade and Commerce.
- NCD committee collaborated with Consumer Affairs Authority (CAA) for other consumer protection issues related to health.

### **3. Collaboration with Coconut Development Authority (CDA)**

- NCD committee provided expertise to the CDA on developing an official certificate/ front of pack labeling to the sealed bottled coconut oils which is available currently in the market. This is for the consumer to identify the good quality and safe coconut oil.
- The series of meetings and visits were attended by Dr Jayanthimala Jayewardene, Dr Bhanuja Wijethilake and Dr Lasantha Wijesekera.
- The proposed criteria have 5 features for eligibility to give a certificate on good quality. Based on 5 point criteria (3 accepted by SLMA /NCD representatives and last 2 proposed). Which are
  1. Whether oil is Adulterated (can be tested)
  2. Whether oil is Rancid (can be tested)
  3. Whether oil has Aflatoxins (can be tested)
  4. Check the factory standards (SLMA/NCD /MoH suggested)
  5. SLS/ISO standard for oil (SLMA/NCD /MoH suggested)

### **4. Foods available in the market tested in the ITI**

- On request of the NCD committee common foods the market were analyzed by the Industrial Technology Institute (ITI)
- Representatives from ITI presented results (meeting on 13th March 2019) of food items tested, provided by the SLMA in the first phase. The items included short-eats, rice and curry, Fried rice etc. obtained from 3 different levels of providers (street vendors, middle and high end restaurants). The sugar, fat content and microbiology analysis were discussed and way forward for the second phase of the analysis were planned coordinated by NCD/SLMA. Dr. Lasantha Wijesekera coordinated the activity.

### **5. Mobile App to detect Angina/ Ischemic Heart Disease**

A proposal submitted by Dr Jayanthimala Jayawardena to develop a mobile App to be used by public to assess the risk of IHD for people with symptoms of angina was accepted by the Ministry of Health PSSP (primary Health care System Strengthening program). The tool is planned to be developed in the next 6 months.

## **PALLIATIVE AND END OF LIFE CARE TASK FORCE**

**Chairperson:** Dr. Dilhar Samarasekera  
**Convenor 1:** Dr. Udayangani Ramadasa  
**Convenor 2:** Dr. Sankha Randenikumara  
**Members:** Representing all relevant Colleges and Associations

*Reported by Dr. Sankha Randenikumara*

The Palliative and End of Life Care Task Force (PCTF) initiated as a 'core group' of the NCD sub-committee of the SLMA at the end of year 2016, under the guidance of Prof. Chandrika Wijeyaratne. In 2018 the Task Force was formally recognized as an independent expert committee of the SLMA.

#### **1. Monthly Task Force meetings**

Monthly meeting of the PCTF is held on the 3rd Wednesday of each month with approximately 20 participants. 10 meetings have been convened in year 2019. The progress of the activities of the previous month and the future plans of the Task Force are discussed and decisions are made with extra meetings on important matters when aroused. Various professionals, both medical and non-medical, representing multiple disciplines including legal fraternity and journalists attend the meetings.

2. End of Life Care Guideline Development

A dedicated committee of professionals from multiple specialties, headed by Prof. Thashi Chang, has been formulating the much needed Guidelines for End of life care for the past several months. Its final draft is currently under discussion after receiving legal opinion from Mr Yasantha Kodagoda (then Additional Solicitor General, now the President of Appeal Courts of Sri Lanka) which would be possibly publish in 2020 after several consultative meetings.

3. Palliative Care Manual: A Guide for Healthcare Professionals – 2nd Edition

The first symptom control manual was published in October 2017 as the first major output of the PCTF. It was developed by a multi-disciplinary team of healthcare professionals, representing various Colleges and Associations, with the intention of assisting health professionals in the symptom management of palliative patients.

Developing the 2nd Edition of the manual started in this year. The second edition would be more completed as it has more chapters including cancer palliative care as well. Currently it's under chapter editing phase. Regular meetings of the Editorial board and authors have been conducted during this period. The Task Force hopes to publish the 2nd Edition in year 2020.

4. WHO-funded project: Workshop on palliative care team building in referral hospitals in Western province

The prime objectives of this pilot project which was funded by World Health organization, were developing a curriculum to train healthcare staff of on palliative care in the hospitals, establishing palliative care teams in the referral state hospital in Western Province of Sri Lanka and carrying out a basic training programme to all levels of healthcare professionals in the Western province referral hospitals to train how to function as a team in palliative care.

As the first step the PCTF conducted a consultative meeting on 30th August 2019 at Gall Face Hotel Colombo. The curriculum and the structure of the planned two-day workshop were discussed at the meeting. Two-day workshop on palliative care team building in referral hospitals in Western province was successfully held on 19th and 20th September 2019 at Taj Samudra Hotel Colombo, in collaboration with National Cancer Control Programme (NCCP). Dr Champika Wicremasinghe, DDGHS (NCD) attended for the opening ceremony as a special guest. Six hospital teams (CSTH, SJGH, NCTH, DGH Gampaha, DGH Kalutara and BH Panadura) were trained and each team comprised of Medical administrators, Consultants, MOs, NOs, physiotherapists, pharmacists, speech therapists, occupational therapists and community workers.

5. Contribution to Sessions, meetings and webinars

- The PCTF hosted few webinars conducted by the Asia Pacific Hospice Palliative Care Network (APHN). Webinars were held in the SLMA and the participants were issued with a certificate of attendance with CPD points.
- PCTF members contributed to SLMAA Annual sessions, SLMA regional meetings, SLMA monthly clinical meetings and meetings by other professional Colleges and associations (CCP, SLAGM, PCASL) as resource persons.

6. Concise Trilingual Palliative Care Booklet for Healthcare workers

This project aims at developing a simple language book published in all three languages which could be used by all levels of healthcare workers. This is currently in progress.

## PREVENTION OF ROAD TRAFFIC CRASHES

**Co-Chairpersons:** Prof. Samath D. Dharmaratne and Dr. Clifford Perera  
**Convenor:** Dr. Thushara Matiwala

**Members**

Dr. Annula Wijesundere	Mr. A.W. Dissanayake	Ms. Fathima Razik Cader
Dr. T. Siriwardena	Dr. Ranjith Sarath Jayasekera	Dr. Tamara Kalubowila
Dr. Parakrama Wijekoon	Dr. Samitha Siritunga	Mr. Keerthi Koditiwakku
Dr. Achala Jayatilleke	Dr. Kapila Jayaratne	Mr. Heshan Padukka
Dr. Nissanka Jayawardena	Dr. Jaindra Fernando	Dr. Mahanama Gunasekera
Dr. Kosala Somaratne	Mr. Indika Hapugoda	Mr. Kithsiri Kumara
Mr. Dilantha Malagamuw	Dr. Kapila Sooriyaarachchi	Dr. Dhammika Adhikariwattage
Mr. Kumar Kandaneerachchi	Mr. Indika Baddegamage	Mr. Nishantha Perera
Mr. Gaminda Piyavira	Ms. Nadeeshani Hettiarachchi	

## Report presented by Professor S. D. Dharmaratne

### Introduction

The Expert Committee on PRTCs (PRTC) met six times during the year 2019 and several new members were appointed depending on the objectives of the committee. A new Convener, Dr. Thushara Matiwelege was appointed in place of Dr. Achala Jayatilleke who joined the WHO on his sabbatical leave.

The following are some pictures of these meetings;

Activities conducted by the Expert Committee on PRTCs during 2019

1. Recruitment of new members from the College of Surgeons of Sri Lanka, Rotary and Lions clubs and other related and important stake holders volunteering to be in the committee.
2. The Colombo International Road Safety Symposium 2019 was organized in collaboration with the Rotary Club of Sri Jayawardenapura on March 23, 2019 at the BMICH with the participation of politicians and policy makers. An image of the advertisement and a picture of the oil lightning ceremony are presented below;
3. A media conference was held on September 19, 2019 at the Auditorium of the Sri Lanka Medical Association, during which the "Safe Sri Lanka" initiative for the prevention and control of road traffic crashes was launched. The RTAPC was fortunate to have Mr. Dilantha Malagamuwa, International Racing Champion as a member and appointed him as our Brand Ambassador for this initiative. The media conference was organized by Mr. Malagamuwa, with the association of Rotary and Lions club members, such combined event in the history of Sri Lanka.

A picture of Mr. Malagamuwa and the SLMA President, Co-Chairperson of the PRTC committee and Mr. Indika Hapugoda, Director of Traffic Police Head Quarters speaking at the conference;

The participants at the conference;

1. A proposal for the establishment of a Presidential Task Force for the prevention and control of road traffic crashes in Sri Lanka was presented to the President, by Dr. Anula Wijesundere, the President of the SLMA.
2. Discussions were held with the media organizations, politicians and other relevant stakeholders on road safety. The committee expect to start a publishing newspaper articles on daily newspapers and organize two stakeholder meeting on January 2020 for the media (in collaboration with the Health Education Bureau) and for stakeholders (in collaboration with the CMC) to discuss and initiate road safety programs.
3. In collaboration with the Rotary clubs, the PRTC committee hope to conduct road safety programs island wide at each district during 2020. Rotary clubs in each district will be contacted and requested to collaborate in this initiative. The Rotary Club of Sri Jayawardenapura and the Rotary Club of Kandy Metropolitan will lead this activity.
4. A Symposium on "Achieving Sustainable Road Safety in Sri Lanka: An Update on Legislation and Law Enforcement" for the police and media personnel in the Central province was organized on November 30, 2019 at the Earls' Regency in Kandy in collaboration of the WHO and the Sri Lanka Police. This was funded by the WHO.

On behalf of the Expert Committee on Prevention of Road Traffic Crashes, I and the members of the committee wish to thank Dr. Anula Wijesundere, the President of the SLMA and Dr. Kapila Jayaratne, the Secretary of the SLMA for the support and encouragement given to us in the organization of these meetings. In addition, a special show of appreciation to the office staff of the SLMA, and all the Council Members for their support and encouragement.

### Summary

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

## RESEARCH EVALUATION

**Chairperson:** Dr. Achala Jayatilleke  
**Convenor:** Dr. Sumithra Tissera

### Members

Dr. Ruvaiz Haniffa      Professor Sharmini Prathapan      Dr. Amaya Ellawala  
Dr. Hasini Banneheke      Professor Pradeepa Jayawardena

Six applied for the CNAPT Award, two for the GR Handy award, three for the SLMA Research Grant, four for the GlaxoWellcome, four for the Fairmed and five for the Prof. Wilfred Perera Travel Grant.

The Fairmed, GlaxoWellcome and GR Handy awards were not given as the reviewers felt that the research papers sent did not match brief on the Grant and was not up to the expected standard.

Prof. Wilfred Perera Travel grant was awarded to doctors similar to last year.

Many Consultants supported in reviewing the abstracts, some within the council and others outside the council. We would like to extend our heartfelt gratitude to all our reviewers.

## **SNAKE BITE**

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

### **Members**

Dr. Vinya Ariyaratne	Mr. Anslem de Silva	Dr. Shantha de Silva
Dr. Udaya de Silva	Dr. Christo Fernando	Professor Indika Gawarammana
Prof. Kalana Maduwage	Dr. Namal Rathnayake	Dr. Anjana Silva
Dr. N. Suganthan	Dr. Dharshana Kulathilake	Dr. Kasun Fernando

One formal meeting was held on 1st March, 2019 at the Centre for Research in Tropical Medicine (CRTM), Faculty of Medicine, University of Peradeniya through the kind courtesy of Prof. Kularatne. The 2017 version of the snakebite management guidelines was reviewed; further consultation was by e-mail.

The Committee does not recommend the use of Point-of-care devices for estimating PT/INR when managing snakebite.

There was doubt whether the recommended test tubes (5 ml boro-silicate glass test tubes of internal diameter 10 mm) for performing 20-WBCT were readily available in the hospitals handling snakebite. This is an area that needs further study and requires the interest and involvement of the Ministry of Health. There was also a need identified to have instructions available in a handy form on how to perform the test.

The Snakebite management dilemmas hotline was revised and an additional section dealing with snake identification included. This is now available on the website.

The Snakebite Prevention and First Aid booklets have been revised and are available on the website.

Prof. Maduwage has written a short article that has been carried in SLMA News about the possibility of sudden cardio-pulmonary arrest following snakebite and the need to apply prompt, aggressive, sustained and prolonged CPR if this were to occur.

Prof. Kolitha Sellaheewa has been nominated to serve on a committee to draft "The Plan of Action for Snakebite Prevention and Control" that is envisaged to be comprehensive; specific; evidence-based and with a focus on snakebite mitigation issues relevant to the WHO South-East Asia Region. NIMHANS (India) (National Institute of Mental Health and Neurosciences) is helping WHO in overall coordination of drafting this document and would be responsible for compiling and submitting this draft to WHO.

Prof. Kalana Maduwage and Dr. Malik Fernando made a presentation regarding snakebite prevention and first aid at the Ministry of Wildlife on October 21st on the occasion of World Reptile Day. The audience consisted of Ministry staff and invited law enforcement officers.

## **SUICIDES PREVENTION TASK FORCE**

**Chairperson:** Professor Samudra Kathiriarachchi  
**Convener:** Dr. Ruwan Ferdinando  
**Secretary:** Dr. Lakmi Seneviratne

### **Members:**

Dr. Anula Wijesundere	Professor Thilini Rajapakshe	Dr. Sudath Samaraweera
Dr. Sajeewa Ranaweera	Dr. Prabath Wickrama	Dr. Jayamal De Silva
Dr. Madhawa Gunasekera	Dr. Thirupathi Suveendran	Dr. Kapila Jayaratne
Ms Kumudini Hettiarachchi		

President of the Sri Lanka Medical Association for 2019, Dr Anula Wijesundere, under the theme “Facing the challenges and forging ahead for better health outcomes”, identified “Reducing the burden of suicides in Sri Lanka” a top priority. After discussion, the council of the SLMA proposed that the SLMA should formulate an expert committee on dealing with the burden of suicides in Sri Lanka.

The burden of suicides in Sri Lanka cannot be overemphasized. In 1995, Sri Lanka had the highest suicide rate in the world with 47 suicides per 100,000 population, averaging 25 suicides per day. Fortunately, by 2015 this has decreased to 20 suicides per 100,000 population with around 10 suicides per day. However, this is no reason for complacency as there are around 10 self-harm attempts in Sri Lanka for every successful suicide attempt.

Suicide and self-harm is a multi-faceted major public health concern in Sri Lanka. Suicide is inadvertently promoted by ways of media reporting, free availability and use of lethal pesticides, lack of coping skills among vulnerable individuals to handle distress, especially among youth, and lack of sufficient services to vulnerable individuals’ emotional and social needs. Among medical causes, undetected and partially treated mental illnesses, notably depression and alcohol and illicit drug related suicides have been identified as significant contributory factors that need urgent attention.

Multi-faceted nature of the problem was identified by the expert committee which needed collaborative approach in combatting. Silent rising epidemic of alarmingly high proportion of people who harm them-selves demanded urgent attention to formulate a strategic document that highlights important areas needing urgent attention.

Within a year, the task force completed its report which incorporated a myriad of strengths of different stake-holders to bring about a sustainable solution to the prevailing culture that propagates suicides in Sri Lanka. The report was prepared after careful review of current situation and needs of the country with regard to prevention of suicides and providing care for vulnerable groups. The report encompasses several areas which are outlined below.

1. Addressing means of suicide – pesticides, weedicides and pharmaceutical drugs
2. Community based interventions for reducing suicide
3. Collaborating with media to address suicides
4. Use of helplines to prevent suicides
5. Minimizing self-harm among adolescents and young people.

The recommendations of the report was handed over to the officials of the Ministry of Health on the World Mental Health day 2019. Recommendations are given below.

A. General Recommendations

SLMA, Ministry of Health, National Secretariat for Elders, Ministry of Social Empowerment and Welfare and the Sri Lanka Colleges of Psychiatrists, General Practitioners and Community Physicians to:

1. Identify addressing suicides as a national priority based on the significant morbidity, mortality, social and economic costs of deliberate self-harm and suicides and a barrier to meet Sustainable Development Goals.
2. Advocate for establishing an independent authority that is exclusively responsible for addressing prevention of suicide through multi-sector partnerships.
3. Work towards integrating prevention of suicide as an agenda in the existing relevant national legislations, policies, plans, partnerships and programmes, especially related to health (including child, adolescent and maternal health), social welfare & elder-care and strengthen interventions for alcohol control.
4. Take steps to improve health information and develop surveillance systems to gather data and promote research on suicides. This is required for development and implementation of effective interventions for prevention.

B. Collaboration with Media

SLMA, the Ministry of Health and the Sri Lanka College of Psychiatrists in consultation with media professionals to:

1. Initiate/Strengthen discussions with media organizations in establishing a collaborative process to improve suicide reporting in print and electronic media through collective efforts.
2. Identify and address the barriers to the process of including appropriate/responsible reporting of suicide into training curricula of journalists.
3. Collaborate with Ministry of Mass Media to establish a system of surveillance of reporting suicides in print and electronic media and providing feedback and recommendations to the media institutions and agencies.
4. Support the Telecommunications Regulatory Commission (TRC) and Sri Lanka Computer Emergency Readiness Team (SL-CERT) to monitor and control material promoting suicides and cyber bullying in social media and Internet.



- C. Community level Interventions  
Medical Faculties, SLMA, Ministry of Health and the Colleges of Psychiatrists, Community Physicians and General Practitioners to:
1. Include preventive and clinical approaches to suicide prevention in curricula of general practitioners, nurses and primary care staff training programmes. In addition, in-service refresher courses to be carried out by the College of General Practitioners, the National Institute of Health Sciences and RDHS offices.
  2. Establish a system for proactive collaborative follow-up of those discharged from hospital following self-harm. Strengthen collaborative approach in providing continuity of care through primary care teams and GP practices, incorporating a shared care model in the management of patients with high risk of suicide.
  3. Strengthen maternal mental health services through Ministry of Health
  4. Work with the Postgraduate Institute of Medicine and the College of Obstetricians and Gynaecologists to include measures to address maternal suicide including screening for mental illnesses and improving mental health literacy and to link up community level suicide prevention activities with maternal health programmes.
  5. Ensure that community mental health promotion programmes be considered as a component of policies and programmes aimed at preventing suicides.
- D. Helplines  
SLMA, Ministry of Health and the Sri Lanka College of Psychiatrists to:
1. Provide technical assistance to train staff of all helplines that handle issues related to mental health, in both the government and non-government sectors, to handle callers at risk of suicide and self-harm and carry out appropriate interventions.
  2. Ensure, in collaboration with the managers of the helplines, to avoid giving publicity to help-lines in a manner which would not promote suicide.
- E. Addressing use of pesticides and weedicides and pharmaceutical drugs for suicide  
Priority recommendations on pesticides and weedicides  
SLMA and Ministry of Health, in collaboration with the Ministry of Agriculture to initiate action to:
1. Modify recommendations for use of Carbosulfan, which would limit its use for specific requirements only. The recommendations for use of Profenofos was modified recently to restrict its indications for use, resulting in significant reduction of its use.
  2. Issue Carbosulfan and Profenofos only on prescription by Agriculture Instructor for essential situations.
  3. Conduct a stakeholder meeting to discuss the modalities of restricting use or discontinuing selected lethal pesticides currently in use, and the practicalities of making available alternative chemical and other methods of pest and weed control. Prevention of illicit use of these pesticides and increasing toxicity of the pesticides by mixing other substances too should be addressed through this forum.

#### Priority recommendations of pharmaceuticals

SLMA in collaboration with the Ministry of Health and the National Medicinal Regulatory Authority to collaborate with pharmacists to:

1. Initiate process to monitor and address deliberate self-harm using pharmaceuticals.
2. Commence gate-keeper training for those involved in retail of pharmaceuticals.

#### Other recommendations

SLMA and Ministry of Health, in collaboration with the Ministry of Agriculture to:

1. Provide other less lethal pesticides and pest control methods to farmers at a subsidized rate.
2. Encourage research on disease resistant crops.
3. Conduct sustained gate-keeper training for prevention of suicides in agricultural communities.
4. Empower farming communities to use pesticides and weedicides in a responsible manner. This includes limited use and proper disposal of pesticides and weedicides to prevent easy access to those at risk of self-harm
5. Conduct awareness campaigns through mass media on responsible pesticide and weedicide use.

The expert committee carried out several interventions in view of commencing activities in relation to suicide prevention.

1. A media conference to promote responsible media reporting. This activity was actively participated by media personnel.
2. An activity to improve coping skills among young adults in Sri Lanka Technological Campus under the theme of "Empowering Youth to Combat Self-harm".
3. A joint media conference with the Ministry of Health and Ministry of Agriculture to discuss means of reducing availability of some lethal pesticides.
4. Meetings with officials of ministry of agriculture and Ministry of Education.
5. Several discussions with stake-holders

Thus, the suicide prevention taskforce of SLMA has completed its initial mission within the year 2019. I thank all the members of the expert committee and main collaborators for completing the tasks identified for the year. I hope the actions proposed in the report are followed through by all stake holders in due course. In this regard, SLMA president and the council of the year 2020 has a vital role to play in taking the report recommendations forward. Also the SLMA need to propose an independent national authority on suicide prevention to be formed by the Government of Sri Lanka, which is represented by all identified stake-holders, not only to reduce the burden of suicide and self-harm, but also to improve productivity and quality of life of vulnerable groups.

## TOBACCO, ALCOHOL AND ILLICIT DRUGS

**Chairperson:** Professor Narada Warnasuriya  
**Convenor:** Dr. Jayamal De Silva

### Members

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

**Report presented by** Dr. Jayamal de Silva

1. Submissions of budget proposals for 2019  
 Alcohol: The main proposal given by SLMA was increasing the tax on alcohol which was reduced in 2018. Justifications for this proposal was included. The communication was also released to the press and was published in the Daily Mirror and the Island.  
 Tobacco: SLMA proposed to establish a transparent system of taxation to optimize government revenue and reduce affordability of cigarettes. The best available evidence was provided to counter the tobacco industry claims that increasing taxation will lead to substitution of bidi and increases in smuggling cigarettes.
2. Chinese cigarettes  
 In May 2019, the Ministry of Finance announced that it will provide a license for selling Chinese Cigarettes in Sri Lanka. SLMA, NATA and Alcohol and Drug Information Center (ADIC) lead a campaign to stop this measure as this would increase the competition in the cigarette market, reduce prices and increase tobacco use. The reasons why such a license should not be given was publicized through different media outlets by the Members of the Committee, and a press conference was held to discuss the issue. The President and the Minister of Health opposed this move in public and at Cabinet level. The Ministry of Finance later announced that this measure will not be implemented.
3. Media Conferences  
 Two media conferences were conducted by the Committee, each of which were attended by over 50 media personnel. Wide coverage of received to the issues raised, following these media conferences. These were:  
 1) World No Tobacco Day 29<sup>th</sup> May  
 2) World Temperance Day 22<sup>nd</sup> July  
 In addition to above, an emergency media conference on Issues related to the proposed license to sell Chinese cigarettes was held June, where a select number of influential media personnel were invited, which resulted in publicity in influential newspapers such as Daily Mirror, Ceylon Today and Divaina.
4. Media appearances  
 The members of the committee appeared in several television and radio programmes throughout the year representing SLMA. These included programmes of SLBC, SLRC and many other private radio and television channels that dealt with the topic of alcohol, tobacco (including smokeless tobacco) and illicit drug use. Most of these appearances coincided with the World No Tobacco day and World Temperance Day.
5. Amendments to NATA Act  
 Several amendments to the NATA act was passed by the Cabinet of Ministers on 2018 that include expanding the smoke-free areas, prohibition of selling tobacco products within 500m of schools and mandating plain packaging of tobacco products. The Legal Draftsman's Department prepared a draft of the amendments which was discussed extensively and revised at an expert meeting. The discussion resulted in the modifications of crucial aspects of the law such as the definitions of different tobacco products and methods of advertising promotions. The SLMA Committee was invited as a technical resource at this consultation and provided inputs for improvements of the draft and also reviewed the revised text.
6. Developing Tobacco Cessation Curricula for Medical Faculties  
 The Committee with the National Authority on Tobacco and Alcohol (NATA), conducted three workshops for development of this curriculum in August and September. Representatives from all Faculties of Medicine were invited and almost all of them attended the workshops. Following the first workshop, a drafting group was appointed which included Members of the Committee to draft a model curriculum that included teaching and

- learning outcomes with teaching and learning methods. This was presented the larger group at the third workshop and was further refined.
7. National Guideline for preventing tobacco Industry Interference: Preparation of National Guideline.  
Article 5.3 of the WHO Framework Convention Tobacco Control (FCTC), which Sri Lanka has ratified, requires national guidelines be published for preventing tobacco industry interference in public policies. A draft was prepared which was finalized through an expert consultation. The Committee was involved in preparation of the draft and also participated in the Expert Consultation.
  8. National Cessation Strategy:  
The National policy on tobacco cessation was drafted by Dr Jayamal De Silva. This was finalized following expert consultation, at which Members of the Committee represented SLMA and unveiled in June. This strategy emphasize priority be given to community cessation.
  9. National Tobacco Control Strategy 2020 -2025  
The committee played a major technical role in developing this strategy. It identifies 16 strategic areas and strategic actions for each area. It was presented to an expert group for finalization where five members of the Committee represented SLMA.
  10. Preparation of National Action Plan for Smokeless Tobacco  
The committee provided technical support for drafting the national action plan for smokeless tobacco control, an activity spearheaded by the Centre for Research in Oral Cancer (CROC), Faculty of Dental Sciences, University of Peradeniya.
  11. Clinical Symposium on Smokeless Tobacco  
A clinical symposium was conducted in October.
  12. SLMA Annual Sessions  
The committee undertook to conduct two sessions at the SLMA Annual Sessions 2019, both of which were well attended:
    - 1) Plenary on Tobacco Industry interference, conducted by Dr. Mahesh Rajasuriya
    - 2) Session on Drug use where Dr. Jayamal De Silva and Dr. Sajeeva Ranaweera were speakers
  13. Position paper on Oral Substitution Therapy (OST) for opioid users  
The Minister of Health has been pressurized by United Nations Office for Drugs and Crimes (UNODC) to start providing OST for injecting drug users. There were several drawbacks to this proposal. Members of the Committee has been protesting against this recommendation for the last two years in different fora at which it has been discussed. A position paper on OST was therefore required. A paper was drafted by Dr. Jayamal de Silva, which has been finalized following consultation with experts in this issue.
  14. Letter of support to Minister of Health on his stance on claims of tobacco smuggling  
The Hon. Minister of Health and Nutrition went on record countering the tobacco industry claims on smuggling, which was given wide publicity in the media. SLMA wrote to him, appreciating his stance on tobacco smuggling as well as his efforts to amend the NATA Act, to expand smoke-free places, sales of tobacco within 100 meters of schools and religious places, mandating plain packaging, and the prohibition of the many types of tobacco and alcohol advertising including publicity for the Corporate Social Responsibility (CSR) Programmes.

## WOMEN'S HEALTH

**Chairperson:** Professor Sharaine Fernando  
**Convener:** Dr. Nalinda Silva

### Members

Professor Jennifer Perera	Professor Nalika Gunawardena	Professor Chandrika Wijeyaratne
Professor Anuruddhi Edirisinghe	Dr.Thioma Munasingha	Dr.Sepali Kottegoda
Ms. Leisha de Silva	Dr.Amanthi Bandusena	Dr.Shamini Prathapan
Dr.Bimalika Senevirathna	Dr.Sampatha Gunawardene	Dr.Sumudu Hewage

**NO REPORT**

## 19. CENTRAL CPD (CONTINUING PROFESSIONAL DEVELOPMENT)

### **Chairperson Convenor**

Dr. Panduka Karunanayake  
Dr. V. Murali

### **Members**

Dr. Ruvaiz Haniffa  
Dr. L. J. Muhandiramge

Dr. Pamod M. Amarakoon  
Dr. Sunil Seneviratne Epa

Professor Kumar Mendis

This report was compiled by Dr. Sunil Seneviratne Epa

Central CPD Committee (CCPDC) continues to issue National CPD Certificates to doctors who submit their Portfolios as per guidelines already published.

In July 2019 a symposium on National CPD Programme was held during the SLMA annual congress with Dr. Panduka Karunanayake in chair. All major Collages and Associations including the GMOA and AMS participated at this event and presented their current activities.

Dr. Sunil Seneviratne Epa the incumbent chairman of Central CPD Committee proposed the name of Dr. Panduka Karunanayake as the new chairman of the CCPDC and was unanimously approved by all in attendance. Dr. Seneviratne Epa who served as founder chairman of the CCPDC for over fifteen years thanked all Collages and Associations for their support in developing the National CPD Programme for doctors.

At this meeting, all in attendance agreed to develop a voluntary CPD programme under the banner of the SLMA. The programme will need to take into consideration the practical problems that doctors face in obtaining CPD points, and it was felt that the experience of the many organizations that have much experience on this matter will be taken into consideration; as far as possible a diversity of ways/platforms is offered so that all doctors can utilise these different ways/platforms to obtain CPD points. Also, the specialty colleges will be incorporated in this plan so that they may help orientate CPD activities to their respective specialties.

## 20. MONTHLY NEWSLETTER

The SLMA newsletter (SLMANEWS) continued to publish with This Source Pvt Ltd. In an effort to minimize the rising costs of printing, the number of printed copies was reduced to 100 and provided to only those who requested the a printed copy. The electronic version of the newsletter was circulated among all other members. The e-copy was also freely accessible on the SLMA website and obtained almost 15,000 views each month. The page numbers of the newsletter remained at 32 with 16 pages for content and 16 for advertisements. Revenue generated from advertisements on up to 8 of those pages was received by the SLMA, thus contributing to the income of the SLMA. The newsletter was published regularly each month since January 2019 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.

## 21. SOCIAL ACTIVITIES

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

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

Dr. Anula Wijesundere  
Dr. Kalyani Guruge  
Dr. Amaya Ellawala

Dr. Kapila Jayaratne  
Dr. Preethi Wijegoonewardene  
Dr. Lasantha Malavige

Dr. Sumithra Tissera  
Dr. Sankha Randenikumara  
Dr. Sajith Edirisinghe

### **The Doctors Concert**

The SLMA Doctors Concert 2019 was held on 28th July at the Hotel Galadari Ballroom. The concert commenced on time at 7.30 pm with a short speech by the President, Dr. Anula Wijesundere.

The event took place in front of an appreciative cosmopolitan audience who enjoyed each of the 25 performances. The Social Secretaries had worked very hard to ensure all logistical arrangements were in place and presented a titillating programme of a variegated musical and dramatic extravaganza.

The amazing talents of doctors and their family members were presented in a glittering array of many different presentations. The performers gave of their very best and the final conglomeration of the programme was labelled as the "best ever" by a discerning audience of over 500, the highest ever attendance at a Doctors Concert held so far.



### The Medical Dance

The SLMA Medical Dance was held on 6th December 2019 at the Hotel Cinnamon Grand, Colombo. All appropriate arrangements, logistics and the finer details were worked out by a very capable and committed dance committee of the SLMA. Initially the dance was cancelled in the aftermath of the Easter Sunday bombing in April 2019.

However, following an earnest request made by Professor Wilfred Perera, stating that it was meaningless to mourn about the Easter Sunday disaster continuously. The President, SLMA proposed to conduct the dance this year and transfer profits of the event towards providing educational scholarships to children whose parents were victims of the disaster. The council agreed to this proposal. Thus the medical dance of 2019 became a reality once again!

The SLMA dance was a tremendous success this year, meticulously organized to perfection by our two social secretaries Dr. Pramilla Senanayake and Dr. Christo Fernando. They were ably assisted by Drs Sajith Edirisinghe, Amaya Ellawala, Sumithra Tissera and Sankha Randenikumara and Kapila Jayaratne.

The Medical Dance was a time for fellowship, relaxation, celebration after a year of hard work and was thoroughly enjoyed by those who participated in this event.

Our sincere thanks are due to the social secretaries and members of the dance committee who gladly shared their multiple responsibilities and worked hard to make this a brilliant event. Our sincere thanks to all our sponsors, individual donors and friends who partnered to make this a memorable event. The Medical Dance is a time for fellowship, relaxation, celebration after a year of hard work. It also coincides with end of tenure of one team and the beginning of work for the next team.





## 22. THE SLMA CRICKET TEAM

At the finals of the Professionals' Cricket League, tournament 2019 held on Sunday, the 4th of August, the SLMA cricket team beat the lawyers in the T20 over tournament by 7 wickets with 2 overs to spare. The lawyers scored 135 for 8 wickets in 20 overs. The victorious SLMA cricket team reached the target in 18 overs with the loss of 3 wickets only. To win the championship trophy of the Professionals' Cricket League, our team beat the engineers, architects, town planners, aviators, accountants and lawyers. Dr Isuru Ayesh received the best batsman's award in the finals.

At the annual law medical cricket encounter 2019 held on the 24<sup>th</sup> of November 2019 was hosted this year by the Bar Association of Sri Lanka. Our cricketers lost to the lawyers who played a better game of cricket. The event was very well organized by the Bar Association of Sri Lanka with the Chief Justice Hon. Jayantha Jayasuriya, President of the Court of appeal Hon. Justice Yasantha Kodagoda and the President of the Bar Association Mr. Kalinga Indratissa and many president's, counsels in attendance.

At the annual architects /doctors cricket encounter hosted by SLMA this year, was played on the 8<sup>th</sup> of December 2019. Our doctors were became the easy victors. The council of the SLMA was very poorly represented at all the cricket encounters.

The SLMA cricket team was captained by Dr. Thilina Samarasinghe while Dr. Isuru Ayesh was the vice captain.





## 23. NEW MEMBERS

The number of new members for the year 2019 (including the names presented to the Council on 1<sup>st</sup> December 2019) is as follows.

Life	110
Ordinary	15
Student	142

The list of members enrolled during the year 2019 is given in **Annexure 5**.

## 24. TREASURER'S REPORT

*(Prepared by Honorary Treasurer Dr. Yasas Abeywickrame)*

The Sri Lanka Medical Association Treasurer's report for 2018/2019 is shown below. The passing year 2019 was a memorable year for the SLMA in terms of both its academic and social activities. Refurbishment of the auditorium chairs re- cushioning fitting of 3, 65 inch TV & Fixing of SLMA name board at the front of SLMA premises.

The recurrent expenditure of the SLMA for 2019 was mainly for salaries of employees, EPF. ETF and bonus payments. The total cost for the year 2019 was Rs. 5,137,868/=

The total administrative expenses for routine repairs, maintenance and upkeep of the premises for the last 12 months was Rs. 719,730/=

The total income from the 132<sup>nd</sup> Anniversary International Medical Congress was Rs.19,644,850/=. When the expenses for the congress (Rs 12,064,165/=) is deducted the net profit was Rs 7,580,685/=

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

Improvement of Wijerama House	Cost
Refurbishment of the auditorium chairs	Rs. 589,500.00
Fitting of 3, 65 inch TV &	Rs. 1,200,000.00
New name board of the SLMA	Rs. 195,400.00
<b>Total</b>	<b>Rs. 1,984,900.00</b>

The net profit from the 132<sup>nd</sup> Anniversary International Medical Congress after deducting the cost for renovations stands at - Rs 5,595,785/= as shown below.

Activity	Income	Expenses	Profit
Annual Congress	Rs. 19,644,850.00	Rs. 12,064,165.00	Rs. 7,580,685.00
SLMA annual Dance	Rs. 2,832,500.00	Rs. 2,512,441.17	Rs. 320,058.83
<b>Total</b>	<b>Rs 22,477,350.00</b>	<b>Rs. 14,576,606.17</b>	<b>Rs. 7,900,743.83</b>

Profit from Annual Congress + Dinner Dance	Rs. 7,900,743.83
Cost of refurbishment	Rs. 1,984,900.00
<b>Balance</b>	<b>Rs. 5,915,843.83</b>

### Bank Balances

The total sum of fixed deposits by the end of financial year 2019 is Rs. 24,755,932/= Total earnings from the fixed deposits during the year amounted to Rs 2,118,862./=

Cash and bank balance as of 31/10/2019 remains at Rs.29,560,277/=

Total assets less current liabilities inclusive of property, plant, equipment together with cash and deposits is estimated as at 31/10/2019.

I wish to acknowledge with gratitude the guidance of Dr. Anula Wijesudere, the President of SLMA in carrying out my duties as the Hon. Treasurer for the year 2019. I thank Dr. Kapila Jyaratne and the Assistant Treasurer Dr. Pamod Amarakoon for their commitment and support in conducting SLMA activities. I sincerely appreciate the assistance of Ms Jayarani Tennekoon in preparing this report and all the financial statement throughout the year.

## 25. AUDITORS' REPORT 2018/2019

Report of the auditors is given in the **Annexure 6**.

## 26. TSUNAMI DISASTER RELIEF

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

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

The Scholarship was launched in December 2006 for children who lost one or both parents in the Tsunami Disaster of December 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.

The number of Scholarship recipients in January 2019 was 8. Of these one completed her Degree Course in Information Technology and Management at the University of Kelaniya, and two having taken up their A levels in 2018, ceased to communicate with the SLMA. All 3 had their Scholarships terminated.

One awardee successfully completed her AAT course and is gainfully employed. Her Scholarship was also terminated in October 2019. Two of the balance 4 students receive RS 3500/- monthly and two receive Rs 2500/- monthly. It is intended to give these four an extra payment of Rs 5000/- in December to enable them to purchase school books, uniforms, shoes etc.

As the number of Scholarship recipients has reduced from 24 in 2006 to 4, it was decided to use the balance money to offer a Scholarship to children affected by the Easter Sunday Bombing at the Zion Church in Batticaloa. The responsibility of selecting the recipients and launching this scholarship was handed to our President Dr. Anula Wijesundara who will monitor the progress of the awardees. I am happy to report that the Scholarship has been launched in October 2019.

All these payments have been made using the monthly interest, leaving the capital intact. It is a privilege and pleasure to be able to extend a helping hand to these young ones who have faced so much tragedy in their lives.



## 27. ORGANIZATION OF PROFESSIONAL ASSOCIATIONS - (OPA)

The President SLMA was appointed to represent the association at the OPA. Dr. Anula Wijesundere made representation at the annual conference of the OPA held in September 2019 and at the annual general meeting held in December 2019.

The SLMA agreed to conduct two seminars on dengue fever and alcohol dependence in 2019 for the benefit of the members of the OPA and the general public. However, due to the heavy programme of the OPA, these seminars could not be conducted this year.

## 28. ADVOCACY

### 1. MEETING WITH THE HON. MINISTER OF HEALTH, NUTRITION AND INDIGENOUS MEDICINE

A meeting was held between the SLMA and the Hon. Minister of Health, Nutrition and Indigenous Medicine at the Ministry premises on the 14th of March 2019. The Hon. Minister, the Secretary of the Ministry, Mrs. Wasantha Perera and the Director General of Health Services Dr. Anil Jasinghe were present. President SLMA, Dr. Anula Wijesundere, Vice President Dr. Keerthi Gunasekera, Treasurer Dr. Yasas Abeywickrama, Assistant Secretary Dr. Dilhani Samarasekera and SLMA Coordinator Dr. Kaushi Attanayakege represented the SLMA. A very cordial and friendly discussion followed.

The Minister was informed about the activities of the SLMA including the new venture of the SLMA which commenced this year, namely the monthly awareness programme for the media and the public, based on a health issue as declared by the United Nations or World Health Organisation. He perused the Annual Academic Sessions programme to be held in July and commented very favourably on the wide variety of topics scheduled to be covered at the Congress. He accepted the invitations to be the Chief Guest at the SLMA Annual Academic Sessions Inauguration and the Guest of Honour at the SLMA Run & Walk. He also agreed to make a substantial financial allocation from the Ministry funds for SLMA activities. The SLMA congratulated him on the firm stance taken by him against tobacco use in Sri Lanka, and also appreciated the great benefit he had provided to the people of Sri Lanka by offering free stents lenses for cataract surgery and the reduction of price of more than 50 essential drugs.



Meeting with the Hon. Minister of Health



Meeting with the Director General of Health Services

### 2. PRIMARY HEALTH CARE SYSTEM STRENGTHENING PROJECT

The World Bank Board has approved a Primary Health Care System Strengthening Project (PSSP) in the amount of US\$ 200 million for the Government of Sri Lanka (GoSL). It has three components: (i) PHC system reorganization and strengthening strategies through the routine health sector planning and budget execution systems; (ii) Project implementation support and innovation grant through direct project financing to MOH; and (iii) a contingent

emergency response component as a way of reallocating or channeling funds in case of an emergency. The World Bank financing will be supplemented by the GoSL.

The first phase of Component (i) is to build capacity among Medical Officers to improve their competencies in the delivery of Primary Curative Care based on the principles of Family Medicine/General Practice. The Ministry of Health and SLMA will be partnering with the College of General Practitioners of Sri Lanka (CGPSL) to train a group of 100 Medical Officers in the Kalutara District using the Distance Education Format through the Digital Academy set by the Ministry of Health. All logistical and academic plans including course content developed by a team of doctors from the SLMA and CGPSL is ready to be was launched through the Ministry of Health Digital Academy in early April 2019.

The documents pertaining to the Pilot Project to be launched in the Kalutara District were signed at a simple ceremony in the Council Room of the SLMA between the SLMA, World Bank and the College of General Practitioners of Sri Lanka on 11th February 2019.

The PSSP aims to improve health and social protection systems to address the challenges of the demographic transition of the country. As NCDs impose pressing challenges in ageing populations with lifelong economic and health burdens, healthy ageing is important in ensuring that the working-age populations remain productive and healthy. One of the targets for 2030 under SDG 3 is to 'reduce by one-third premature mortality from NCDs through prevention and treatment'.



Building of capacities of medical officers working in Primary Care settings was one of the main targets of PSSP. Aligning with the project objectives, capacity building of primary health care human resources has a special focus on management of non-communicable diseases. The Sri Lanka Medical Association has already worked closely with the Sri Lanka College of General Practitioners and already delivered Ministry of Health and other stakeholders to develop clinical teaching modules to be delivered in mixed mode. These now need to be further refined and assessed to ensure that they are aligned with the overall objectives of the PSSP.

In accordance with the above contract between the World Bank and the Sri Lanka Medical Association (SLMA), the SLMA has completed Deliverable task 2 by completing 07 (seven) modules for the training of Medical Officers in Primary HealthCare Institutes attached to the Ministry of Health, Nutrition and Indigenous Medicine, Sri Lanka. The soft copies of all completed modules were handed over to the Project Director and World Bank in September 2019 for implementation (Uploading to the Learning Management System selected by the Project, piloting and launching the course).

Modules that have been converted to distance education format (online learning format) and needs to be implemented are listed below:

1. Introductory Module
2. Cardiovascular Module (including hyperlipidemia, arrhythmia, hypertension)
3. Renal Disease Module
4. Diabetes Mellitus Module
5. Palliative Care Module
6. Elderly Care Module
7. Women's Health Module

The SLMA awaits transfer of allocated funds from the World Bank for completion of deliverable task 2. The letter requesting transfer of funds was submitted to World Bank through the project director. The World Bank has decided to extend the project by another 6 months from December 2019.

### 3. MEETING WITH THE DIRECTOR GENERAL OF HEALTH SERVICES

A meeting of the SLMA with the Director General of Health Services was held on the 22nd of November at the Ministry of Health. The DGHS, Dr Lal Panapitiya, Dr Palihawadana, Dr Sudath Samaraweera, Dr Batuwanthudawa & Dr Chandraratne represented the Ministry of Health. The SLMA was represented by Dr. Anula Wijesundere, Dr Kapila Jayaratne, Dr Dilhani Samarasekera, Dr Pamod Amarakoon, Dr Thilina Wanigasekera, Dr Sashika Sandaruwani, Dr Dinesh Koggalage, Dr Enoka Corea and Dr Indira Kahawita

The following matters were presented by the President, SLMA

1. Issue of proper "diagnosis cards" to discharge patients who leave against medical advice
2. Exponential rise of reported cases of cutaneous Leishmaniasis in Sri Lanka
3. Issue related to protocol and consent form for surgical procedures
4. Allegation of unconsented sterilization in Kurunegala District
5. Inclusion of melioidosis as a notifiable infection in Sri Lanka
6. Establishment of Hospital Ethics Committees

The Director General of Health Services recommended the following

1. Diagnosis cards - The DGHS stated that it was a right of the patient to receive a diagnosis card complete with all relevant details – investigations and treatment. He agreed to issue a special circular in this regard
2. Leishmaniasis:
  - DDG(PHS) I said that the Epidemiology Unit acts as the focal point for Leishmaniasis
  - DGHS advised to have a detailed programme to Leishmaniasis under epid unit or a prevailing campaign Eg: Anti Malaria / Filaria
  - DDG (MSD) to look into shortage of drug of choice
3. Issue related to protocol and consent form for surgical procedures  
DGHS informed that the NHSL developed a detailed consent form a few years back and mentioned that this should be put proper use. Also advised SLMA to prepare a proper consent form and forward to MOH for implantation.
4. Allegation of unconsented sterilization in Kurunegala District  
The chief epidemiologist stated that there is an epidemiological study going on as ordered by the magistrate. Report of this committee will be available by end of December 2019
5. Inclusion of melioidosis  
The DGHS instructed to appoint a committee headed by Dr Enoka Corea to send a detailed document about Melioidosis to proceed to make Melioidosis notifiable disease
6. Hospital Ethics Committees  
The document sent by Dr Malik Fernando regarding the establishment of hospital ethics committees was forwarded to Dr Sudath Samaraweera. A meeting will be arranged on the 27<sup>th</sup> December 2019 at the Ministry of Health to discuss with further with the hospital directors

### 4. CONTRIBUTIONS OF SLMA TO VARIOUS COMMITTEES AND COUNCILS OF THE MINISTRY OF HEALTH

1. The National Health Research Council
2. Primary Healthcare Systems Strengthening Project (PSSP)
3. Steering Committee on Palliative Care
4. Steering Committee on Non Communicable Diseases.
5. National Programme for Tuberculosis Control & Chest Diseases - TB Advisory Committee
6. National Medicinal Regulatory Authority
7. Anti Malaria Campaign

## 29. SLMA ROLE IN NATIONAL ISSUES

### 1. Recommendations of the SLMA for budget proposals of 2019

#### A. Recommendations for the budget proposals of 2019 on Alcohol Taxation

The Ministry of Finance and Mass Media called upon all stakeholders to make proposals for the budget of 2019 as a contribution to ensure the introduction of a successful budget to build a strong economy and an enriched country.

A country can most certainly be enriched by the good health status and wellbeing of its citizens. In this context, the SLMA being the apex of all academic and professional medical association of Sri Lanka, strongly urged the Ministry of Finance and Mass Media to refrain from granting any tax concessions to the alcohol industry. The letter sent to the Minister of Finance and Mass Media on alcohol taxation mentioned in **annexure 7**

SLMA expressed concern in relation to the significant reduction in taxation of beer, which was implemented through the budget of 2017 and requested the Ministry of Finance to increase the taxation of beer, at least to the levels before this tax reduction was implemented. SLMA also requested that there should be no relaxation of alcohol retailing regulations at all in the budget of 2019.

#### B. Recommended to the budget proposals of 2019 on Tobacco Taxation

The SLMA requested the Ministry of Finance to

1. Increase current taxes on all types of cigarettes to reduce their affordability. The quantum of tax should be calculated to ensure that the industry is not able to increase the price of cigarette above the tax increase, thereby increasing its income enormously, at the expense of the government.
2. Take steps to establish a transparent formula for automatic increases in cigarette taxes taking into account inflation, per-capita income or other factors which will ensure that the affordability of cigarettes is continuously reduced.
3. Abolish the practice of taxing cigarettes based on their lengths. This enables the industry to sell shorter cigarettes at significantly reduced prices, thereby making cigarettes more affordable, which offsets the benefits of tax increases.

The letter sent to the Minister of Finance and Mass Media on tobacco taxation mentioned in **annexure 8**

#### C. The Tax on Food and Beverages with High Sugar Content

The SLMA recommended that a tax should be imposed on beverages with sugar content more than 6g per 100ml and biscuits with sugar content of 12.5 per 100mg to control the escalating high burden of non-communicable diseases in the country.

Currently the prevalence of overweight and obesity has doubled among schoolchildren during last 10 years and one third of adult women are overweight in the country. As a result prevalence of diabetes is also increasing in the country which has added an enormous burden to the health sector with increasing treatment cost related to complications due to diabetes. Given the rising trends in obesity and diabetes, the SLMA has examined the factors that contribute to this syndemic.

The SLMA strongly recommended that an increase in the taxation on beverages and biscuits with high sugar should form a part of a comprehensive package of interventions throughout the life-course to control NCDs in Sri Lanka.

The letter sent to the Minister of Finance regarding tax on food beverages mentioned in **annexure 9**

#### D. Concerns of the Sri Lanka Medical Association regarding the Health Insurance scheme for school children - Suraksha

The Cabinet in September 2017 approved a proposal to introduce an insurance scheme for all school children between the ages of 5 and 19 years at a cost of Rs. 2700 million to the government. Based on media reports, the Ministry of Education has already implemented this insurance scheme. The Sri Lanka Medical Association (SLMA) is deeply concerned about the value of this insurance scheme, for reasons mentioned below: **annexure 10**

A meeting was held at the Ministry of Education on the 5<sup>th</sup> of Decemebr 2019 chaired by the State Minister, Mr. Ranjith Siyambalapitiya regarding the "Suraksha issue". The SLMA was represented by Dr Lucian Jayasuriya, Past President SLMA. All the participants at this meeting including the GMOA, Directors of Education, and representatives of Ministry of Finance agreed on the concerns expressed by the SLMA

regarding “Suraksha”. The full letter written by the President, SLMA to His Excellency President Maithreepala Sirisena, in March 2019 was tabled at this meeting. (annexure 10) The views expressed by the SLMA were agreed by all present. The State Minister agreed to forward this information to the Minister of Education for necessary action in the future. (annexure 10)

## 2. **“The Milk Issue”**

The SLMA Expert Committee on Non-communicable Diseases (NCD) conducted a public seminar on “The Milk Issue” in the last week of March 2019. This topic had become the talk of the town due to allegations made by several parties on the adulteration of powdered milk in Sri Lanka. It was well attended by the general public and journalists in addition to the healthcare professionals.

Dr Jayanthimala Jayewardene, Consultant Cardiologist chaired the session. Dr Damayanthi Perera, Nutrition Specialist spoke on “The untold story of milk and milk products -What the consumer should know?”. Dr Perera presented a holistic view on the milk issue covering a wide range of connected issues, ranging from historical data on unethical marketing of infant formulae in the 20th century to 21st century ‘White-collar milk fraud’ such as fat-filled milk powder and age specific imitation milk powder marketed to children. As a key message she explained that milk consumption is an acquired habit and there was no physiological need for cow’s milk.

Mr Ariyaseela Wickramanayaka, the Chairman of Pelwatte Dairy Industries, then delivered his speech on “Making Sri Lanka self-sufficient in milk”. He revealed an eyebrow-raising fact, that Sri Lanka is the fourth largest milk powder importer from the world’s largest milk powder exporter. Mr. Wickramanayaka elaborated further on data gathered from the Department of Census and Statistics, which showed that our milk production was about 472 million litres in 2018 whilst the requirement was around 765 million litres (Mnl). He pointed out that self-sufficiency in milk is a well-achievable target, as there is a rapid continuous up growth in milk production within last ten years which is about a 126% increase (208 Mnl in 2008 and 472 Mnl in 2018). Mr Wickramanayaka highlighted the importance of government support that should be extended to the local milk industry both at policy levels and in infrastructure development.

The audience actively participated in the Q & A session expressing their concerns and posing various questions to the panellists which initiated a lively discussion.

## 3. **Sri Lanka’s Journey Towards Universal Health Care**

World Health Day 2019 held on 7th April 2019 marked the end of a remarkable year in Sri Lanka’s progress towards Universal Health Care (UHC). At an event hosted by the SLMA, senior politicians and policy makers, heard people from all over Sri Lanka describe their experience of the health care system and what they expected from it in the future.

The World Health Day 2019 theme focused on holding advocacy events to fuel the momentum generated in Astana and to focus on our goal of achieving a fairer, healthier world – in which no one is left behind and excluded from health care. The focus will be on equity and solidarity: on raising the bar for health for everyone, everywhere, by addressing gaps in services.

Along with the health workers, policy makers, politicians and International Organisations there was one other group that was brought into the consultation process – the people themselves. Throughout March 2019 consultations were set up in towns and villages throughout Sri Lanka ranging from Jaffna to some of the poorer parts of Colombo. Hundreds of ordinary Sri Lankans were asked what they thought of the healthcare provision and what they wanted in the future. Out of the hundreds interviewed, some forty were videotaped as the basis of a session held at the World Health Day 2019 event where they were presented to politicians and policy makers. This session ‘Voices from the field’ was a follow up to the UHC discussion in the Sri Lanka Parliament, conducted last year by SLMA, MoH and WHO, attended by a significant number of parliamentarians.

Dr Ruvaiz Haniffa, (Immediate Past President, SLMA moderated this session with the panellists including:

- Hon Faizal Cassim – State Minister of Health, Nutrition and Indigenous Medicine
- Hon. (Dr) Harsha de Silva, M.P., Minister of Economic Reforms and Public Distribution
- Dr. Anil Jasinghe – Director General of Health Services
- Mr. P. W. N.P Gunasekera, Director of Health and Nutrition, Ministry of Education
- Dr. Anula Wijesundara – President, Sri Lanka Medical Association

Following the policy dialogue Dr. Palitha Abeykoon, President, NATA, summarized the key points of the dialogue.

**4. SLMA's press release and security update following Easter Sunday attack  
Press Release – 1 (annexure 11)**

"The Sri Lanka Medical Association (SLMA), the apex of all professional medical associations of Sri Lanka, is deeply saddened by the horrific acts of terrorism which have resulted in the barbaric massacre of over 250 fellow citizens of our country and foreign nationals.

At this moment of unprecedented violence, the members of the medical profession have rallied round the clock and done their utmost to treat the injured and alleviate the suffering of the affected patients. The SLMA extends its heartfelt condolences to the families of the deceased and hope the injured will recover speedily. Along with all peace loving citizens of our country, we condemn this terrible act of violence and hope that the government will introduce effective measures to prevent repetition of further catastrophes of this nature."

In light of the prevailing security situation in the country, the SLMA invited Colonel Senaka Muthukumarana of the Military Intelligence to deliver the Guest Lecture for the month of May 2019. The lecture titled 'Current security situation in Sri Lanka', was held on 16th May 2019 at the Professor NDW Lionel Memorial Auditorium of the SLMA.

**5. Alleged sterilizations in the Kurunegala Teaching Hospital  
Press release – 2 (annexure 12)**

The Sri Lanka Medical Association statement on the incident reported from Kurunegala Hospital

The Sri Lanka Medical Association, the apex body of the medical profession in Sri Lanka, is deeply concerned about the situation which has arisen following the allegations made against a medical professional from Teaching Hospital Kurunegala. We expect that the ongoing investigations will be conducted methodically by the relevant authorities and completed without delay. We urge all, especially the members of the medical profession, to refrain from making hasty and ill-considered statements until the true facts are established. Such actions could aggravate the already troubled situation in the country at present.

**6. Development of National Guidelines for clinical management of dengue infection in pregnancy**

A Task Force on reducing maternal morbidity and mortality of Dengue fever was setup after the induction of Dr. Anula Wijesundere. This taskforce was formed under the chairmanship of Dr. Hasitha Tissera, Head, National Dengue Control Programme. The objective of the taskforce was to develop a document on – "National guidelines on management of dengue fever in pregnancy".

The taskforce were able to complete the task in a short period of four months due to the enthusiasm and the dedication shown by all the members of the taskforce.

This was a collaborative effort of SLMA (Dr. Anula Wijesundere – President, Dr. Kapila Jayaratne – Secretary), Sri Lanka College of Obstetricians & Gynecologists (Prof. Athula Kaluarachchi – President, Dr. UDP Ratnasiri, Prof. Hemantha Senanayake, Dr. Ajita Wijesundere), Ceylon College of Physicians (Dr. Ananda Wijewickreme, Dr. Upul Dissanayake, Dr. Priyankara Jayawardena, Dr. Damayanthi IDampitiya), and the Central Epidemiology Unit (Dr. Hasitha Tissera, Dr. Jayantha Weeramen) of the Ministry of Health.

Representatives from Sri Lanka College of Paediatricians (Dr. LakKumar Fernando), College of Anaesthesiologists & Intensivists (Dr. Ramani Pallemulle, of Sri Lanka and other relevant specialties (Dr. Lalinda Gooneratne – Consultant Haematologist & Dr. Dilrukshi Munasinghe – Consultant Radiologist) were invited as experts.

The final document was officially launched at the inauguration ceremony of the 132<sup>nd</sup> SLMA International Medical Congress on the 24<sup>th</sup> of July, 2019 at Galadari Hotel, Colombo, by presenting the first copy to Hon. Minister of Health & Indigenous Medicine Dr. Rajitha Senarathne.

**7. Sri Lanka Medical Association's media statement on the execution of prisoners  
Press release – 3 (annexure 13)**

The Sri Lanka Medical Association, as the apex professional organisation of medical doctors in our country and as an organisation that has always upheld and promoted ethical conduct in its members, expressed its concern about the implications, to both the nation and the profession, of recent attempts to hastily implement the execution of prisoners awaiting death penalty.

In this connection the SLMA issued the following statement regarding following press statement

The Sri Lanka Medical Association, as the apex professional organisation of medical doctors in our country and as an organisation that has always upheld and promoted ethical conduct in its members, is concerned about the implications, to both the nation and the profession, of recent attempts to hastily implement the execution of prisoners awaiting death penalty.

The justification for the death penalty is being increasingly questioned all over the civilised world. But quite apart from that, many citizens in our own country, including lawyers, have pointed out that it is unsuited to our own country, especially in view of the widespread problems prevalent in our legal system as well as the lack of access to legal recourse even within this problem-laden system. It should be noted that such problems affect the poorer members of our society disproportionately more. Fortunately, a strong debate on this issue has arisen in our country, and it is too early to arrive at any conclusions.

On this background, our Association would like to ask all concerned to refrain from taking any hasty decisions, to allow the current debate in civilian circles to continue, and to join it with reasoned arguments. We believe that such an approach upholds the democratic ideals that we all value, which political authorities are duty-bound to protect.

Our Association wishes to point out that it is unethical for doctors to take part even under compulsion in the process of execution of prisoners, in any part or in any way, including by examining prisoners for fitness for execution. This is because our profession holds as sacrosanct its ethical position to respect human life even if forced to act otherwise.

The Sri Lanka Medical Association urges the government and the state to refrain from executing prisoners. It urges all concerned to continue in the debate to explore better ways to achieve whatever socially desirable objectives that are said to justify such executions. It also informs all doctors that it is unethical to take part, in any manner whatsoever, in executions.

## **8. Prevention of childhood injuries**

### **SLMA All Island Childrens' Art Createions 2019**

Accidental injuries that take place in children is a major concern for the whole country. As a responsible organization, SLMA considered it to be vital to address this issue and made use of the art competition to take this important message to the community. Thus - “අවදිව නිරතුරු - වළකමු අනතුරු” became the theme for this year.

*Details of this programme are already mentioned under content 4*

## **9. Public Colloquium on Unplanned Pregnancies**

In Sri Lanka, about 360,000 women become pregnant every year. One out of three of these pregnancies are estimated to be unplanned pregnancies. When a pregnancy is unplanned or unintended, it can be detrimental to the woman and her family, including the expected child and other children, as well as to the health system and the society at large.

Efficient family planning is the medical recommendation to prevent unplanned pregnancies. Family planning saves lives. However, myths and misconceptions exist regarding the different methods including contraception, and the medical objective of family planning is often misinterpreted. This is why it is of utmost importance that policymakers are privy to the perceptions of key stakeholders regarding family planning services.

Considering the priority the subject deserves and the recent challenges faced by the program, the Sri Lanka Medical Association (SLMA) in collaboration with the United Nations Population Fund (UNFPA) facilitated a dialogue with religious leaders, parliamentarians, healthcare professionals, legislators, civil society, and the media, to provide a platform for open discussion and to dispel myths and misconceptions around family planning at the International Medical Congress of the SLMA. Invited resource persons included; Rev. Medagoda Abhyatissa thero, Hindu priest Rev. Shanker Swami, Moulavi Sheik Kaleel, Rev. Claud Nonis, Hon. Minister Harsha De Silva, Hon. MP Mr. Sisira Jayakody, Hon. MP Mr. Vijitha Herath, Presidents counsel Mr. Ali Sabri, Consultant Community Physician Dr. Janaki Vidanapathirana, Prof. Indralal De Silva and Dr. Sagari Kiriwandeniya.

Dr. Anula Wijesundere, President of the Sri Lanka Medical Association in her opening address stated that there were many misconceptions about family planning which was important enabling women to complete their education and pursue careers, thereby contributing towards a progressive and sustainably developed in Sri Lanka”.

Dr. Kapila Jayaratne, Secretary of SLMA and Consultant Community Medicine, setting the stage for the colloquium, said; “Each year, about 360,000 women become pregnant. One out of three pregnancies is an unplanned pregnancy that might cause mental stress and high costs for the mothers and the families”.

Speaking at the session, Ms. Madusha Dissanayake, Assistant Representative of UNFPA Sri Lanka highlighted; “Every woman has the basic human right to decide whether, when and with whom to have children. Family planning saves lives. It can prevent unwanted pregnancies and avert unsafe abortions. Most young people in Sri Lanka are sexually active and they should not be prevented from accessing sexual and reproductive health services due to the stigma. We have to ensure every young person in Sri Lanka has the knowledge required to make safe and informed choices about their bodies”. Dr. Sanjeewa Godakanda, National Program Manager for Family Planning, described the medical scientific rationale of family planning. Prof. Hemantha Senanayake moderated the colloquium.

This colloquium resulted in a number of publications in both electronic, print and web-based media.

### **30. INTERNATIONAL CONFERENCE ON BIRTH DEFECTS (ICBD) - FEBRUARY 2020**

The SLMA was selected to host the International Conference on Birth Defects in November 2019. However due to the introduction of travel advisory against Sri Lanka following the Easter Sunday violence, the conference has been postponed to February 23<sup>rd</sup> – 26<sup>th</sup> 2020.

The ICBD is a biennial conference series that was established in 2001 to focus attention on the toll of birth defects and associated disabilities in low - and middle-income countries. Past conferences have been held in Colombia (2017), Tanzania (2015), the Philippines (2013), Poland (2011), India (2009), Brazil (2007), China (2005) and South Africa, (2001). These conferences are usually attended by 300-400 participants from all over the world and are known for their concentration on topics related to prevention of birth defects, child disabilities and preterm birth.

The conference will be funded by March of Dimes, Gates Foundation and World Health Organization. Family Health Bureau, Sri Lanka College of Paediatricians, Perinatal Society of Sri Lanka, College of Community Physicians of Sri Lanka, Sri Lanka Heart Association, Human Genetics Unit and local community organizations will be partners of this conference. The SLMA is grateful to Dr Kapila Jayaratne our Secretary for facilitating the conduction of this conference in Sri Lanka for the first time.

### **31. E-MOTIVE MULTI-COUNTRY STUDY - EARLY DETECTION AND TREATMENT OF POST-PARTUM HEMORRHAGE**

The SLMA has negotiated with the University of Birmingham to include Sri Lanka in the multi-country study titled “Early detection and treatment of post-partum hemorrhage using the MOTIVE bundle: a World Health Organization cluster randomized trial with health economic analysis (the E-MOTIVE study)” funded by the Bill & Melinda Gates Foundation.

The Sri Lanka Medical Association, as the lead agency, will conduct this study in collaboration with Family Health Bureau with the active involvement of Sri Lanka College of Obstetricians and Gynaecologists (SLCOG) and the Perinatal Society of Sri Lanka (PSSL). A number of 15 – 20 health facilities representing all levels of specialized hospitals will be recruited for the study. The approximate research grant is USD 400000.

The strategic goal for this project is a reduction in morbidity and mortality from post-partum haemorrhage (PPH) for women giving birth in healthcare facilities in low- and middle-income countries (LMICs) over the next 5 years. This strategic goal will be met through multiple evidence-based activities, which will result in a number of outputs and intermediate outcomes, culminating in the primary and other key outcomes.

Considering the PPH as a leading cause maternal deaths and nearmisses and also the implicated practice change of objective post-partum monitoring, this study will be of immense significance to Sri Lanka in improving maternal care and generating solid data. The findings would be useful as advocacy material and also to formulate preventive strategies. The SLMA acknowledged the role played by our versatile secretary, Dr Kapila Jayaratne to facilitate the participation of Sri Lanka in this study.



### **32. THE SLMA PARTNERING WITH INTERNATIONAL NON-GOVERNMENTAL ORGANIZATIONS (INGOS)**

In the year 2019, the SLMA has significantly strengthened its partnership with a number of International Non-Governmental Organizations (INGOs). The key foreign agencies that have worked together with SLMA are – World Health Organization (WHO), World Bank, the Unicef and the United Nations Population Fund (UNFPA) locally and the March of Dimes and the Gates Foundation internationally.

The WHO supported a session at the 132<sup>nd</sup> International Medical Congress titled “Reshaping maternal and child health service delivery to achieve Universal Health Coverage”. This session observed critically the existing maternal and child health (MCH) service delivery in Sri Lanka from a bird’s eye view. The World Bank also contributed with resource persons and funding for the session on “Investing in Human Capital Development”. The Public Colloquium on Unplanned Pregnancies, which attracted high media coverage and politicians was well supported by UNFPA.

The Unicef funded the workshop on preterm births conducted in collaboration with the Family Health Bureau.

The SLMA is working with March of the Dimes USA (MOD) in organizing 9th International Conference on the Birth Defects and Disabilities in the Developing World (ICBD2020). Funds so far received from MOD exceeds USD 100,000.

The SLMA will receive substantial funding support (USD 50,000) from the Gates Foundation for the ICBD conference 2020. A landmark achievement of the SLMA this year is the research grant of USD 400,000 pledged by University of Birmingham, UK for the planned eMotive multi-country study on Post-Partum Haemorrhage.

### **33. REFURBISHMENT OF SLMA AUDITORIUM AND INSTALLATION OF THE SLMA NAME BOARD**



The refurbishment of the Lionel Memorial auditorium, the installation of 3 LED TV screens and the installation of the new name board of the SLMA were done with the profits obtained from the annual international medical congress.

### **34. HUMANTARIAN ACTIVITIES**

#### **1. Helping children affected by the floods in Killinochchi December 2018**

The council members of the SLMA donated a consignment of exercise books worth Rs. 37,000.00 for distribution among the children affected by floods in Killinochchi. The exercise books were handed over by Dr. Anula Wijesundere, President SLMA, to Manusath Derana organization on 27th December, 2018.

#### **2. Contribution of International White Cane Day**

The council members donated Rs 30,000/= towards this project.

### **3. Contribution to Little Hearts Projects**

We envisage to collect around Rs 150,000 from the members of the SLMA and council members to donate to the Little Heart Project to the Lady Ridgeway Hospital in late December 2019.

### **4. Education scholarship to children affected by the Easter Sunday Bombings**

The SLMA has provided education scholarship to seven children who have lost one or both parents in the Zion church bombing in Battialoa at Rs 3500/= per months from August 2019 from the SLMA Disaster Relief Fund. The profits of the SLMA dance 2019 would be utilized to swell the fund.

### **5. Medical Clinics in the Trincomalee District**

Free medical clinics were carried out in the Trincomalee district on the 12th and 13th July 2019 as a joint social service project of the Sri Lanka Medical Association and SUCCESS, Colombo (Society for the Upliftment and Conservation of Cultural, Economic and Social Standards).

The first clinic was held on Saturday at the Somadevi Maha Vidyalaya for residents of Siri Mangalapura, Kallar, Somapura, Dehiwatte, Neelapola, Seruwila, Kavantissapura, Serunuwara. The clinic which commenced at 10 am went beyond 10 pm until the last patient was seen. The second clinic was held on Sunday at the Van Ela Maha Vidyalaya from 8 am to 11 pm for residents of Van Ela, Jayanthipura Muslim Colony, Suryapura, Pansal Godella. The long duration of the clinics resulted from the shortage of doctors. Over 1000 patients were treated at both clinics.

Before the start of each clinic, a 'Janahamuwa' was given where the people were given health education talks on NCDs with emphasis on stoppage of alcohol, smoking and chewing betel. Advice on infant feeding was provided to mothers. Women who attended the clinics were taught the technique of self-examination of breasts. The diseases commonly encountered were anemia, respiratory tract infections, lumbago, gastritis, gastroenteritis, hypertension and diabetes.

Illustrated books on 'Injury Prevention in Children' produced by the SLMA in conjunction with the All Island Art Creation 2019 were distributed to all children who attended the clinics. Posters on Injury Prevention in Children printed by the Health Education Bureau of Ministry of Health were distributed to all schools in Trincomalee district. The doctors who participated in the clinic were Dr Sujatha Wijenayake, Consultant Paediatrician, Dr Manel Marcus, Consultant Rheumatologist, Dr Lucky Jayasekara, Family Physician and Dr Anula Wijesundere.

We thank Colonel Sarath Gunasekara, Civil Affairs Officer, Sri Lanka Army Brigade Trincomalee for inviting us to conduct these clinics, providing logistics support, transport and the excellent arrangements.

Similar clinics were conducted in Somapura and Jayanthiwewa villeges of the Trincomalee district on the 14<sup>th</sup> -15<sup>th</sup> of December 2019. The new graduates of the Faculty of Medical Sciences, University of Sri Jayawardenepura for participating in these clinics. We thank Dr Sajith Edirisinghe for coordinating the participation of the new doctors for this humanitarian project.

### **6. Medical Clinics and Social Service projects in Mannar, Vanni and Padavi-Sripura**

Free medical clinics for the needy people of the above areas were conducted as a joint corporate social service project of the Sri Lanka Medical Association and "SUCCESS-Colombo" (Society for the Upliftment and Conservation of the Cultural, Economic and Social Standards) on the 23rd and 24th of August.

At the start at every clinic a "Janahamuwa" was held where people were given health education talks and advised regarding hazards of tobacco smoking, alcohol consumption and betel chewing by the President of the SLMA and SUCCESS organization. The Consultant Paediatrician gave a talk on Infant Feeding and Prevention of Accidents in Children.

Posters on Accident Prevention were produced for the SLMA by the Health Promotion Bureau were distributed among the schools, pre-schools and places of worship in these areas. Books on injury prevention in children produced by the SLMA were distributed to all school children attending the clinics. Water motors were provided to farmers and sewing machines to women for self-employment and improvement of economic status by Success-Colombo.

The doctors who participated in the clinic were Dr. Manel Marcus, Consultant Rheumatologist, Dr. Sujatha Wijenayake, Consultant Paediatrician, Family Physicians, Dr Lucky Jayasekera and Brigadier Senanayake and Dr Anula Wijesundere.

We thank the Army Commander Lt. General Shavendra Silva for providing us transport to complete this project.

Date & Time (August 2019)	District/ Village	Venue
23 <sup>rd</sup> from 10.00 am – 2.30 pm	Mannar, Madhu Road	Bodhirajaramaya
23 <sup>rd</sup> from 5.00 pm – 7.00 pm	Mannar, Silavathura, Vijayagama	Community Centre
23 <sup>rd</sup> from 10.00 pm – 24 <sup>th</sup> 3.00 am	Padavi-Sripura	Dharmaloka Pirivena
24 <sup>th</sup> from 9.00 am – 1.00 pm	Weli-oya, Halambawewa	Weli-malu Viharaya
24 <sup>th</sup> from 2.30 pm – 7.00 pm	Bogaswewa, South Vavuniya	Government Hospital
24 <sup>th</sup> from 8.00 pm – 11.00 pm	Nandimithragma, S Vavuniya	Community Centre



## Annexure 1: Programme of the 132<sup>nd</sup> Anniversary International Medical Congress

**Thursday 27<sup>th</sup> & Friday 28<sup>th</sup> June 2019**

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

In collaboration with the Ministry of Health

Auditorium, College of Surgeons of Sri Lanka

Work shop Conveners: Dr. Charitha Weerasinghe, Dr. Yasas Abeywickrama

*Target audience : Doctors and Nurses*

### **Day 1 Thursday, 27th June 2019**

Welcome Address

Dr. Panduka Karunanayake, Vice President, SLMA

Dr. Nissanka Jayawardene, President CSSL

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

Dr. Mahinda Mellawathantri, Consultant General Surgeon

Optimizing nutrition in wound care

Dr. Renuka Jayathissa, Consultant in Human Nutrition

Microbiology in wound care

Dr. Shirani Chandrasiri, Consultant Microbiologist

Wounds beyond the usual

Dr. Indira Kahawita, Consultant Dermatologist

Panel Discussion

#### **Vascular wounds**

Diabetic foot Pathophysiology

Dr. Charitha Weerasinghe, Consultant Vascular & Transplant surgeon

Diabetic foot vascular interventions and when to refer

Dr. Rezni Cassim, Consultant Vascular & Transplant surgeon

Varicose & veins Venous ulcers

Dr. Nalaka Gunawansa, Consultant Vascular & Transplant surgeon

Management of diabetes

Dr. Prasad Katulanda, Consultant Endocrinologist

Diabetic foot assessment

Dr. Uditha Bulugahapitiya, Consultant Endocrinologist

Demo viewing

Wound healing pathway

Dr. Duminda Ariyaratne, Consultant General Surgeon

Wound assessment and wound bed preparation

Dr. Ranjuka Ubaysiri, Consultant Vascular & Transplant Surgeon

Acute post traumatic and Post-Surgical wound care – Concepts

Dr. Shashanka Rathnayake, Consultant Plastic Surgeon

Wound dressings/ correct application and myths

Dr. Sathis Wijemanna, Consultant Plastic Surgeon

Wound cover & Reconstruction

Dr. Yasas Abeywickrama, Consultant Plastic Surgeon

Demo viewing, Feedback and certificates

### **Day 2 Friday, 28th June 2019**

Registration

Amputations and rehabilitation in wound care

Dr. Chandana Karunathilaka, Consultant Orthopaedic surgeon

Deformity correction Surgery

Dr. K. Illancheliapallavan, Consultant Plastic Surgeon

Chronic Lymphoedema – Anti Filaria Campaign

Dr. Indeewarie Gunaratna, CCP AFC

Lymphoedema Reduction Surgery

Dr. Arunajith Peris, Consultant General Surgeon

Lymphoedema Drainage Surgery

Dr. Kavinda Rajapaksha, Consultant Plastic Surgeon

Pressure ulcer management

Dr. Dammika Dissanayake, Consultant Plastic Surgeon

Tea break  
 Emergency management of burn injury  
 Dr Amila Siriwardhana, Consultant Plastic Surgeon  
 Burn wound dressings  
 Dr Arunajith Amarasinghe, Consultant Plastic Surgeon  
 Burn wound cover  
 Dr Gayan Ekanayaka, Consultant Plastic Surgeon  
 Tetanus, Gangrene, Necrotising fasciitis  
 Dr Kolitha Karunadasa, Consultant Plastic Surgeon  
 Panel discussions  
 Demo viewing  
 Case Based Panel Discussions  
 Demo viewing, Feedback and certificates

### Monday 22<sup>nd</sup> July 2019

#### **Pre-congress Workshop 2:**

Public and Patient, Involvement and Engagement (PPIE) in health and social care:  
 Its role and relevance in the research and implementation process  
 In collaboration with the Institute of Research and Development  
 ClinMARC, National Hospital of Sri Lanka

Registration  
 Introduction  
 What is PPIE?  
 Prof Athula Sumathipala, Dr Buddhika Fernando  
 Update since the previous pre-congress workshop  
 Dr Kaushalya Jayaweera, Ms Manouri Wimalasekera  
 Feedback from previous participants  
 Sri Lankan experiences in PPIE in health promotion  
 Dr. Duminda Guruge  
 What is the value and impact of PPIE in research?  
 Ms. Krishani Jayasinghe  
 How to establish and sustain PPIE  
 Dr Asiri Hewamalage  
 What are the barriers and enablers  
 Small group discussions  
 How to embed PPIE in research  
 Video clip from PPIE team in Keele University, UK  
 How to embed PPIE in implementation process  
 Dr Anuji Gamage  
 Actions for the future: the way forward  
 Prof Athula Sumathipala  
 Thoughts for the future and potential applications  
 Prof Diyanath Samarasinghe  
 Feedback

### Monday 22<sup>nd</sup> & 23<sup>rd</sup> July 2019

#### **Pre-congress Workshop 3: Communication skills: Training of trainers**

Organised by the SLMA Core Group on Communication Skills in Healthcare  
 Professor NDW Lionel Memorial Auditorium, SLMA

#### **DAY 1**

Registration  
 Welcome Address  
 Dr. Anula Wijesundere, President, SLMA  
 OSCE and pre-test  
 Coordinated by Dr S Krishnapradeep, Dr Nihal Weerasuriya and Dr Rishard Mohamed  
 Lecture 1 - Introduction  
 Prof RM Mudiyanse, Professor in Paediatrics, Faculty of Medicine, University of Peradeniya

Supported by Mrs Gothami Kaushalya, Mrs Anuradha Rathnayaka, Ms Ramya Ekanayaka, Dr Delukshi Navarathnam, Miss Achini Purnima

Lecture 2 - History taking  
 Dr S Krishnapradeep, Consultant Paediatrician, Base Hospital, Nawalapitiya  
 Demonstrate how to teach history taking  
 Dr S Krishnapradeep, Prof RM Mudiyanse, Ms Ramya Ekanayaka  
 Practice Session: How to teach history taking

Lecture 3 - Giving information  
 Dr Surantha Perera, Consultant Paediatrician and Neonatologist, Castle Street Hospital for Women  
 Prof Guwani Liyanage, Professor in Paediatrics, Faculty of Medical Sciences, University of Sri Jayewardenepura  
 Demonstration of giving information  
 Dr Surantha Perera  
 Prof Guwani Liyanage  
 Ms Anuradha Rathnayaka, Lecturer, Department of Nursing, Faculty of Allied Health Sciences, University of Peradeniya  
 Group Activity: Practice teaching giving information

Lecture 4 - Breaking bad news  
 Dr Amaya Ellawala, Lecturer, Department of Medical Education, Faculty of Medical Sciences, University of Sri Jayewardenepura  
 Demonstration of breaking bad news using SPIKE model  
 Ms Gothami Kaushalya /Dr Delukshi Navarathnam  
 Practice Session: Breaking bad news  
 Feedback

**Tuesday 23<sup>rd</sup> July 2019**

**Pre-congress Workshop 4: Introduction to medical research: From proposal to paper**  
 ClinMARC, National Hospital of Sri Lanka

Beginning  
 Identifying a researchable problem  
 Reviewing the literature  
 Formulating research objectives  
 Planning and implementing  
 Design considerations  
 Data considerations  
 Statistical considerations  
 Ethical considerations  
 Writing it up  
 Presenting the results  
 Writing the discussion  
 Referencing  
 Journal submission  
 Identifying an appropriate journal  
 Dealing with reviewers  
 Conclusion  
 Conducted by: Prof A. Pathmeswaran, Professor, Department of Public Health, Faculty of Medicine, University of Kelaniya

**Wednesday 24th July 2019**

**Seminar 1: Lung Diseases**

In collaboration with the College of Pulmonologists of Sri Lanka  
 Galadari Hotel, Colombo

Registration  
 Air we breathe – Are we safe?  
 Dr Chandana Kulathunga, Consultant Respiratory Physician, General Hospital, Matara  
 Smoking and lung diseases  
 Dr Damith Rodrig, Consultant Respiratory Physician, District General Hospital, Moneragala  
 Palliative care in respiratory medicine

Dr Ravini Karunatilake, Consultant Respiratory Physician, CCC / National Hospital of Sri Lanka, Colombo  
Lung cancer  
Dr Nuradh Joseph, Consultant Oncologist, Teaching Hospital, Jaffna

## **Seminar 2**

### **A simplified approach to the early diagnosis and treatment of anterior mediastinal masses**

In collaboration with the College of Pulmonologists of Sri Lanka  
Galadari Hotel, Colombo

#### **An overview**

Dr Eshanthe Perera, Consultant Respiratory Physician, National Hospital for Respiratory Diseases (NHRD), Welisara

#### **Case discussion panel**

Dr Suharshi Silva, Consultant Resident Respiratory Physician, NHRD, Welisara

Dr Eshanthe Perera

Dr Sumudu Paliawadana, Consultant Radiologist, NHRD, Welisara

Dr Ramani Punchihewa, Consultant Histopathologist, NHRD, Welisara

Dr Dhammika Rasnayake, Consultant Thoracic Surgeon, NHRD, Welisara

Dr Nuradh Joseph

#### **Conclusion**

## **Wednesday 24th July 2019**

### **Pre-congress Workshop 5: Evidence-based practice for busy clinicians: A hands-on workshop**

Galadari Hotel Colombo

#### **Registration**

Pragmatic definition of evidence-based medicine (EBM) - Three complimentary components

'Critical Appraisal' of a journal article - Why you DO NOT NEED to be an expert to practice EBM

Formulating a structured question using PICO format

How to search PubMed for clinicians in THREE minutes using "clinical queries" or "advanced search"

5-S evidence-based pyramid

Using "Secondary Journals" – How to stay up-to-date reading one A4 page a day

Narrative and systematic reviews – What's the difference and why it matters

Evaluate and use paid and free 'Point of Care Resources' for evidence-based practice

Communicating 'risk' to patients – Why it's important and difficult

Limitations of evidence-based practice

#### **Conclusion**

#### **Resource Persons:**

Prof Kumara Mendis

Dr Supun Withana

Dr Marylou Anandan

Dr Sankha Randenikumara

Dr Kalpanie Jayawardena

Dr Kapila Jayanath

## **Wednesday 24th July 2019**

### **Inauguration**

Guests take their seats

Arrival of Chief Guest

Ceremonial procession enters the hall

National Anthem

Lighting the traditional oil lamp

Welcome address

Dr. Anula Wijesundere, President, SLMA

Awarding of Honorary Life Membership

Dr. Lakshman Ranasinghe

Dr. Lucian Jayasuriya

Address by Guest of Honour

Dr. Santanu Sen MBBS, DMRD (Gold Medalist), FRCP (Glasg.), FIAMS, Hon. Professor  
President, Indian Medical Association

Address by Guest of Honour  
 Professor Malik Peiris MBBS, FRCPATH, D Phil (Oxon), FHKAM (Path), FRCP, FRS  
 Professor and Chair of Virology, School of Public Health, The University of Hong Kong  
 Presentation of document – “Guidelines for clinical management of dengue infection in pregnancy”  
 Dr Hasitha Tissera Consultant Epidemiologist, National Coordinator for Dengue  
 Address by Chief Guest  
 Hon. Dr. Rajitha Senaratne, Hon. Minister of Health, Nutrition and Indigenous Medicine  
 Vote of thanks  
 Dr. Kapila Jayaratne Honorary Secretary, SLMA  
 SLMA Oration 2019  
 Strategies to reduce the use of cytotoxic therapy in childhood Nephrotic Syndrome  
 Prof. Asiri Abeygunawardene MBBS (SL), MD (Col), DCH (Col), MRCP (UK), FRCPCH (UK)  
 Professor of Paediatrics, Faculty of Medicine, University of Peradeniya  
 Song recital by ‘The Classics’  
 Ceremonial procession leaves the hall  
 Reception

#### Thursday 25th July 2019

Registration  
 PARALLEL SESSIONS DAY 1  
 HALL A HEALTH AND DISEASE IN THE TROPICS  
 Keynote address (Plenary 1)  
 OneHealth: The way forward  
 Prof Malik Peiris, Chair Professor of Virology, School of Public Health, The University of Hong Kong

Plenary 2  
 Primary health care reforms: Some economic perspectives  
 Dr Ajay Tandon  
 Lead Economist for the Global Practice for Health, Nutrition and Population with the World Bank in Washington, DC, USA

Symposium 1: Sepsis  
 Sepsis: The golden hour  
 Dr Ganaka Senaratne, Consultant Physician, Emergency Treatment Unit, Teaching Hospital Karapitiya, Sri Lanka  
 Sepsis: Microbiological aspects  
 Dr Kushlani Jayatileke, Consultant Microbiologist, Sri Jayewardenapura General Hospital, Sri Lanka  
 Novel antibiotics for superbugs  
 Dr Maheshi Ramasamy, Consultant Physician in Infectious Diseases and Acute General Medicine, Oxford University Hospitals NHS Foundation Trust, UK

Symposium 3: Nutrition in the tropics  
 How safe is the food we consume?  
 Dr Anuruddha Padeniya, Consultant Paediatric Neurologist, Lady Ridgeway Hospital for Children, Colombo and Teaching Hospital, Kandy, and Head, Department of Paediatrics, University of Rajarata, Sri Lanka  
 Vitamin D deficiency in the tropics  
 Dr Renuka Jayatissa, Head, Department of Nutrition, Medical Research Institute, Ministry of Health, Sri Lanka  
 Anaemia in pregnancy: The Sri Lankan perspective  
 Prof Anuja Premawardena, Senior Professor in Medicine, Department of Medicine, Faculty of Medicine, University of Kelaniya, Sri Lanka

Symposium 5: Dermatology in the tropics  
 Tropical skin diseases in children: An overview  
 Prof Jayamini Seneviratne, Consultant Dermatologist, Dermatology Unit, Lady Ridgeway Hospital for Children, Sri Lanka  
 Hot topics in tropical dermatology  
 Prof Prasad Kumarasinghe, Professor, Department of Dermatology, Fiona Stanley Hospital and University of Western Australia, Australia  
 Cutaneous leishmaniasis: Current situation  
 Dr Indira Kahawita, Consultant Dermatologist, Base Hospital, Homagama, Sri Lanka



### Plenary 3

Radiology as a diagnostic tool in cancer

Dr Santanu Sen, President, Indian Medical Association

### Plenary 4

The global drive towards malaria eradication and the challenge of keeping Sri Lanka malaria-free

Prof Kamini Mendis, Professor Emeritus, University of Colombo, Independent Consultant

Malariologist, Sri Lanka

### Symposium 7: Tropical infections

Emerging infectious diseases in the tropics

Prof Malik Peiris, Chair Professor of Virology, School of Public Health, The University of Hong Kong

Immunology of dengue infections

Prof Neelika Malavige, Professor, Department of Microbiology, University of Sri Jayawardanapura

and Director, Centre for Dengue Research, University of Sri Jayewardenepura, Sri Lanka

Vaccines for tropical diseases

Dr Maheshi Ramasamy, Consultant Physician in Infectious Diseases and Acute General Medicine, Oxford University Hospitals NHS Foundation Trust, UK

### Dr S C Paul Memorial Oration

Haematopoietic Stem Cell Transplantation: The Sri Lankan experience

Dr. Lallindra Gooneratne

MBBS, Dip.Pathology, MD (Haematology), FRCPath (UK)

Consultant Haematologist, Senior Lecturer and Head, Department of Pathology, Faculty of Medicine, University of Colombo

### PARALLEL SESSIONS DAY 1

#### HALL B PREPARING FOR THE FUTURE

##### Symposium 2: New technology in medicine

Graphene as biosensors and smart vehicles for therapeutics targeting noncommunicable diseases

Dr Shehan De Silva, Senior Scientist / Head – Strategic Planning, Sri Lanka Institute of

Nanotechnology (Pvt) Ltd., (SLINTEC), Sri Lanka

LASER in medicine: The new surgical scalpel

Dr Niroshan Seneviratne, Consultant Urologist and Transplant Surgeon, Sri Jayawardenepura General Hospital, Sri Lanka

Artificial intelligence in medicine (webinar presentation)

Prof Enrico Coeira, Director and Professor, Centre for Health Informatics, Australian Institute of Health Innovation, Macquarie University, Australia

##### Symposium 4 - Primary care: The challenge of multi-morbidity

Multimorbidity and the role of primary health care

Prof Jennifer Reath, Foundation Peter Brennan Chair of General Practice, School of Medicine, Western Sydney University, Australia

Multi-morbidity: The physician's view

Prof Saroj Jayasinghe, Chair Professor of Medicine and Founder Head, Department of Medical Humanities, Faculty of Medicine, University of Colombo, Sri Lanka

Multi-morbidity: Biopsychosocial perspectives

Prof Tim Usherwood, Professor of General Practice and Head, Westmead Clinical School, Faculty of Medicine and Health, The University of Sydney, Australia

##### Symposium 6: Measuring human capital development:

Global and regional perspectives

Overview of Human Capital Index and educational attainments for human capital in Sri Lanka

Dr Harsha Aturupane, Lead Economist, World Bank

Health perspective in human capital development

Dr Deepika Attygalle, Senior Health Specialist, World Bank

Public investment in nutrition: Improving human capital in Sri Lanka

Dr Hideki Higashi, Senior Health Economist, World Bank

##### Symposium 8: New diagnostics

The future of histopathology

Dr Ranmith Perera, Consultant Renal Pathologist, Department of Cellular Pathology,

Guy's and St Thomas' NHS Foundation Trust, St Thomas' Hospital, UK

Endoscopic biopsies: From clinician to pathologist and back

Dr Priyanthi Kumarasinghe, Clinical Professor, School of Pathology and Laboratory Medicine, University of Western

Australia and Senior Consultant Pathologist at PathWest, QEII Medical Centre, Perth, Western Australia

Point of care sonography – Clinician's perspective

Dr Rohitha Jayamaha, Consultant Physician, Teaching Hospital, Kurunegala, Sri Lanka

## PARALLEL SESSIONS DAY 1

### Masterclass 1: Headache

World Brain Day 2019: An update from the Chair, IHCD-3 Classification and clinical pearls on acute management of migraine

Prof Tissa Wijeratne, Consultant Neurologist, Visiting Professor of Neurology and Chair, Department of Neurology and Stroke, Western Health, Australia

Chronic migraine and medication overdose headaches

Dr Nadie Rathnayake, Consultant Neurologist, District General Hospital, Matale, Sri Lanka

An update on CGRP and neurostimulation devices

Dr Lauren Sanders, Clinical Neurologist, St Vincent's Hospital, Melbourne, Australia

Non-pharmacological intervention: Diet, stress, exercise, and sleep issues

Prof Dawn Buse, Clinical Professor of Neurology, Albert Einstein College of Medicine, New York, USA

The disability and the birth of the National Migraine Foundation

Prof Tissa Wijeratne,

Participants will have the option of securing a certificate from the University of Melbourne, by accessing Mastering Migraine Management, a world-class online education programme in headache medicine

### Seminar 3

Medicines registration in Sri Lanka: What has been achieved (and not) in 25 years

Dr Krisantha Weerasuriya, Former Professor of Pharmacology, University of Colombo

## PARALLEL SESSIONS DAY 1

Free paper session 1: Tropical Medicine

Free paper session 2: Medicine, Nephrology and Cardiology

Free paper session 3: Cancer

## POSTER PRESENTATIONS HALL E, DAY 1

Free Paper Session 1: Pharmacology, Diabetes, Metabolic Medicine, Surgery, Obstetrics and Gynaecology

Free Paper Session 3: Medicine, Nephrology and Psychiatry

<b>Friday 26th July 2019</b>
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## PARALLEL SESSIONS DAY 2

### Registration

### CHRONIC/NON COMMUNICABLE DISEASE

#### Plenary 5

Sri Lanka's changing paradigm in myeloma treatment

Dr Prasad Abeysinghe

Consultant Oncologist, National Cancer Institute, Maharagama, Sri Lanka

#### Plenary 6

Food allergy and anaphylaxis

Prof Suranjith Seneviratne, Consultant and Professor in Clinical Immunology and Allergy, Institute of Immunity and Transplantation, Royal Free Hospital and University College London, UK

#### Symposium 9:

Atherosclerotic vascular disease

Improving early management of stroke

Dr Thurul Attygalle, Consultant Physician and Head of Stroke Services, Asiri Central Hospital, Sri Lanka

The newer anti-platelets in acute coronary syndrome

Prof Nirmala Wijekoon, Specialist Physician and Professor in Pharmacology, Faculty of Medical Sciences, University of Sri Jayewardenepura, Sri Lanka

The never-ending statin controversy

Dr Naomali Amarasena, Consultant Cardiologist, Sri Jayewardenepura General Hospital, Sri Lanka

#### Symposium 11: Chronic Kidney Disease

The epidemiology of CKDu in Sri Lanka: An update

Dr Thilanga Ruwanpathirana, Consultant Epidemiologist, Epidemiology Unit, Ministry of Health, Sri Lanka

Challenges in caring for children with chronic kidney disease

Dr Vindya Gunasekara, Consultant Paediatric Nephrologist, Lady Ridgeway Hospital for Children, Sri Lanka

Between lives and ideology: Meeting the challenge of kidney transplantation

Dr Chula Herath, Consultant Nephrologist, Sri Jayewardenepura General Hospital, Sri Lanka

#### Symposium 13: Obesity

Advances in obesity research

Dr Uditha Bulugahapitiya, Consultant Endocrinologist, Colombo South Teaching Hospital, Sri Lanka

Bariatric surgery: Current status

Dr Thejana Wijeratne, Consultant Surgeon and Senior Lecturer, Department of Surgery, Faculty of Medical Sciences, University of Sri Jayewardenepura, Sri Lanka

Post-weight loss corrective surgery: The role of the plastic surgeon

Dr Yasas Abeywickrama, Consultant Plastic and Reconstructive Surgeon, Colombo South Teaching Hospital, Sri Lanka

Childhood obesity

Prof Pujitha Wickramasinghe, Senior Professor in Paediatrics, Faculty of Medicine, University of Colombo and Honorary Consultant Paediatrician, Lady Ridgeway Hospital for Children, Sri Lanka

Plenary 7

Glyphosate, cancer and CKD in Sri Lanka - Facts, myths and their policy implications

Prof Sarath Gunatilake, Professor, Health Science Department, California State University, Long Beach California,

Diplomate American Board of Occupational Medicine, USA

Professor NDW Lionel Memorial Oration

Molecular genetic determinants of sporadic breast cancer in Sri Lankan postmenopausal women

Dr Nirmala D. Sirisena

MBBS, FWACP, MSc. in Clinical Genetics

Senior Lecturer and Clinical Geneticist, Human Genetics Unit, Department of Anatomy, Faculty of Medicine, University of Colombo

Dr S Ramachandran Memorial Oration

Diagnosis of tropical infections: Beyond the borders

Dr Kosala G.A.D. Weerakoon

MBBS, MPhil, PhD, FRSPH

Senior Lecturer, Department of Parasitology, Faculty of Medicine and Allied Health Sciences, Rajarata University of Sri Lanka

## PARALLEL SESSIONS DAY 2

### CANCER

Symposium 10: New diagnostics in cancer

Frontiers in cancer diagnosis

Dr Ketan Shah, Consultant Clinical Oncologist, Oxford University Hospitals NHS Foundation Trust and Honorary Senior Clinical Lecturer, Department of Oncology, University of Oxford, UK

Advances in GI pathology and personalized medicine

Dr Priyanthi Kumarasinghe, Clinical Professor, School of Pathology and Laboratory Medicine, University of Western Australia and Senior Consultant Pathologist at PathWest, QEII Medical Centre, Perth, Western Australia

New diagnostic tests in haematological malignancy

Dr Senani Williams, Consultant Haematologist, Senior Lecturer, Faculty of Medicine, University of Kelaniya, Sri Lanka

Symposium 12: New therapies in cancer

Immunotherapy of lung cancer: Costs and benefits

Dr Dishan Herath, Director of Cancer Services, Western Health, Victoria and Chief Medical Information Officer, Peter MacCallum Cancer Centre, Australia

The future of radiotherapy

Dr Ketan Shah, Consultant Clinical Oncologist, Oxford University Hospitals NHS Foundation Trust and Honorary Senior Clinical Lecturer, Department of Oncology, University of Oxford, UK

Stem cell transplantation for cancers

Dr Lallindra Gooneratne, Consultant Haematologist and Senior Lecturer, Department of Pathology, Faculty of Medicine, University of Colombo, Sri Lanka

Symposium 14: Controversies in screening and preventing cancer

Cancer overdiagnosis: What drives it and what are the solutions?

Dr Thanya Pathirana, Senior Lecturer in Medical Education, School of Medicine, Griffith University, Australia

HPV vaccination and cervical cancer

Dr Samitha Ginige, Consultant Epidemiologist, Epidemiology Unit, Ministry of Health, Sri Lanka

Prostate cancer screening

Dr Anuruddha Abeygunasekera, Consultant Urological Surgeon, Colombo South Teaching Hospital, Sri Lanka

## PARALLEL SESSIONS DAY 2

Seminar 4 - Saving brains: Stroke medicine symposium

Epidemiology of stroke in Sri Lanka  
 Prof Samath Dharmarathne, Consultant Community Physician, Associate Professor, Department of Community Medicine, Faculty of Medicine, University of Peradeniya, Sri Lanka  
 Simulation training in acute stroke care  
 Dr Lauren Sanders, Clinical Neurologist, St Vincent's Hospital, Melbourne, Australia  
 Acute reperfusion therapy update  
 Prof Tissa Wijeratne, Senior Neurologist, Visiting Professor of Neurology and Chair, Department of Neurology and Stroke, Western Health, Australia  
 What is new in subacute care in stroke  
 Dr Charitha Perera, Senior Consultant Physician in Rehabilitation Medicine, Repatriation General Hospital, Adelaide and Senior Lecturer, Faculty of Medicine, School of Health Sciences, Flinders University, Australia  
 An update on acute and subacute stroke care in Sri Lanka  
 Dr Darshana Sirisena, Consultant Resident Neurologist, National Hospital of Sri Lanka  
 Systems neuroscience approach in stroke care  
 Dr Deena Ebaid, Director, Migraine Foundation Australia  
 Prof Tissa Wijeratne  
**PARALLEL SESSIONS**  
 Free Paper Session 4: Medical Education and Health Systems Research  
 Free Paper Session 5: Community Medicine  
**POSTER PRESENTATIONS**  
 Free Paper Session 5: Medical Education and Health Systems Research

<b>Saturday 27th July 2019</b>
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Registration  
**PARALLEL SESSIONS**  
**REPRODUCTIVE HEALTH**  
 Plenary 8  
 Tobacco industry interference in health, financial and social policies  
 Dr Mahesh Rajasuriya, Senior Lecturer, Department of Psychiatry, Faculty of Medicine, University of Colombo, Consultant Psychiatrist, University Psychiatry Unit, National Hospital of Sri Lanka  
 Plenary 9  
 Patient safety: Current trends  
 Dr Padmini Ranasinghe, Assistant Professor of Medicine, Director Education: Hospitalist Service, Johns Hopkins School of Medicine, Baltimore, USA  
 Symposium 15 - The stagnant MCH indices: The way forward  
 A critical look from a third eye  
 Dr Razia Pendse, WHO Representative to Sri Lanka  
 Reshaping maternal care for the future  
 Prof Hemantha Senanayake, Consultant Obstetrician and Gynaecologist and Chair Professor of Obstetrics and Gynaecology, Faculty of Medicine, University of Colombo, Sri Lanka  
 Addressing emerging challenges: Indirect causes of maternal mortality  
 Prof Chandrika Wijeyaratne, Senior Professor, Reproductive Medicine, Faculty of Medicine, and Vice Chancellor, University of Colombo, Sri Lanka  
 Child care improvement: Tackling the difficult phase  
 Prof Sujeewa Amarasekera, Senior Professor in Paediatrics and Vice Chancellor, University of Ruhuna, Sri Lanka  
 Symposium 17: Perinatal medicine  
 Prenatal testing: The how and why  
 Dr Tiran Dias, Consultant and Professor in Fetal Medicine, Department of Obstetrics and Gynaecology Faculty of Medicine, University of Kelaniya, Sri Lanka  
 Current challenges in perinatal care in Sri Lanka  
 Dr Surantha Perera, Consultant Paediatrician and Neonatologist, Neonatal Intensive Care Unit, Castle Street Teaching Hospital for Women, Sri Lanka  
 Infant mortality trends in Sri Lanka  
 Dr Kapila Jayaratne, Consultant Community Physician, National Programme Manager - Maternal and Child Morbidity and Mortality Surveillance, Family Health Bureau, Ministry of Health, Sri Lanka  
 Symposium 19: Subfertility  
 The impact of ageing on fertility  
 Dr Chaminda Hunukumbure, Consultant in Subfertility, Teaching Hospital, Kandy, Sri Lanka  
 Fertility preservation: An update  
 Dr Milhan Batcha, Consultant Gynaecologist and Fertility Specialist, Castle Street Hospital for Women, Sri Lanka

Do we need to regulate assisted reproduction?

Prof Athula Kaluarachchi, Consultant Obstetrician and Gynaecologist and Professor, Department of Obstetrics and Gynaecology, Faculty of Medicine, University of Colombo, Sri Lanka

Symposium 21: Sexuality revisited

Sexuality in mid-life and beyond

Dr Lasantha Malavige, Specialist in Sexual Medicine, Durdans Hospital, Colombo, Sri Lanka

Pornography and sexuality

Prof TSS Rao, Professor of Psychiatry, JSS Medical College, JSS University, Mysore, India

Sexuality and sexually-transmitted infections

Dr Sujatha Samarakoon, Consultant Venereologist, AIDS Foundation Lanka, Sri Lanka

PARALLEL SESSIONS DAY 3

BEHAVIOUR AND MEDICINE

Symposium 16: The challenge of tobacco, alcohol and substance abuse

Determinants of alcohol, tobacco and substance abuse

Dr Sajeewa Ranaweera, Technical Consultant, National Authority on Tobacco and Alcohol, Sri Lanka

Protecting the young: What is effective?

Dr Jayamal de Silva, Senior Lecturer, Department of Psychiatry, Faculty of Medical Sciences, University of Sri Jayewardenepura and Consultant Psychiatrist, Colombo South Teaching Hospital, Sri Lanka

Party drugs: The new scourge

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

Symposium 18 - Accidents: The epidemic taken-for-granted

The National Injury Surveillance Programme: Current status

Dr Samitha Siritunga, Consultant Community Physician, National Programme Manager for Injury Prevention,

Non-Communicable Disease Unit, Ministry of Health, Sri Lanka

Road traffic crashes

Dr Achala Jayatilleke, Senior Lecturer, Postgraduate Institute of Medicine, University of Colombo, Sri Lanka

Medico-legal aspects

Dr Clifford Perera, Medico Legal Specialist/ Attorney at Law and Senior Lecturer, Department of Forensic Medicine, Faculty of Medicine, University of Ruhuna, Sri Lanka

Symposium 20: Promoting good health lifestyle

How to read food labels

Dr Ranil Jayawardene, Clinical Nutritionist and Senior Lecturer, Department of Physiology, Faculty of Medicine, University of Colombo, Sri Lanka

The psychology of promoting physical activity and exercise

Dr Gayani Gamage, Senior Lecturer in Health Psychology, Department of Psychology and Counselling, Faculty of Health Sciences, The Open University of Sri Lanka

Neuroplasticity, meditation and mental well-being

Prof Sarath Gunatilake, Professor, Health Science Department, California State University, Long Beach California

Diplomate American Board of Occupational Medicine, USA

Symposium 22: Changing unhealthy behaviour

Overcoming stress in day-to-day life

Prof Shehan Williams, Consultant Psychiatrist and Professor, Department of Psychiatry, Faculty of Medicine, University of Kelaniya, Sri Lanka

Overcoming social media addiction

Dr Lalith Mendis, (Formerly) Head of Department of Pharmacology, Faculty of Medicine, University of Kelaniya, Sri Lanka

Alcohol use

Prof Diyanath Samarasinghe, Consultant Psychiatrist, Sri Lanka

The SLMA Debate: The death penalty should be imposed for drug-trafficking

Moderators: Dr Sarath Gamini de Silva, Prof Ravindra Fernando

Proposing Team

Dr. Kushlani Jayathilleke (Leader)

Mr. Indika Udana Wijeratne

Dr. Sameera Gunawardena

Opposing Team

Dr. Harischandra Gambeera (Leader)

Dr. Clifford Perera

Mr. Saliya Pieris PC

## PARALLEL SESSIONS

### Seminar 5

#### Meditation

Prof Sarath Gunatilake, Professor, Health Science Department, California State University, Long Beach California, Diplomate American Board of Occupational Medicine, USA

### Seminar 6

#### CPD Points: The way forward

SLMA CPD Committee, Ceylon College of Physicians, College of Surgeons of Sri Lanka, Sri Lanka College of Obstetricians and Gynaecologists, Sri Lanka College of Paediatricians, College of Anaesthetists of Sri Lanka, Government Medical Officers' Association and Association of Medical Specialists

## PARALLEL SESSIONS DAY 3

### Free paper session 6: Psychiatry and Surgery

#### Public colloquium - Unplanned pregnancy: The continuing controversy

In collaboration with UNFPA, Population Services Lanka, and Sri Lanka College of Obstetricians and Gynaecologists

### Doctors' Concert (Grand Ballroom)

<b>Sunday 28<sup>th</sup> July 2019</b>
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### 2nd Master Class on Multi Organ Retrieval and Transplantation

In collaboration with the Organ Transplant Unit, Sri Jayewardenepura General Hospital, Department of Anatomy, Faculty of Medical Sciences, University of Sri Jayewardenepura and the College of Surgeons of Sri Lanka

Department of Anatomy, Faculty of Medical Sciences, University of Sri Jayewardenepura

Registration and morning tea

Introduction to multi organ retrieval and organ transplant

Liver and renal transplantation – Hands-on skills training

Lunch and round table discussion

Heart transplantation, pneumonectomy and thoracic transplantation -

Hands on skills training

Discussion and certificates

Resource Persons:

Dr Niroshan

# 132<sup>nd</sup> Anniversary International Medical Congress of the Sri Lanka Medical Association

## Programme at a Glance

Pre-Congress Workshops			
Thursday 27 <sup>th</sup> & Friday 28 <sup>th</sup> June 2019			
Workshop 1	8.30 am - 3.00 pm	Third Annual Workshop on Wound Care ( <b>Concluded</b> )	CSSL Auditorium
Monday 22 <sup>nd</sup> July 2019			
Workshop 2	9.00 am - 1.00 pm	Public and Patient Involvement and Engagement (PPIE) in Health and Social Care: Its Role and Relevance in the Research and Implementation Process - Workshop II <i>In collaboration with Institute of Research and Development</i>	ClinMARC, 3 <sup>rd</sup> floor Lecture Hall, NHSL
Monday 22 <sup>nd</sup> and Tuesday 23 <sup>rd</sup> July 2019			
Workshop 3	9.00 am - 4.00 pm	Communication skills workshop <i>SLMA Core Group for Communication Skills</i>	Lionel Memorial Auditorium, SLMA
Tuesday 23 <sup>rd</sup> July 2019			
Workshop 4	9.00 am - 1.00 pm	Introduction to Medical Research: From Proposal to Paper <i>By Prof A. Pathmeswaran</i>	ClinMARC, 3 <sup>rd</sup> floor Lecture Hall, NHSL
Wednesday 24 <sup>th</sup> July 2019			
Seminar 1	9.00 am - 11.00 am	1. Lung Disease 2. A Simplified Approach to the Early Diagnosis and Treatment of Anterior Mediastinal Masses <i>In collaboration with Sri Lanka College of Pulmonologists</i>	Hall B, Galadari Hotel
Seminar 2	11.30 am - 01.00 pm		
Workshop 5	9.00 am - 01.00 pm	Evidence-Based Medicine for Busy Clinicians <i>By Prof Kumara Mendis and the EBM Team</i>	Hall D, Galadari Hotel
Wednesday 24 <sup>th</sup> July 2019 6.00 pm onwards		Inauguration of the 132 <sup>nd</sup> Anniversary International Medical Congress & SLMA Oration Strategies to reduce the use of cytotoxic therapy in childhood nephrotic syndrome Prof. Asiri Abeygunawardena Galadari Hotel, Colombo	

Thursday, 25 <sup>th</sup> July 2019				
8.00 am – 8.30 am	Registration			
8.30 am - 9.00 am	Keynote Address: OneHealth: the way forward (Plenary 1) Prof. Malik Pieris			
9.00 am - 9.30 am	Plenary 2 Primary health care reforms: Some economic perspectives Dr Ajay Tandon			
	Hall A: Health and Disease in the Tropics	Hall B: Preparing for the Future	Hall D & E	
9.30 am - 10.45 am	Symposium 1 Sepsis Dr Ganaka Senaratne The golden hour Dr Kushlani Jayatilleke Microbiological aspects Dr Maheshi Ramasamy New antibiotics	Symposium 2 New Technology in Medicine Dr Shehan De Silva Nanotechnology Dr Niroshan Seneviratne Laser Prof Enrico Coeira Artificial intelligence	Free Papers Hall D: Oral Presentations Hall E: Poster Presentations	
10.45 am - 11.15 am	Tea			
	Hall A	Hall B	Hall C	Hall D & E
11.15 am - 12.30 pm	Symposium 3 Nutrition in the Tropics Dr Anuruddha Padeniya Food safety Dr Renuka Jayatissa Vitamin D Prof Anuja Premawardena Anaemia in pregnancy	Symposium 4 Primary Care: The Challenge of Multi-Morbidity Prof Jenny Reath Primary care scene Prof Saroj Jayasinghe Physician’s view Prof Tim Ushawood Biopsychosocial aspects	Master Class Headache Prof Tissa Wijeratne Clinical pearls Nadie Ratnayake Chronic migraine, analgesic headache Dr Lauren Sanders Neurostimulation Prof Dawn Buse Non-pharmacological issues	Free Papers Hall D: Oral Presentations Hall E: Poster Presentations
12.30 pm - 01.45 pm	Symposium 5 Dermatology in the Tropics Prof Jayamini Seneviratne Slide show Dr Prasad Kumarasinghe Hot topics Dr India Kahawita Cutaneous leishmaniasis	Symposium 6 Measuring Human Capital Development: Global and Regional Perspectives Dr Harsha Aturupane Educational attainments Dr Deepika Attygalle Health perspectives Dr Hideki Higashi Public investment in nutrition	Prof Tissa Wijeratne Disability and National Migraine Foundation	
1.45 pm - 02.45 pm	Lunch			
2.45 pm - 03.45 pm	Plenary 3: Radiology as a diagnostic tool in cancer Dr. Shantanu Sen			
	Plenary 4: Keeping Sri Lanka malaria-free Prof. Kamini Mendis			



	Hall A	Hall B	Hall C	Hall D & E
3.45 pm - 05.00 pm	<b>Symposium 7</b> <b>Tropical Infections</b> Prof Malik Pieris <b>Emerging viruses</b> Prof Neelika Malavige <b>Immunology of dengue</b> Dr Maheshi Ramasamy <b>Vaccines for the tropics</b>	<b>Symposium 8</b> <b>New Diagnostics</b> Dr Ranmith Perera <b>Histopathology</b> Dr Priyanthi Kumarasinghe <b>Endoscopic biopsies</b> Dr Rohitha Jayamaha <b>Point-of-care ultrasound</b>	<b>Seminar 3</b> <b>Medicines Registration in Sri Lanka: Lessons Learned and the Journey Continues</b> <b>Dr. Krisantha Weerasuriya</b>	<b>Free Papers</b> Hall D: Oral Presentations Hall E: Poster Presentations
5.00 pm - 05.15 pm	Tea			
5.15 pm - 06.00 pm	<b>Dr. S. C Paul Memorial Oration</b> <b>Haematopoietic stem cell transplantation: The Sri Lankan experience</b> <b>Dr. Lallindra Gooneratne</b>			

Friday, 26 <sup>th</sup> July 2019				
8.30 am - 9.30 am	<b>Plenary 5: Changing paradigm in myeloma treatment in Sri Lanka</b> <b>Dr. Prasad Abeysinghe</b>			
	<b>Plenary 6: Food allergy and anaphylaxis</b> <b>Prof. Suranjith Seneviratne</b>			
	<b>Hall A: Chronic/Non-communicable Disease</b>	<b>Hall B: Cancer</b>	<b>Hall D &amp; E</b>	
9.30 am - 10.45 am	<b>Symposium 9</b> <b>Atherosclerotic Vascular Disease</b> Dr Thurul Attygalle <b>Early management of stroke</b> Prof Nirmala Wijekoon <b>Newer antiplatelets in ACS</b> Dr Naomali Amarasena <b>The statin controversy</b>	<b>Symposium 10</b> <b>New Diagnostics in Cancer</b> Dr Ketan Shah <b>Frontiers</b> Dr Priyanthi Kumarasinghe <b>GI pathology and personalised medicine</b> Dr Senani Williams <b>Haematological malignancies</b>	<b>Free Papers</b> Hall D: Oral Presentations Hall E: Poster Presentations	
10.45 am - 11.15 am	Tea			
	<b>Hall A:</b>	<b>Hall B</b>	<b>Hall C</b>	<b>Hall D &amp; E</b>
11.15 am - 12.30 pm	<b>Symposium 11</b> <b>Chronic Kidney Disease</b> Dr Thilanga Ruwanpathirana <b>CKDu in SL</b> Dr Vindya Gunasekara <b>Children with CKD</b> Dr Chula Herath <b>Meeting the kidney transplant challenge</b>	<b>Symposium 12</b> <b>New Therapies in Cancer</b> Dr Dishan Herath <b>Immunotherapy of lung cancer</b> Dr Ketan Shah <b>Radiotherapy</b> Dr Lallindra Gooneratne <b>Stem cell transplants for cancers</b>	<b>Seminar 4</b> <b>Saving Brain: Stroke Medicine Symposium</b> Prof Samath Dharmaratne <b>Epidemiology in SL</b> Dr Lauren Sanders <b>Simulation training</b> Prof Tissa Wijeratne <b>Acute reperfusion therapy</b>	<b>Free Papers</b> Hall D: Oral Presentations Hall E: Poster Presentations
12.30 pm - 01.45 pm	<b>Symposium 13</b>	<b>Symposium 14</b>		

	<b>Obesity</b> Dr Uditha Bulugahapitiya <b>Advances</b> Dr Thejana Wijeratne <b>Bariatric surgery</b> Dr Yasas Abeywickrama <b>Post-weight loss surgery</b> Prof Pujitha Wickramasinghe <b>Childhood obesity</b>	<b>Controversies in Screening and Preventing Cancer</b> Dr Thanya Pathirana <b>Cancer overdiagnosis</b> Dr Samitha Ginige <b>HPV vaccine</b> Dr Anuruddha Abeysinghe <b>Prostate cancer screening</b>	Dr Charitha Perera <b>Subacute stroke care</b> Dr Darshana Sirisena <b>Update on Sri Lanka</b> Dr Deena Ebaid and Prof Tissa Wijeratne <b>Systems neuroscience</b>	
1.45 pm - 02.45 pm	<b>Lunch</b>			
2.45 pm - 03.45 pm	<b>Plenary 7: Glyphosate, carcinoma and CKDu</b> <b>Dr. Sarath Gunathilake</b>			
3.15 pm - 04.45 pm	<b>Professor. N. D. W Lionel Memorial Oration</b> <b>Molecular genetic determinants of sporadic breast cancer in Sri Lankan post-menopausal women</b> <b>Dr. Nirmala D Sirisena</b>			
	<b>Dr. S. Ramachandran Memorial Oration</b> <b>Diagnosis of tropical infections: beyond the borders</b> <b>Dr. Kosala G. A. D Weerakoon</b>			
4.45 pm - 05.00 pm	<b>Tea</b>			

Saturday, 27 <sup>th</sup> July 2019				
8.15 am - 9.30 am	<b>Plenary 8: Tobacco industry interference in health, financial and social policies</b> <b>Dr. Mahesh Rajasuriya</b>			
	<b>Plenary 9: Patient safety: current trends</b> <b>Dr. Padmini Ranasinghe</b>			
	<b>Hall A: Reproductive Health</b>	<b>Hall B: Behaviour and Medicine</b>	<b>Hall C</b>	<b>Hall D &amp; E</b>
9.30 am - 10.45 am	<b>Symposium 15</b> <b>The stagnant MCH indices: the way forward</b> Dr Razia Pendse <b>A critical look</b> Prof Hemantha Senanayake <b>Obstetrician's view</b> Prof Chandrika Wijeyaratne <b>Physician's view</b> Prof Sujeewa Amarasekera <b>Child care</b>	<b>Symposium 16</b> <b>The Challenge of Tobacco, Alcohol and Substance Abuse</b> Dr Sajeewa Ranaweera <b>Determinants of abuse</b> Dr Jayamal de Silva <b>Protecting the young</b> Dr Chathurie Suraweera <b>Party drugs</b>	<b>Seminar 5</b> <b>Meditation</b> <b>Prof Sarath Gunatillake</b>	<b>Free Papers</b> Hall D: Oral Presentations
10.45 am - 11.15 am	<b>Tea</b>			
	<b>Hall A</b>	<b>Hall B</b>	<b>Hall C</b>	<b>Hall D &amp; E</b>
11.15 am - 12.30 pm	<b>Symposium 17</b>	<b>Symposium 18</b>	<b>Seminar 6</b>	<b>Free Papers</b>

	<b>Perinatal Medicine</b> Dr Tiran Dias <b>Prenatal testing</b> Dr Surantha Perera <b>Perinatal care</b> Dr Kapila Jayaratne <b>IMR trends</b>	<b>Accidents: The Epidemic Taken-for-Granted</b> Dr Samitha Sirithunge <b>National surveillance</b> Dr Achala Jayathilleke <b>Road traffic crashes</b> Clifford Perera <b>Medico-legal aspects</b>	<b>CPD Points: The Way Forward</b>	Hall D: Oral Presentations
12.30 pm - 01.45 pm	<b>Symposium 19</b> <b>Subfertility</b> Dr Chaminda Hunukumbura <b>Impact of ageing</b> Dr Milhan Batcha <b>Fertility preservation</b> Prof Athula Kaluarachchi <b>Regulating assisted reproduction</b>	<b>Symposium 20</b> <b>Promoting Good Health Lifestyle</b> Dr Ranil Jayawardene <b>Food labels</b> Dr Gayani Gamage <b>Exercise</b> Dr Sarath Gunatilake <b>Meditation</b>		
1.45 pm - 02.45 pm	<b>Lunch</b>			
	<b>Hall A</b>	<b>Hall B</b>	<b>Hall C</b>	<b>Hall D &amp; E</b>
2.45 pm - 04.00 pm	<b>Symposium 21</b> <b>Sexuality Revisited</b> Dr Lasantha Malavige <b>Midlife and beyond</b> Prof TSS Rao <b>Pornography</b> Dr Sujatha Samarakoon <b>Sexually transmitted infections</b>	<b>Symposium 22</b> <b>Changing Unhealthy Behavior</b> Prof Shehan Williams <b>Stress in daily life</b> Dr Lalith Mendis <b>Social media addiction</b> Prof Diyanath Samarasinghe <b>Alcohol use</b>	<b>Seminar 6</b> <b>CPD Points: The Way Forward</b>	<b>Free Papers</b> Hall D: Oral Presentations
4.00 pm - 05.00 pm	<b>The SLMA Debate</b> <b>The death penalty should be imposed for drug-trafficking</b>			
5.00 pm - 05.30 pm	<b>Tea</b>			
7.00 pm onwards	<b>Doctors' Concert</b>			
12.30 pm - 04.00 pm	<b>Anthurium Hall</b>	<b>Public Colloquium: Unplanned Pregnancy: The Continuing Controversy</b> <b>In collaboration with UN Population Fund</b>		

<b>Post-Congress Workshops</b>			
<b>Monday 28<sup>th</sup> July 2019</b>			
Workshop 6	8.30 am – 16.30 pm	<b>Surgical Anatomy and Operative Surgery Hands-on Skills Surgical Course on Organ Transplantation</b> In collaboration with Organ Transplant Unit of Sri Jayewardenepura General Hospital and Department of Anatomy of University of Sri Jayewardenepura	Department of Anatomy, Faculty of Medical Sciences, University of Sri Jayewardenepura, Gangodawila, Nugegoda.

## OVERSEAS RESOURCE PERSONS

Prof Dawn Buse  
Prof Sarath Gunatilake  
Dr Priyanthi Kumarasinghe  
Dr Ranmith Perera  
Dr Maheshi Ramasamy  
Dr Lauren Sanders  
Dr Ketan Shah  
Prof Tissa Wijeratne

Prof Enrico Coeira  
Dr Dishan Herath  
Dr Thanya Pathirana  
Prof Malik Peiris  
Prof TSS Rao  
Dr Santanu Sen  
Dr Ajay Tandon

Dr Deena Ebaid  
Prof Prasad Kumarasinghe  
Dr Charitha Perera  
Dr Padmini Ranasinghe  
Prof Jennifer Reath  
Prof Suranjith Seneviratne  
Prof Tim Usherwood

## RESOURCE PERSONS FROM SRI LANKA

Dr Anuruddha Abeygunasekera  
Dr Naomali Amarasena  
Dr Thurul Attygalle  
Dr Uditha Bulugahapitiya  
Prof Samath Dharmaratne  
Dr Samitha Ginige  
Dr Chula Herath  
Dr Rohitha Jayamaha  
Dr Achala Jayatilleke  
Dr Ranil Jayawardene  
Prof Neelika Malavige  
Dr Lalith Mendis  
Dr Clifford Perera  
Dr Mahesh Rajasuriya  
Dr Thilanga Ruwanpathirana  
Prof Hemantha Senanayake  
Dr Niroshan Seneviratne  
Dr Chathurie Suraweera  
Prof Chandrika Wijeyaratne  
Prof Shehan Williams

Dr Prasad Abeysinghe  
Prof Sujeewa Amarasena  
Dr Harsha Aturupane  
Dr Jayamal De Silva  
Prof Tiran Dias  
Dr Lallindra Gooneratne  
Dr Hideki Higashi  
Dr Kapila Jayaratne  
Dr Kushlani Jayatilleke  
Dr Indira Kahawita  
Dr Lasantha Malavige  
Dr Anuruddha Padeniya  
Dr Surantha Perera  
Dr Sajeewa Ranaweera  
Dr Sujatha Samarakoon  
Dr Ganaka Senaratne  
Dr Darshana Sirisena  
Prof Pujitha Wickramasinghe  
Dr Thejana Wijeratne

Dr Yasas Abeywickrama  
Dr Deepika Attygalle  
Dr Milhan Batcha  
Dr Shehan De Silva  
Dr Gayani Gamage  
Dr Vindya Gunasekara  
Dr Chaminda Hunukumbure  
Prof Saroj Jayasinghe  
Dr Renuka Jayatissa  
Prof Athula Kaluarachchi  
Prof Kamini Mendis  
Dr Razia Pendse  
Prof Anuja Premawardena  
Dr Nadie Rathnayake  
Prof Diyanath Samarasinghe  
Prof Jayamini Seneviratne  
Dr Samitha Siritunga  
Prof Nirmla Wijekoon  
Dr Senani Williams

## Annexure 2: Programmes of Monthly Clinical Meetings

### Tuesday 16<sup>th</sup> January 2019

THE PALLIATIVE & END OF LIFE CARE TASK FORCE OF THE SLM  
A IN COLLABORATION WITH THE SRI LANKA COLLEGE OF PAEDIATRICIANS

#### **A Case Scenario Oriented Discussion on Paediatric Palliative Care**

Dr. Amanda Fernando, Palliative Care Staff Specialist  
St. Joseph's Hospital, Auburn, NSW, Australia

Dr. K W D A Anuradha, Senior Registrar in Paediatric Respiratory Medicine  
Professorial Paediatric Unit, Lady Ridgeway Hospital for Children, Colombo

### Tuesday 20<sup>th</sup> February 2019

IN COLLABORATION WITH THE SRI LANKA COLLEGE OF HAEMATOLOGISTS

#### **Enigma of eosinophil related disorders**

Dr. Thusitha Kumarasiri, Senior Registrar, Clinical Haematology  
Dr. Sujeewa Athapaththu, Senior Registrar, Clinical Haematology

**Tuesday 19<sup>th</sup> March 2019**

IN COLLABORATION WITH THE COLLEGE OF ANAESTHESIOLOGISTS & INTENSIVISTS SRI LANKA

**Blood gas analysis (Lecture)**

Dr Asoka Gunaratne, Consultant Anaesthetist, Colombo South Teaching Hospital, Kalubowila

**Blood gas analysis (Clinical Scenarios)**

Dr Nuwan Ranawaka, Consultant Intensivist, National Hospital of Sri Lanka

**Tuesday 21<sup>st</sup> May 2019**

IN COLLABORATION WITH THE CEYLON COLLEGE OF PHYSICIANS

**A middle aged woman with shortness of breath: A rare cause of dyspnea**

Dr Namal Wijesinghe, Senior Lecturer in Medicine, General Sir John Kotelawala Defence University  
Dr Dumitha Govindapala, Senior Lecturer in Medicine, General Sir John Kotelawala Defence University  
Dr. Priyamali Jayasekera, Senior Lecturer in Medicine, General Sir John Kotelawala Defence University  
Dr. Nipun de Silva, Lecturer in Medicine, General Sir John Kotelawala Defence University

**Tuesday 18th June 2019**

IN COLLABORATION WITH THE SRI JAYAWARNENAPURA GENERAL HOSPITAL CLINICAL SOCIETY

**Challenges in Renal Transplantation**

Dr. N. Seneviratne, Consultant Urologist & Transplantation Surgeon, Sri Jayawardenapura General Hospital  
Dr. C. Galahitiyawa, Consultant Nephrologist, Sri Jayawardenapura General Hospital

**Tuesday 20<sup>th</sup> August 2019**

IN COLLABORATION WITH THE COLLEGE OF OPHTHALMOLOGISTS OF SRI LANKA

**SYSTEMIC DISEASE AND THE EYE**

Case Presentation

Dr. D. P. S. T. D. Paranehewa, Senior Registrar, National Eye Hospital, Colombo

Review Lecture - Related to cases

Dr. Ranmini Seneviratne, Consultant Eye Surgeon, Base Hospital, Panadura

MCQ

Dr. Deepanee Wewalwala, Consultant Eye Surgeon, National Eye Hospital, Colombo

Picture Quiz

Dr. S. K. G. Surendra Kurera, Senior Registrar, National Eye Hospital, Colombo.

Discussion

Dr. Ranmini Seneviratne, Dr. Deepanee Wewalwala,

Dr. D. P. S. T. D. Paranehewa, Dr. S. K. G. Surendra Kurera

**Tuesday 03<sup>rd</sup> September 2019**

IN COLLABORATION WITH THE FAIRMED FOUNDATION

Case Presentation

Chlorine gas inhalation causing Acute Respiratory Distress Syndrome (ARDS) in a child successfully salvaged using Extracorporeal Membrane Oxygenation (ECMO)

Dr. Kapilani Withanarachchi, MD Consultant Paediatrician- Neonatal Intensive Care Unit, Teaching Hospital, Karapitiya, Galle

Review Lecture

ECMO (Extracorporeal Membrane Oxygenation) – the Evidence

Dr. Tolusha Harischandra, MS, MPhil Consultant Cardiothoracic Surgeon- Cardiothoracic Unit Teaching Hospital, Karapitiya, Galle

Discussion

**Tuesday 17<sup>th</sup> September 2019**

IN COLLABORATION WITH THE FAIRMED FOUNDATION

**Pathophysiological approach for management of cardiac disease complicating pregnancy**

**Case Presentation**

Dr. S. Madugalle, Registrar, Professorial Unit, De Soysa Hospital for Women

**Discussion**

Dr. A. K. Probhodana Ranaweera, Honorary Consultant of Obstetrician & Gynaecologist, De Soysa Hospital for Women, Senior Lecturer, Faculty of Medicine, University of Colombo

**MCQs**

Dr. Rashanthi Perera, Senior Registrar, Professorial Unit, De Soysa Hospital for Women

**Tuesday 15<sup>th</sup> October 2019**

IN COLLABORATION WITH THE PERINATAL SOCIETY OF SRI LANKA

**Tuberculosis -What is visible to our naked eye?**

**10 Multiple Choice Questions and Answers**

Dr. K. Anushan, Senior Registrar in Dermatology, Colombo North Teaching Hospital, Ragama

**Slide Presentation on Cutaneous Tuberculosis**

Dr. Amila Wickramasinghe, Senior Registrar in Dermatology, Colombo North Teaching Hospital, Ragama

**Discussion**

Dr. Ahamed Uwyse, Consultant Dermatologist, Colombo North Teaching Hospital, Ragama

**Tuesday 19<sup>th</sup> November 2019**

IN COLLABORATION WITH THE SRI LANKS COLLEGE OF PSYCHIATRISTS

**Unraveling the tapestry of adolescent self-harm: An overview**

Dr. Dulangi Dahanayake, Senior Lecturer in Psychiatry and Consultant Child & Adolescent Psychiatrist, Faculty of Medicine, Colombo

Dr. Samindi Samarawickrama, Senior Registrar in Child & Adolescent Psychiatry, Lady Ridgeway Hospital for Children, Colombo

**Annexure 3: Programmes of Regional Meetings**

**JOINT ACADEMIC SESSIONS WITH THE FACULTY OF MEDICINE - KOTELAWALA DEFENCE UNIVERSITY**

*21st February 2019 at the Auditorium, Auditorium- University Hospital, KDU, Werahara*

Registration

National anthem

Lighting of the lamp of learning

Welcome speech by KDU

Prof. M.H.J. Ariyaratne

Dean, Faculty of Medicine, KDU

Welcome speech by SLMA

Dr. Anula Wijesundere

President, SLMA

Chairpersons: Dr. Anula Wijesundere (President, SLMA), Gp.Cpt.(Dr.) Namal Wijesinghe (HOD, Medicine)

Introduction to palliative care & palliative care initiatives in Sri Lanka

Dr Suraj Perera

Consultant Community Physician

NCCP

Patient communication in palliative care in an oncological setting

Dr. Jayantha Balawardana, Senior Consultant Oncologist, Faculty of Medicine, KDU

Palliative care in non oncological setting

Dr. Udayangani Ramadasa, Consultant Physician, Teaching Hospital, Ratnapura

Chairpersons: Dr. Suraj Perera (Consultant Community Physician, NCCP) , Dr. Asela Senanayake (Consultant Oncological Surgeon)  
Symptom management in palliative care  
Dr. Sachini Rasnayake, Consultant Oncologist, Senior Lecturer, Faculty of Medicine, KDU  
Management of palliative care emergencies  
Dr. Priyamali Jayasekera, Consultant Physician, Senior Lecturer, Faculty of Medicine, KDU  
Dr. Ranga Perera, Consultant Oncosurgeon, Senior Lecturer, Faculty of Medicine, KDU  
End of life care & Ethical consideration  
Dr. Dilhar Samaraweera, Consultant Physician, CSTDH  
Vote of thanks  
Dr. Thathya de Silva, Assistant secretary, SLMA

#### **JOINT CLINICAL MEETING WITH THE BASE HOSPITAL HOMAGAMA**

*27<sup>th</sup> February 2019 at the Hospital Auditorium, BH Homagama*

Registration  
National Anthem  
Lighting of the Lamp of Learning  
Welcome Speech  
Dr. R. Prathapan, President, Clinical Society, BH Homagama  
Welcome Speech by SLMA  
Dr. Anula Wijesundere, President, SLMA  
Speech by Medical Superintendent  
Dr. Subhashini Panduwawala, Medical Superintendent, BH Homagama  
Chairpersons: Dr. Anula Wijesundere (President, SLMA)  
Dr. Dhammika Wickramasekera (Consultant Surgeon, BH Homagama)  
An Approach to Resistant Hypertension  
Dr. Thusith Goonewardene, Consultant Physician, BH Homagama  
Kawasaki Disease in Children  
Dr. Wasantha Vithana, Consultant Paediatrician, BH Homagama  
Management of Acute Abdominal Pain  
Dr. Arunajith Pieris, Consultant Surgeon, BH Homagama  
Tea with Cultural Event  
Chairpersons: Dr. Kumari Senaratne (Consultant Physician, BH Homagama)  
Dr. Indira Kahawita (Consultant Dermatologist, BH Homagama)  
Malaria in Sri Lanka - The Polonnaruwa Experience  
Dr. Anula Wijesundere, Consultant Physician, President SLMA  
Prevention of Re-introduction of Malaria to Sri Lanka  
Dr. Devani Ranaweera, Consultant Community Physician  
Anti-Malaria Campaign  
Vote of thanks  
Dr. Piyumi Senanayake, Secretary, Clinical Society, BH Homagama  
Lunch

#### **JOINT CME PROGRAMME WITH THE ASIRI GROUP OF HOSPITALS**

*3<sup>rd</sup> May 2019 at the Auditorium, Asiri Surgical Hospital*

Registration  
National Anthem  
Lighting of the Lamp of Learning  
Welcome Speech  
Dr. Anil Perera, Clinical Director, Asiri Surgical Hospital  
Welcome Speech by SLMA  
Dr. Anula Wijesundere  
President, SLMA  
Session 01  
Basics of Communication with a patient  
Demonstration of history taking  
Experiential learning of history taking with simulated patients  
(Group activity)  
Prof. R. M. Mudiyanse, Department of Paediatrics, Faculty of Medicine, University of Peradeniya  
& Goathamini Kawshalya Free-lance Counsellor & Ms. Ramya Ekanayake Demonstrator Faculty of Allied Health Science, University of Peradeniya

Tea  
 Session 02  
 Lecture demonstration giving information  
 Dr. Krishnapradeep, Consultant Paediatrician, Sirimavo Bandaranayake Children Hospital, Peradeniya  
 Experiential learning giving information (Group activity)  
 Ms. Anuradha Ratnayaka, Lecturer, Faculty of Allied Health Sciences, University of Peradeniya  
 Lecture demonstration breaking bad news  
 Dr. Surantha Perera, Consultant Paediatrician, DMH  
 Experiential learning breaking bad news with simulated patients (Group activity)  
 Prof. R.M. Mudiyanse & Ms. Gothami Kaushalya  
 Vote of thanks  
 Dr. Champika Bogahawatta, Medical Director, Asiri Surgical Hospital  
 Lunch

**JOINT CLINICAL SOCIETY, TEACHING HOSPITAL, KULIYAPITIYA**  
**27th May 2019 at the Hospital Auditorium, TH Kuliyaipitiya**

Registration  
 National Anthem  
 Lighting of the Lamp of Learning  
 Welcome Speech  
 Dr. W.A.C.P. Werawatta, Director, TH Kuliyaipitiya  
 Welcome Speech by SLMA  
 Dr. Anula Wijesundere, President, SLMA  
 Chairpersons: Dr. Anula Wijesundere (President, SLMA)  
 Dr. Mahinda Jayakody, Consultant Physician, TH Kuliyaipitiya  
 Common dermatological problems in general practice  
 Dr. Hiran Gunasekara, Consultant Dermatologist, TH Kuliyaipitiya  
 Menstrual irregularities  
 Dr. Peshala Dangalla, Consultant Gynaecologist & Obstetrician, TH Kuliyaipitiya  
 Commonly encountered OMF problems  
 Dr. Kamila Wijayalathge, Consultant OMF Surgeon, TH Kuliyaipitiya  
 Tea  
 Chairpersons: Dr. Ashmo Ranasinghe (Consultant Surgeon, TH Kuliyaipitiya)  
 Dr. Hiran Gunasekara (Consultant Dermatologist, TH Kuliyaipitiya)  
 Management of pain in Chronic Pancreatitis – by whom, when and how?  
 Prof. Mohan de Silva, Emeritus Professor of Surgery  
 Healthy ageing- adding life to years  
 Dr. Anula Wijesundere, Consultant Physician, President SLMA  
 Discipline, punishment and abuse of children  
 Dr. Ruwanthi Perera, Consultant Paediatrician,  
 Senior Lecturer, Department of Paediatrics Faculty of Medical Sciences, USJP  
 Vote of thanks  
 Dr. Kumudu Dayananda, Secretary, Clinical Society, TH Kuliyaipitiya  
 Lunch

**JOINT CLINICAL MEETING WITH THE BASE HOSPITAL, HORANA**  
**4<sup>th</sup> June 2019 at the Hospital Auditorium, BH Horana**

Registration  
 National Anthem  
 Lighting of the Lamp of Learning  
 Welcome Speech  
 Dr. Tamara Kalubowila, Medical Superintendent, BH Horana  
 Welcome Speech by SLMA  
 Dr. Anula Wijesundere, President, SLMA  
 Chairpersons: Dr. Anula Wijesundere (President, SLMA)  
 Dr. Priyantha Jayalath (Consultant Physician, BH Homagama)  
 Sample collection and transport for microbiological investigations  
 Dr. U.V. Sooriyar, Consultant Microbiologist, BH Horana  
 Influenza  
 Dr. Kumuduni Cooray, Consultant Paediatrician, BH Horana



Typhus

Dr. Pahan Wijethunga, Consultant Physician, BH Horana

Tea

Chairpersons: Dr. Pahan Wijethunga (Consultant Physician, BH Horana)

Dr. Kumuduni Cooray (Consultant Paediatrician, BH Horana)

Malaria in Sri Lanka - The Polonnaruwa Experience

Dr. Anula Wijesundere, Consultant Physician, President SLMA

Can we forget Malaria?

Dr. H.D.B. Herath, Director, Anti-Malaria Campaign

Vote of thanks

Dr. Kumuduni Cooray, Consultant Paediatrician and Coordinator of the Clinical Society, BH Horana

Lunch

## **JOINT CLINICAL MEETING WITH THE GENERAL HOSPITAL MATARA**

*12<sup>th</sup> July 2019 at the Auditorium, General Hospital, Matara*

### **Speakers**

Can we forget malaria?

Dr. Muzrif Munas

Management of severe and complicated malaria

Dr. Anula Wijesundere

Use of stem cell transplantation in haematological malignancies

Dr. Buddhika Somawardena

## **JOINT CLINICAL MEETING WITH THE DGH VAVUNIYA**

*30<sup>th</sup> July 2019 at the Hospital Auditorium, DGH Vavuniya*

Registration

National Anthem

Lighting of the Lamp of Learning

Welcome Speech

Dr. Damith Nandadeva, Consultant Respiratory Physician, DGH Vavuniya

Welcome Speech by SLMA

Dr. Anula Wijesundere, President, SLMA

Chairpersons: Dr. Anula Wijesundere (President, SLMA)

Dr. Shanika Vithana (Consultant Haematologist, DGH Vavuniya)

Sodium Disorders

Dr. Brammah Thangarajah, Consultant Nephrologist, DGH Vavuniya

Management of Cervical lymphadenopathy

Dr. K. Jayanthan, Consultant Surgeon, DGH Vavuniya

Effect of non thyroidal drugs on Thyroid

Dr. Maheshi Amarawardhana, Consultant Endocrinologist, DGH Vavuniya

Tea

Chairpersons: Dr. Lalindra Weerasena (Consultant Obstetrician & Gynaecologist, DGH Vavuniya)

Dr. Indika Karunasena (Consultant Transfusion Medicine, DGH Vavuniya)

Update on Parathyroid disease

Prof. Ranil Fernando, Senior Professor in Surgery, Department of Surgery, Faculty of Medicine, University of Kelaniya

Violence against Children

Prof. Asvini Fernando, Professor in Paediatrics, Department of Paediatrics, Faculty of Medicine, University of Kelaniya

Could Sri Lanka reduce its Maternal Mortality Rate to less than 10 by 2030?

Dr. Ajita Wijesundere, Consultant Obstetrician and Gynaecologist,

Vote of thanks

Dr. Brammah Thangarajah, Consultant Nephrologist, DGH Vavuniya

Lunch

## **CLINICAL SOCIETY, DGH POLONNARUWA**

*31<sup>st</sup> July 2019 at the Maithripala Sirisena Auditorium, DGH Polonnaruwa*

National Anthem  
Lighting of oil lamp  
Welcome Speech  
Dr. Sampath Indika Kumara, Director, DGH Polonnaruwa  
Welcome Speech by SLMA  
Dr. Anula Wijesundere, President, SLMA  
Chairpersons: Dr. Anula Wijesundere (President, SLMA)  
Dr. Ishan Jayasooriya (Consultant Genitourinary Surgeon, DGH Polonnaruwa)  
Improving outcomes in Diabetic Kidney disease  
Dr. Dinith Galaboda, Consultant Nephrologist, DGH Polonnaruwa  
MBCT: Mindfulness Based Cognitive Therapy  
Dr. Ravindranath Kathriarachchi, Consultant Psychiatrist, DGH Polonnaruwa  
Recent advances in Hypertension management  
Dr. Ponnuthurai Sudarshan, Consultant Physician, DGH Polonnaruwa  
Tea  
Chairpersons: Dr. Samantha Chandrarathna (Consultant Paediatrician, DGH Polonnaruwa)  
Dr. Niroda de Silva (Consultant Physician, DGH Polonnaruwa)  
Violence against Children  
Prof. Asvini Fernando, Professor in Paediatrics, Department of Paediatrics, Faculty of Medicine, University of Kelaniya  
Interesting Obstetrics experiences in Polonnaruwa in the 1980's  
Dr. Ajita Wijesundere, Consultant Obstetrician and Gynaecologist,  
Malaria-The Polonnaruwa experience in the 1980's  
Dr. Anula Wijesundere, Consultant Physician, President SLMA  
Some Surgical Experiences in Polonnaruwa in the 1980's  
Dr. Gamini Goonetilleke, Consultant Surgeon, Army Hospital, Narahenpita  
Vote of thanks  
Dr. Ushani Jayawardana, Secretary, Clinical Society, DGH Polonnaruwa  
Lunch

## **JOINT CLINICAL MEETING WITH THE TEACHING HOSPITAL, RATNAPURA**

*22<sup>nd</sup> August 2019 at the Hospital Auditorium, Teaching Hospital, Ratnapura*

Registration  
National Anthem  
Lighting of the Lamp of Learning  
Welcome Speech  
Dr. Udayangani Ramadasa, President, Clinical Society, TH Ratnapura  
Welcome Speech by SLMA  
Dr. Anula Wijesundere, President, SLMA  
Chairpersons: Dr. Anula Wijesundere, President, SLMA  
Dr. Chinthaka Hathlahawaththa, Consultant Cardiologist, TH Ratnapura  
Update on Lipids  
Dr. Z. Jamaldeen, Consultant Cardiologist, TH Ratnapura  
Diabetes and Eye  
Dr. Priyanga Iddawela, Consultant Eye Surgeon, TH Ratnapura  
Secondary factors & progression of Chronic Kidney Disease  
Dr. Jalitha Tinna Arachchi, Consultant Nephrologist, TH Ratnapura  
Tea  
Chairpersons: Dr. Lalith Abeywardana, Consultant Physician, TH Ratnapura  
Dr. Deepthi Vidyaratna, Consultant Haematologist, TH Ratnapura  
Care of the Elderly in General Practice  
Dr. Ruvaiz Haniffa, Consultant Family Physician, Head of the Family Medicine Unit, Faculty of Medicine, University of Colombo  
Update on Diabetes management  
Dr. Manilka Sumanatilleke, Consultant Endocrinologist, NHSL  
Haematopoietic stem cell transplantation: Clinical uses and perspectives in Haematological Malignancies  
Dr. Buddhika Somawardana, Consultant Haemato-Oncologist, Apeksha Hospital, Maharagama  
Vote of thanks  
Dr. Hasitha Wijewantha, Secretary Clinical Society, TH Ratnapura

## **JOINT CLINICAL MEETING WITH THE DGH NEGOMBO**

*27<sup>th</sup> November 2019 at the Hotel Olanro, Anderson Road, Negombo*

Registration  
National Anthem  
Lighting of the Lamp of Learning  
Welcome Speech  
Dr. E. Rajasegaram, President, Clinical Society, DGH Negombo  
Welcome Speech by SLMA  
Dr. Anula Wijesundere, President, SLMA  
Chairpersons: Dr. Deeptha Wickremaratna (Consultant Physician, DGH Negombo)  
Dr. Dilrukshee Thennakoon (Consultant Rheumatologist, DGH Negombo)  
Introduction to Palliative care  
Dr. Gamini Pathirana, Consultant Neurologist, NHSL  
Many faces of Urticaria  
Dr. Dhanushka Dasanayake, Consultant Immunologist, National Hospital, Kandy  
Introduction to Clinical Governance  
Dr. Anula Wijesundere, Consultant Physician & President, SLMA  
Chairpersons: Dr. Anula Wijesundere (President, SLMA)  
Dr. Ranjith Perera (Consultant Surgeon, DGH Negombo)  
Clinical Radiology for day to day practice  
Dr. W.A. Dileep Karunaratne, Consultant Radiologist, DGH Negombo  
Diabetes Mellitus clinical update  
Dr. Kavinga Gunawardana, Consultant Endocrinologist, DGH Negombo  
Dermatology Quiz  
Dr. Asanthi Gamage, Consultant Dermatologist, DGH Negombo  
Vote of thanks  
Dr. Gobith Ratnasingam, Secretary, Clinical Society, DGH Negombo

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

*28<sup>th</sup> November 2019 at the Sanaya Mension, Matara*

Registration  
Invitees take their seats  
Ceremonial procession  
National Anthem  
Lighting of traditional oil lamp  
Welcome address  
Dr. Gamini Rathnasiri, President, Ruhunu Clinical Society  
Address by the Guest of honour  
Prof. Aloka Pathirana, Professor in Surgery, Faculty of Medicine, University of Sri Jayawardanapura  
Address by the Chief Guest  
Dr. Anula Wijesundara, President, Sri Lanka Medical Association  
Vote of thanks  
Dr. Ganga Withana Pathirana, Secretary, Ruhunu Clinical Society  
Ceremonial procession leaves the hall  
Guest Lecture - 1  
Can We Prevent First Heart Attack  
Dr. Sanjeewa Rajapaksha, Consultant Cardiologist, Teaching Hospital, Ragama  
Guest Lecture - 2  
Adolescent Skin: Facing the Challenge  
Dr. Indira Kahawita, Consultant Dermatologist, Base Hospital, Homagama  
Guest Lecture - 3  
Introduction to Glaucoma  
Dr. Pradeep Narangoda, Consultant Eye Surgeon, District General Hospital - Matara  
Guest Lecture - 4  
Patients Rights and Ethics Issues  
Dr. Malik Fernando, Past President, Sri Lanka Medical Association  
Guest Lecture - 5  
Topic - Scope of cardiac surgery and  
Follow Up Aspects  
Dr. Kesava Dev, Consultant Cardiac Surgeon  
Free paper session – 1

Guest Lecture -6  
 Music Beyond the Entertainment  
 Dr. Prasanna Liyanage, Consultant Paediatrician, District General Hospital - Matara  
 Guest Lecture - 7  
 Haematopoietic Stem Cell  
 Transplantation: Clinical Uses and Perspectives in Haematological Malignancies  
 Dr. Buddhika Somawardana, Consultant Haemato-Oncologist, Apeksha Hospital - Maharagama  
 Guest Lecture - 8  
 Sexually Transmitted Infection  
 Diagnosis Treatment and Control  
 Dr. G. Weerasinghe, Consultant Venereologist, National STD/AIDS Control Programme  
 Tea & Free paper session – 2  
 Evening Session  
 Magic Show  
 Magician  
 Dr. Keerthi Weerawardana, Consultant Surgeon, District General Hospital, Matara  
 කහිතය ඇසුරින් ගිතය කියවීම  
 කහිතයෙහිදී මහින්ද ප්‍රසාද මස්තුඹුල  
 Award Ceremony  
 Vote of Thanks  
 Musical Extravaganza and Reception

## Inauguration E M Wijerama Endowment Lecture

Friday 25<sup>th</sup> October 2019

### INAGURATION

Arrival of Guests  
 Ceremonial Procession  
 National Anthem  
 Traditional Lighting of the Oil Lamp  
 Welcome Address by the President, SLMA  
 Dr. Anula Wijesundere  
 Address by the Chief Guest  
 Dr. Ruvaiz Haniffa, Immediate Past President, SLMA  
 Presentation of SLMA Research Prizes and  
 Awards 2019  
 Vote of Thanks  
 Dr. Kapila Jayaratne, Honorary Secretary, SLMA  
 E M Wijerama Endowment Lecture  
 "Reminiscences from a personal odyssey of a 50 year medical career: an opportunity to reflect"  
 Vidyajyothi Senior Prof. Rezvi Sheriff  
 MBBS, MD, FRCP, FRCPE, FCCP, FACP, FNASSL FIMA  
 Senior Professor of Medicine, Sir John Kotelawala Defence University, Emeritus Professor of  
 Medicine, University of Colombo  
 Past-President, SLMA  
 Reception

## **Annexure 4: Programmes of Symposia, Seminars and Workshops**

### **National Capacity Building Workshop on “Preterm Births”**

14<sup>th</sup> of January 2019 at 8.30 am at the Lionel Memorial Auditorium

*Organized by the Sri Lanka Medical Association in collaboration with Family Health Bureau (MoH), March of Dimes, Perinatal Society of Sri Lanka and UNICEF*

Registration  
Welcome address  
Dr. N Mapitigama, Director - FHB  
Opening Remarks  
Dr Anula Wijesundere, President – SLMA  
Dr. Surantha Perera, President – PSSL  
Unicef – Representative  
Dr. Anil Jasinghe – Director General of Health Services  
Setting the stage – Preterm Births as a high priority area in the country's health agenda  
Dr Kapila Jayaratne  
Current Service Delivery for babies born preterm  
Dr Nethmini Thenuwara  
Latest country situation of preterm births  
Dr Dimuth Peiris  
Prevention of preterm births -options available  
Dr Salimah Walani  
The Obstetrician's role in preterm births  
Prof Hemantha Senanayake  
INTERGROWTH-21st Preterm Postnatal Growth Standards  
Dr Amit Gupta  
Overall caring for the preterm baby  
Dr. Surantha Perera  
Q&A session and Discussion  
End of Workshop and Lunch

### **Symposium on “WHO CONVERT THE SAVIOR TO A KILLER?”**

28th February 2019 at 12.00 noon at the Lionel Memorial Auditorium

*Organized by the Expert Committee on Communicable Diseases of the SLMA*

Microbiome and Microbes”- How do you recognize bad ones from Good ones?  
Dr. Rohini Wadanamby, Consultant Microbiologist, Lanka Hospital, Colombo  
“When not to prescribe antibiotics”  
Dr. Mahen Kothalawala, Consultant Microbiologist, Teaching Hospital, Kandy  
Prebiotics/ Probiotics – How much should you know about your healthy diet every day, when sick and on antibiotics?  
Dr. Ranil Jayawardene, Clinical Nutritionist & Senior Lecturer, Department of Physiology, Faculty of Medicine, Colombo  
Discussion

### **Seminar on “World birth defects day”**

5th March 2019 at 10.00 am at the Lionel Memorial Auditorium

*Organized by the Sri Lanka Medical Association in collaboration with Family Health Bureau – Ministry of Health, Perinatal Society of Sri Lanka, Human Genetics Unit, Sri Lanka College of Paediatricians, Sri Lanka Association for Child Development and other non-governmental organizations*

5800 babies are born with a birth defect  
200 of them are born with a serious structural birth defect and suffer lifelong  
650 of them die before their first birth day

### **Seminar on “Overdiagnosis – Too Much Medicine”**

26th March 2019 at 12.00noon – 2.00 p.m.at the Lionel Memorial Auditorium

*Organized by the Sri Lanka Medical Association*

#### **Introduction**

Dr. Anula Wijesundere, President of SLMA  
What is OD/TMM and why bother?

Prof Kumara Mendis  
 Screening for disease: Preventing harm on harming the healthy?  
 Prof A Pathmeswaran  
 Mammography for breast cancer screening – The good, the bad and the ugly  
 Dr Kantha Samarawickrama  
 Overdiagnosis with CT coronary angiography and overtreatment with stents  
 Dr Neomali Amarasena  
 Diabetes and Hypertension Diagnosis: Should we lower the cutoff?  
 Dr Dulani Kottachchi  
 Has guidelines changed in the diagnosis and treatment of Influenza?  
 Dr Ananda Wijewickrama  
 Who doesn't have CKD?  
 Dr Udana Ratnapala  
 Q & A session  
 Summery and where to go from here?  
 Prof Kumara Mendis

#### **Seminar on “Consumer Awareness on Milk”**

27th March 2019 at 12.00 noon at the Lionel Memorial Auditorium

*Organized by the Expert Committee on Non-Communicable Diseases of the SLMA*

Quality assurance of milk products in Sri Lanka  
 Mrs. Dayani Yapa. BSc (Col), MSc (Food and Nutrition- SJP) Senior Deputy Director, Sri Lanka Standards Institute (SLSI)  
 Making Sri Lanka self-sufficient in milk  
 Mr. Ariyaseela Wickramanayake Chairman, Palawatte Dairy Industries  
 Former Chairman of State Engineering Corporation Sri Lanka  
 What the consumer should know regarding milk products  
 Dr. Damayanthi Perera, Nutrition Specialist, PhD Human Nutrition (University of London, UK), M Sc, BSc  
 Q & A session

#### **Symposium on “Soil-transmitted Helminth Infections in Sri Lanka: The Way Forward”**

3rd July 2019 at 12.00 noon at the Lionel Memorial Auditorium

*Organized by the Expert Committee on Communicable Diseases of the SLMA*

Latest epidemiology/Research data on STH  
 Professor Nilanthi de Silva, Senior Professor of Parasitology, Faculty of Medicine, University of Kelaniya  
 Laboratory Diagnosis of STH  
 Professor Kithsiri Gunawardene, Professor in Parasitology, Faculty of Medicine, University of Kelaniya  
 Revised guidelines of STH 2019 & Way forward from MoH  
 Dr. Hiranya Jayewickrema, Consultant Community Physician, Family Health Bureau Ministry of Health  
 Discussion

#### **Basics of Research Ethics**

4<sup>th</sup> of July 2019 at 9.00 am – 12.30 pm at the Lionel Memorial Auditorium

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

Registration  
 Welcome address  
 Dr. Anula Wijesundere, President, SLMA  
 Prof. Chandanie Wanigatunge, President, FERCSL  
 Principles of research ethics and their application  
 Prof. Chandanie Wanigatunge, President, FERCSL  
 Evaluating the protocol  
 Prof. Shalini Sri Ranganathan, Professor in Pharmacology, Faculty of Medicine, University of Colombo  
 Responsible conduct of research: vulnerability, COI, confidentiality, privacy  
 Dr. Manori Gamage, Senior Lecturer, Faculty of Medical Sciences, University of Sri Jayawardenepura

### **Symposium on “Control of Dengue in Sri Lanka: Are we on the correct path?”**

29th August 2019 at 12.00 noon

*Organized by the Expert Committee on Communicable Diseases of the SLMA*

Current dengue situation in Sri Lanka and strategies for the future  
Dr. Hasitha Tissera, Consultant Epidemiologist, Epidemiology unit, Ministry of Health  
An update on management of dengue patients  
Dr. Ananda Wijewickrema, Consultant Physician, National Institute of Infectious Diseases  
2019 Epidemic: What should we do to bring down case fatality rate of dengue further?  
Dr. LakKumar Fernando, Consultant Paediatrician, Centre for Clinical Management of Dengue  
Negombo  
Laboratory diagnosis of dengue  
Dr. Rohitha Muthugala, Consultant Virologist, Teaching Hospital, Kandy  
Discussion

### **Workshop on “Working together to prevent suicides”**

2<sup>nd</sup> September 2019 at 9.00 am at the Lionel Memorial Auditorium

*Organized by the Expert Committee Suicide Prevention Task Force of the SLMA*

Welcome Address and objectives of the meeting  
Dr Rohan Ratnayake, Acting Director/MH  
Prevention of Suicides in Sri Lanka- the way forward  
Dr Somathunga, Additional Secretary, Public Health Services, Ministry of Health  
The Role of Sri Lanka Medical Association in Prevention of Suicides in Sri Lanka  
Dr Anula Wijesundara-President SLMA  
Effective Suicide Prevention Strategies  
Prof Samudra Kathriarachchi-Chairperson, Suicide Prevention Task Force, SLMA  
Effect of Pesticides on Suicides in Sri Lanka  
Dr Madhava Gunasekera-CCP/Directorate of Mental Health  
Pesticides Causing Suicides in North-Central Province  
Dr Manjula Weerasinghe  
Panel Discussion  
Vote of Thanks  
Dr Amila Suranga, Registrar/Directorate of Mental Health

### **Workshop on “Reducing Suicide in Sri Lanka through the Media”**

4<sup>th</sup> September 2019 at 9.00 am at the Lionel Memorial Auditorium

*Organized by the Expert Committee Suicide Prevention Task Force of the SLMA*

#### **Registration**

Welcome address  
Dr Anula Wijesundere, President of the Sri Lanka Medical Association  
An overview of suicide and self-harm in Sri Lanka: The way forward  
Prof Samudra Kathriarachchi, Chairperson Suicide Prevention Task Force  
Research evidence on media reporting on Suicide  
Dr Prabath Wickrama, Consultant Psychiatrist  
Panel discussion on reporting of suicides by media  
Prof. Thilini Rajapakse – Professor of Psychiatry, University of Peradeniya  
Mrs. Kumudini Hettiarachchi – Senior Journalist and Deputy Editor News Features at The Sunday Times  
Dr Sunil Wijesiriwardena – Visiting Lecturer, University of Colombo  
Vote of thanks  
Dr Ruwan Ferdinando, Convenor Suicide Prevention Task Force

### **Seminar for Electronic, Print and Digital Media**

#### **The Launch of “Safe Sri Lanka”**

19th September 2019 at 3.30 pm at the Lionel Memorial Auditorium

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

Road traffic accident prevention programme

## **CAREER GUIDANCE SEMINAR FOR JUNIOR DOCTORS**

3<sup>rd</sup> November 2019, at 8.30 am at the Lionel Memorial Auditorium

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

### **Session I**

Welcome Address  
Postgraduate Training Programme  
Dermatology  
Surgery & Sub specialties  
Venereology  
Private Health Sector  
QUESTIONS

Dr. Anula Wijesundere  
Dr. Himani Molligoda  
Dr. Kanchana Mallawaarachchi  
Dr. Rohan Sirisena  
Dr. Himali Perera  
Dr. Samanthi de Silva

### **Session II**

Medicine & Sub specialties  
Obstetrics & Gynaecology  
Paediatrics  
Anaesthesiology  
Ministry of Health - Cadre  
QUESTIONS

Dr. Upul Dissanayake  
Dr. Harsha Atapattu  
Prof. Sujeewa Amarasena  
Prof. Anuja Abayadeera  
Dr. Dileep De Silva

### **Session III**

Universities  
Health Informatics  
Radiology  
Community Medicine  
Microbiology  
Ophthalmology  
QUESTIONS

Prof. Ajith Malalasekera  
Dr. Achala Jayatilleke  
Dr. Rupa Kannangara  
Dr. Anuji Gamage  
Dr. Geethika Patabendige  
Dr. Deepani Wewalwala

### **Session IV**

Psychiatry  
Otorhinolaryngology  
Forensic Medicine  
Medical Administration  
Pathology  
Armed Services  
General Practice  
QUESTIONS

Dr. Chathurie Suraweera  
Dr. A.D.K.S.N. Yasawardena  
Prof. Anuruddhi Edirisinghe  
Dr. Sudath Dharmaratne  
Dr. Dulani Beneragama  
Col. Dr. Saveen Semage  
Prof. Kumara Mendis

## **Symposium on “Measles: Will the recent global and local outbreaks affect our elimination status?”**

5th December 2019 at 12.00 noon

*Organized by the Expert Committee on Communicable Diseases of the SLMA*

How Sri Lanka has achieved measles elimination status and importance of preventing outbreaks  
Dr. Deepa Gamage, Consultant Epidemiologist, Epidemiology unit, Ministry of Health  
Clinical scenario of Measles and importance of prevention  
Dr. Rasika Gunapala, Consultant Paediatrician, LRH, Colombo- 08  
Importance of laboratory diagnosis and the challenges faced by the laboratory during the recent measles outbreak  
Dr. Nayomi Danthanarayana  
Consultant Virologist, Teaching Hospital, Karapitiya  
Discussion



## Annexure 5: List of New Members

### Life Members (110)

Dr. Y. R. Samaraweera	Dr. T. D. Haputhanthri	Dr. R. S. Savanadasa
Dr. M. A. S. R. Gunawardane	Dr. K. Vaasutheva	Dr. W. A. C. Lakmali
Dr. L. D. Kekulawala	Dr. H. L. D. S. Ariyaratne	Dr. S. D. Samarasekera
Dr. T. T. De. Silva	Dr. V. S. M. C. K. B. Jayawardena	Dr. H. A. A. S. Weerasinghe
Dr. M. P. K. De Silva	Dr. F. A. Idrees	Dr. S. Pirasath
Dr. C. A. G. S. Piyasiri	Dr. N. Mayuran	Dr. C. J. Jayasekera
Dr. F. R. I. Ishan	Dr. A. K. T. M Karunarathna	Dr. Nirodha Jayawickrema
Dr. H. N. Benaragama	Dr. S. Arthihai	Dr. G. P. V. G. De Silva
Dr. R. S. C. Wijesundara	Dr. L. C. Jayasinghe	Dr. T. Sasikumar
Dr. S. Sasikumar	Dr. G. R. M. U. G. P. Jayawardena	Dr. J. G. B. C. S. Jayaweera
Dr. S. G. J. W. Chinthaka	Dr. T. D. J. Kaluarachchi	Dr. J. B. A. S. A. Ananda Jbas
Prof. A. S. Abeygunawardena	Dr. H. D. Senarathne	Dr. S. Vinojan
Dr. V. Thanusan	Dr. M. P. K. Sugathadasa	Dr. Ramesh Nanayakkara
Dr. D. P. K. De Silva	Dr. L. M. Priyadarshana	Dr. K. M. D. Fernando
Dr. M. M. P. Bandumithra	Dr. R. M. N. U. Rajapaksha	Dr. H. P. S. Damayanthi
Dr. M. G. S. K. Weerasinghe	Dr. A. F. Samsudeen	Dr. B. G. D. Govindapala
Dr. C. R. Gunasekara	Dr. A. M. N. L. De Silva	Dr. T. A. D. Tilakaratne
Dr. K. Kathiresan	Dr. E. M. S. K. Senevirathne	Dr. H. D. V. A. Wickramaratne
Dr. K. S. Attanayakege	Dr. A. O. P. Gallage	Dr. S. A. Wickramasinghe
Dr. B. Thamotharan	Dr. S. T. M. Nizahir	Dr. A. C. N. Joseph
Dr. M. Ramasubbu	Dr. D. R. Mahanama	Dr. W. P. P. K. Mallawaarchchi
Dr. V. M. Mangalanathan	Dr. M. S. S. Mallawaarachchi	Dr. K. H. M. Kumarasinghe
Dr. W. K. Wickramasinghe	Dr. R. B. Marasinghe	Dr. T. B. A. Jayalal
Dr. F. S. Cassim	Dr. W. D. R. Premasiri	Dr. Ramani Pushpalatha
Dr. M. P. Jayalath	Dr. P. Satheeskumar	Dr. E. K. Wellala
Dr. D. I. V. Fernando	Dr. T. M. Rupasinghe	Dr. B. G. I. K. Bambaranda
Dr. P. H. Warnakulasooriya	Dr. U. K. S. R. Udupitiya	Dr. C. K. T. Modarage
Dr. W. G. S. S. Waidyanatha	Dr. W. I. U. Jayawickrama	Dr. S. K. Kasturiaratchi
Dr. M. N. J. Gunathilaka	Dr. S. K. Y. Kodikara	Dr. K. L. M. D. Seneviwickrama
Dr. S. N. Jayakody	Dr. A. M. A. D. K. Alagiyawanna	Dr. D. S. Wijesundera
Dr. S. H. P. E. Karunaratne	Dr. K. A. G. Perera	Dr. W. N. D. De Alwis
Dr. H. R. Y. De Silva	Dr. J. A. P. Sanjeewani	Dr. M. D. Herath
Dr. Upul Dissanayake	Dr. R. D. Wijesooriya	Dr. K. A. C. Iroshani
Dr. T. M. S. S. B. Madugalle	Dr. A. L. Ahamed Shiyam	Dr. T. M. S. H. Dharmaratne
Dr. N. D. De Lanerolle	Dr. R. H. C. L. Waidyasekara	Dr. S. Velautham
Dr. W. M. M. L. Chandradasa	Dr. G. A. J. T. N. Silva	Dr. W. K. T. R. Fernando
Dr. O. T. D. Perera	Dr. P.D.L.R. Wijesinghe	

### Ordinary Members (15)

Dr. M. R. Rifaz	Dr. J. A. Jayatissa	Dr. M. H. T. Kumarasiri
Dr. S. C. Athapattu	Dr. Y. B. Herath	Dr. N. Ranawaka
Dr. M. A. Y. Fernando	Dr. N. D. Katuwala	Dr. M. B. R. M. C. L. Jayarathne
Dr. D. A. Kottege	Dr. N. L. Weerasinghe	Dr. E. C. M. P. Karunaratne
Dr. D. S. Indrajith	Dr. A. B. M. C. K. Abewickrama	Dr. A. N. Hettiarachchi

### Student members (142)

Miss. A. Kiritharan	Mr. P. A. T. N. P. Gunasekera	Miss. V. G. M. Fernando
Ms. A. M. Jayalath	Mr. M. Rai	Miss. W. D. T. A. Mahathanthila
Miss. W. K. S. I. Wanniarachchi	Mr. S. K. Jayaweera	Miss. S. M. Limalka
Miss. S. Vethika	Miss. M. Jeisaniya	Mr. P. C. Yasawardene
Miss. H. B. D. N. Rajahewa	Miss. W. H. M. Y. Withanage	Miss. M. H. De Silva
Miss. A. S. De Silva	Miss. D. P. De Silva	Miss. M. S. S. C. G. Gunarathna
Mr. S. A. C. R. Gunasekara	Miss. P. S. Gunaratne	Mr. K. M. P. P. Wijerathna
Miss. K. W. S. M. Wijayawardhana	Miss. B. M. B. N. K. R. Balasooriya	Mr. K. G. N. M. Bandara
Miss. M. S. B. Geeganage	Mr. U. M. A. L. K. Bandara	Mr. V. J. Meegoda
Mr. M. M. Y. N. Bandara	Miss. A. S. Matharage	Miss. R. K. Deerasuriya

Miss. G. I. Dilhari  
 Mr. K. R. U. S. Gunathilake  
 Miss. H. M. W. D. S. Perera  
 Mr. K. V. Nimana  
 Ms. W. I. H. S. Weerasinghe  
 Miss. M. K. I. Madhubhashini  
 Miss. T. E. Nivashini  
 Miss. A. M. A. S. Lakdinithi  
 Miss. S. R. Kurunaratne  
 Mr. M. Y. Aravinda  
 Mr. T. S. A. S. U. De Silva  
 Miss. K. S. Bokaragoda  
 Mr. K. J. A. D. Buddhika  
 Mr. J. M. C. J. Bandara  
 Miss. W. P. N. Chandrarathna  
 Mr. W. P. N. Dias  
 Miss. W. M. K. P. De Silva  
 Miss. W. W. A. I. E. K. Weeratunga  
 Miss. K. H. O. T. P. Peiris  
 Mr. B. G. Thennakoon  
 Mr. A. Abesiriwardhana  
 Miss. K. A. Abewardana  
 Miss. M. T. M. Tissera  
 Miss. D. A. K. Dissanayaka  
 Mr. D. M. C. K. Dissanayake  
 Miss. Dasni Karunathilake  
 Miss. G. H. G. I. L. Jayarathne  
 Miss. A. Z. A. Maryam  
 Mr. M. A. D. N. Marasinghe  
 Miss. R. M. I. M. Menike  
 Mr. H. M. M. N. Gunasinghe  
 Miss. J. A. M. P. Jayasinghe  
 Miss. H. J. M. U. M. H. Jayasinghe  
 Mr. S. A. D. Subasinghe  
 Mr. A. B. M. Ariyawansa  
 Miss. D. N. Alwis  
 Miss. P. D. G. L. K. Dunuthilaka  
 Miss. H. D. M. T. H. Dissanayake

Miss. K. L. S. Dilrukshi  
 Miss. B. W. D. V. Pamarathne  
 Miss. S. Varatharajah  
 Mr. S. N. Gunamuni  
 Mr. D. C. Liyanaarachchi  
 Miss. M. M. H. Nirodhya  
 Mr. H. M. W. A. B. Wijerathne  
 Ms. L. E. R. N. Kumari  
 Miss. K. S. Kempitiya  
 Mr. K. K. U. C. Dharmadhasa  
 Miss. W. M. S. B. Bandara  
 Miss. A. R. T. Dayani  
 Miss. E. W. U. Dayawansa  
 Mr. D. M. H. S. P. Bandara  
 Miss. A. M. S. D. Athapattu  
 Mr. N. Chrishanthan  
 Miss. G. G. S. Y. Weerasundara  
 Miss. M. A. F. Ashfa  
 Mr. D. P. T. Egoda Gamage  
 Miss. K. M. Adhikari  
 Miss. D. M. N. Solangaarachchi  
 Mr. S. L. D. Ariyaratne  
 Miss. D. D. N. Udeshika  
 Miss. D. M. R. U. Disanayaka  
 Miss. D. M. D. Gayesha  
 Miss. M. K. N. T. Karunaratne  
 Mr. K. K. L. Karunaratne  
 Miss. W. N. D. Tharangika  
 Miss. P. M. A. N. Muthuhari  
 Miss. H. G. N. G. Gamage  
 Miss. G. D. E. U. Gangodawila  
 Mr. J. A. G. K. Jayasinghe  
 Mr. B. P. B. Herath  
 Miss. S. A. N. Y. Suraweera  
 Miss. A. M. A. U. Aththanayaka  
 Mr. P. K. Amarasekara  
 Miss. W. I. D. Fernando

Mr. K. U. A. M. J. Perera  
 Mr. W. W. N. U. Perera  
 Mr. K. A. Nanayakkara  
 Miss. K. A. R. K. Keragala  
 Miss. W. D. S. Lakindi  
 Ms. N. K. R. Nisansala  
 Miss. K. M. H. R. Kumari  
 Miss. S. P. S. M. Silva  
 Mr. T. D. K. Dewamiththa  
 Mr. K. K. Senasinghe  
 Miss. K. A. N. N. Kumarapeli  
 Miss. B. A. B. I. Basnayaka  
 Mr. G. G. P. N. De Silva  
 Ms. W. A. S. Udeshika  
 Miss. S. I. R. Begum  
 Miss. H. S. Welgama  
 Mr. H. M. C. E. B. Mawilmada  
 Miss. S. M. G. S. Pernadasa  
 Miss. K. K. A. D. Uthpala  
 Miss. D. N. Abeyrathne  
 Miss. D. T. Aberathna  
 Miss. W. A. S. Udeshika  
 Mr. K. U. I. Kandewatta  
 Mr. D. M. A. C. Dissanayake  
 Mr. R. M. S. H. Wageesha  
 Miss. W. M. P. P. Jayasinghe  
 Miss. D. M. A. U. I. Dissanayake  
 Mr. D. M. M. Suraweera  
 Miss. K. G. K. Malindi  
 Miss. W. S. N. Fernando  
 Miss. J. A. P. H. Jayasinghe  
 Miss. Deki Wangmo  
 Mr. W. A. K. D. Weerakkody  
 Mr. D. M. A. A. Dissanayake  
 Mr. K. L. J. M. Anthony  
 Mr. M. E. M. T. Fernando  
 Miss. W. K. S. K. Fernando

#### Ordinary to life (6)

Dr. M. P. K. De Silva  
 Dr. K. W. S. T. Wijayawardena

Dr. N. M. D. Ranawaka  
 Dr. G. R. B. S. Bandara

Dr. L. L. Amila Isuru  
 Dr. I. M. H. W. Bandara

## Annexure 6: Auditors' Report

### DETAILED INCOME & EXPENDITURE STATEMENT YEAR ENDED 31<sup>ST</sup> OCTOBER 2018

#### INCOMING RESOURCES

		For the Year ended 31.10.2019 Rs.	For the Year ended 31.10.2018 Rs.
		As at 31.10.2019	As at 31.10.2018
<b>ASSETS</b>	<b>Note</b>		
<b>Non-Current Assets</b>			
Property Plant and Equipment	3	29,743,003	31,439,525
Long Term Deposits	4	24,755,932	23,748,787
		<u>54,498,935</u>	<u>55,188,312</u>
<b>Current Assets</b>			
Receivables	5.1	189,843	1,956,023
Term Deposits	5.2	1,090,000	1,090,000
Income Tax Receivable		-	-
Cash and Cash Equivalent	6	29,560,277	4,657,382
		<u>30,840,120</u>	<u>7,703,405</u>
<b>Total Assets</b>		<u>85,339,056</u>	<u>62,891,717</u>
<b>Current Liabilities</b>			
Income Tax Payable		100,000	147,370
Trade and Other Payables	11	1,128,307	2,516,461
		<u>1,228,307</u>	<u>2,663,831</u>
<b>Current Assets Less Current Liabilities</b>		<u>29,611,813</u>	<u>5,039,574</u>
<b>Total Assets Less Current Liabilities</b>		<u>84,110,749</u>	<u>60,227,886</u>
<b>Funding and Liabilities</b>			
Accumulated Fund		58,055,888	47,035,458
Building Fund		20,000	20,000
Oration and Award Fund	7.1	1,193,567	1,094,729
		<u>59,269,455</u>	<u>48,150,187</u>
<b>Non-Current Liabilities</b>			
Deferred Liabilities	8	1,547,238	1,053,821
Deferred Grants	9	1,957,890	2,039,664
Restricted Development Funds	10	15,861,889	3,509,938
Oration and Award Fund	12	5,474,276	5,474,276

Total Non Current Liabilities		24,841,294	12,077,699
<b>Total Accumulated Fund and Non Current Liabilities</b>		<b>84,110,750</b>	<b>60,227,886</b>
<b>Incoming Resources</b>	13	37,198,227	20,353,684
Project Expenditure	14	(19,009,587)	(21,153,330)
<b>Surplus/(Deficit) from Project Activities</b>		18,188,640	(799,646)
Other Income	15	12,529,869	11,725,811
Administration Expenses		(19,549,133)	(17,719,219)
<b>Net Surplus/(Deficit) before Tax</b>	16	11,169,376	(6,793,054)
Taxation	17	(149,000)	(389,173)
<b>Net Surplus/(Deficit) for the Period</b>		<b>11,020,376</b>	<b>(7,182,227)</b>
<b>13. INCOMING RESOURCES</b>			
Subscription and Entrance Fee		1,274,285	1,336,585
Anniversary International Medical Conference		29,705,710	12,234,889
Rent Income		5,058,231	5,669,758
Auditorium and Council Room Hire		604,032	504,817
Career Guidance Seminar		1,500	105,000
Income from Ceylon Medical Journal (13.1)		554,469	502,635
		37,198,227	20,353,684
<b>13.1 Income from Ceylon Medical Journal</b>		<b>31.10.2019</b>	<b>31.10.2018</b>
		<b>Rs.</b>	<b>Rs.</b>
Sale of Journal		12,750	5,000
Processing Fee		386,356	497,635
Interest on CMJ		155,363	-
		554,469	502,635
<b>14. PROJECT EXPENDITURE</b>			
		<b>For the Year ended</b>	<b>For the Year ended</b>
		<b>31.10.2019</b>	<b>31.10.2018</b>
		<b>Rs.</b>	<b>Rs.</b>
Operational Expenditure (14.1)		5,734,186	2,880,725
Annual Academic Session (14.2)		12,203,341	17,817,138
Ceylon Medical Journal (14.3)		1,072,059	455,467
		19,009,586	21,153,330

**14.1 Operational Expenditure**

	<b>For the Year ended</b>	<b>For the Year ended</b>
	<b>31.10.2019</b>	<b>31.10.2018</b>
	<b>Rs.</b>	<b>Rs.</b>
Paper Advertisement	78,514	55,395
Auditorium Equipment Repair	144,452	78,673
Lectures and Meetings	898,347	968,594
Foundation Celebration Session	41,572	1,056,051
Career Guidance Seminar Expenses	-	113,923
Regional Conference Expenses	199,200	108,089
Sessions Co-coordinator Monthly Allowance	354,667	460,000
Medical Writing Workshop	5,000	-
Advertising Expenses	15,530	-
Medical Dance	3,996,903	-
Healthy Medics Programme	-	40,000
	<u>5,734,186</u>	<u>2,880,723</u>

**14.2 Annual Academic Session**

	<b>For the Year ended</b>	<b>For the Year ended</b>
	<b>31.10.2019</b>	<b>31.10.2018</b>
	<b>Rs.</b>	<b>Rs.</b>
Annual Academic Session	<u>12,203,341</u>	<u>17,817,138</u>
	<u>12,203,341</u>	<u>17,817,138</u>

**14.3 Ceylon Medical Journal**

	<b>For the Year ended</b>	<b>For the Year ended</b>
	<b>31.10.2019</b>	<b>31.10.2018</b>
	<b>Rs.</b>	<b>Rs.</b>
Postage and Stationary	-	3,913
Salaries	390,872	322,100
EPF and ETF	59,183	48,300
Telephone and Fax	48,549	52,069
Monthly Allowance	12,000	12,000
Bonus	31,000	12,500
Sundry expense	98,856	4,000
Printing expenses	431,500	-
Sundry expense	100	585
	<u>1,072,059</u>	<u>455,467</u>

**15. OTHER INCOME**

	<b>For the Year ended</b>	<b>For the Year ended</b>
	<b>31.10.2019</b>	<b>31.10.2018</b>
	<b>Rs.</b>	<b>Rs.</b>
Sale of Books	234,010	209,092
Interest Income	2,118,862	1,615,809
Sponsorship and Other Donations	2,911,504	5,373,706

Sundry Income	2,604,062	1,222,450
Electricity Income	851,339	904,968
Amortization of Grants	81,774	119,369
Clinical Trial Registry Proposal	139,564	1,050,518
Income on Annual Medical Dance	3,393,281	674,695
Income on FERCSL Conference	188,755	44,020
ERC Income	-	110,470
SLMA - ID	6,720	7,890
Restricted Development Funds	-	222,429
Fixed asset disposal	-	84,914
Sale of Old Fixed Assets	-	85,481
	<u>12,529,869</u>	<u>11,725,811</u>

#### **ADMINISTRATIVE EXPENSES**

	<b>For the Year ended 31.10.2019 Rs.</b>	<b>For the Year ended 31.10.2018 Rs.</b>
Salary and Overtime	4,560,601	4,584,442
E.P.F and E.T.F	577,267	560,409
Bonus	675,157	553,429
Electricity	1,907,322	1,913,010
Printing and Stationery	1,376,263	1,007,213
Postage	46,565	158,251
Staff Welfare	146,554	136,840
Repair and Maintenance	719,430	1,164,699
Water	78,845	86,252
Depreciation	2,355,750	2,466,666
OPA Membership Fee	21,850	21,850
Travelling and Hiring	64,916	61,017
President Induction Ceremony	250,530	512,572
Fax and Telephone	339,787	350,967
Installation & hiring chgs	925	-
Rates and Taxes	212,058	236,776
Internet Charges	125,119	163,470
Audit Fees	262,948	211,673
Gratuity	493,417	148,696
Franking Machine	617,328	675,349
Men's Toilet referbishment	9,541	-
Council Group Photograph	2,600	-
Annual Return Expenses	101,582	110,657
Security Charges	604,513	474,248
Research Promotion Grant	150,000	170,240

Bank Charges	283,775	192,353
Sundry Expenses	2,377,770	948,174
Daily News Publication Expenses	9,390	18,720
Income Tax Computation Charges	23,000	20,930
News Letter Advertisement Collection Expenses	277,000	77,000
Rectification of Tax adjustment	-	152,037
AGM Meeting Expenses	85,325	100,600
Law and Medical Cricket Match Expenses	255,000	232,925
Membership Fees	126,501	65,597
FERCAP Expenses	-	46,614
Quik book expense	17,562	17,543
ERC Expense	392,943	-
Gate repairing	-	68,000
Workshop Registration	-	10,000
	<u>19,549,133</u>	<u>17,719,220</u>

## Annexure 7: Alcohol Taxation

Hon. Mangala Samaraweera,  
Ministry of Health and Mass Media,  
The Secretariat,  
Colombo 01

Dear Sir,

### Recommendations for budget proposals 2019 on alcohol

The finance and mass media ministry has called upon all stakeholders to make proposals for the budget of 2019 as a contribution to ensure introduction of a successful budget to build a strong economy and a enrich country. A country can only be enriched by the health and wellbeing of its citizens. In this context, the SLMA being the apex of all, academic and professional medical association of Sri Lanka strongly urge you to refrain from granting any tax concession to the alcohol industry.

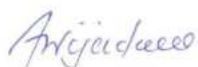
We wish to express its concern in relation to the significant reduction in taxation of beer, which was implemented through the Budget of 2018. We therefore request that the Ministry of Finance increase the taxation of beer to at least the levels before this tax reduction was implemented. We also request that there should be no relaxation of alcohol retailing regulations. The reasons are as follows:

- It is firmly established that decreasing the prices of alcohol products will increase its consumption. It is also well established that liberalizing sales (increasing the number of outlets and relaxing retail restrictions) will increase consumption. Increasing overall consumption will increase all harms of alcohol use: accidents, suicide, domestic and other forms of violence and illnesses (stroke, heart attacks, cancers, cirrhosis etc.).
- There had been and will be many false arguments raised directly and indirectly by the alcohol industry which firmly opposes increasing taxation. It is simply because an increase in taxes (and therefore the prices) of alcohol will increase government revenue and at the same time reduces alcohol consumption. Therefore, such a measure will enable the government to collect more revenue and at the same time reduce the enormous social, economic and health costs of alcohol use.
- The alcohol industry uses the convenient slogan of illicit alcohol or "kasippu" to mislead governments to stop this effective policy measure. The illicit trade should be dealt with by appropriate law enforcement and not by trying to compete by price. There are no examples where illicit alcohol production being reduced because of reduced prices. Estimations also show that production of illicit alcohol has been decreasing in Sri Lanka over many years.
- The majority of the adult population in Sri Lanka does not use alcohol. According to the STEPS Survey 2015 of

the Ministry of Health and WHO, the current use of alcohol among males over 15 years was 35%, and less than 1% among females. Therefore, over 80% of the population over 15 years in Sri Lanka are not current users of alcohol. This is one the main reasons why policies helping to increase alcohol use is not popular among Sri Lankans. We wish to reiterate that any policy measures taken on alcohol should ensure that this vast non-drinking population is not pushed towards use. Prices and availability are two major drivers of such consumption.

- If the spirits users are to be shifted to beer use (which will reduce the harms among the spirits users), the price difference between these types of alcohol should be increased. In the Sri Lankan context, where the majority are non-users, what must be done is INCREASEING the price of SPIRITS, not decreasing the price of beer.
- WHO unequivocally recommends that alcohol prices should be increased (just as for tobacco) to reduce use. Contrary to popular belief, all alcohol users are not "addicts" - less than 10% of all alcohol users are dependent. Most "heavy" drinkers too are not dependent. WHO states that increasing prices of alcohol will even reduce use among heavy drinkers.
- It has been shown that the poorer segments too reduce their own consumption when the prices are increased. Therefore it is a pro-poor policy, not otherwise.

Yours sincerely



Dr. Anula Wijesundere  
President

## Annexure 8: Tobacco Taxation

The Minister of Finance  
Ministry of Finance  
Colombo 1

Dear Sir,

### Proposal on Tobacco taxation for the budget of 2019

**Despite what the tobacco industry states, increasing cigarette taxes increases government revenue and saves lives.**

Studies in Sri Lanka show that the government of Sri Lanka has lost billions of rupees of collectable tax from tobacco. This has not been due to so-called "smuggling" but due to haphazard, non-optimal taxation cigarette taxation regime in place, which has continued over many years. It is the reason why the profits of Ceylon Tobacco Company has increased over 16 times (1,600%) since year 2000 although the number of cigarettes sold has decreased over 30% during the same period. Therefore, the tobacco industry has benefited enormously from the current cigarette taxation regime. Over the years this has cost the government billions of rupees in uncollected tobacco tax. Many Ministers of Finance seem have been misled for such a situation to persist over many years.

Tobacco kills 7 million people around the world each year. Around one million of them are non-users who are exposed to tobacco smoke of others. The Ministry of Health estimates that 20,000 Sri Lankans are die each year from tobacco, which is more than 50 deaths each day. Many times that number fall ill with from illnesses such as heart attacks, strokes and cancer. As you are already aware, the economic costs of these health and social consequences far outweigh any taxes collected from this deadly substance. Studies conducted in many countries, including Sri Lanka have proven this. This is the reason respected international health and economic agencies such as the World Health Organization and the World Bank strongly recommend that governments take all possible steps to control tobacco use.

Among the measures recommended, optimal taxation of cigarettes is one the most important measures. Sustained increases in taxation will increase government revenue and at the same time reduces consumption. Although taxes are increased in Sri Lanka occasionally, studies shows that they are far too inadequate and haphazard. International publications show how the tobacco industry tries to forestall any effective taxation measures. Their main weapon is the slogan "smuggled" cigarettes. They claim that high taxes increase smuggling, and surreptitiously fund studies to back this claim. Flawed studies that fit this description are now being given wide publicity in Sri Lanka. As you may be aware, smuggling of tobacco is not dependent on its price - it depends the level of enforcement of laws.



Therefore, the Sri Lanka Medical Association request you not to be misled by this industry that knowingly sells a product this kills its own customers for profit. They have also been shown to deliberately target children to replace the customers they have killed. They have been convicted of smuggling its own products to countries. There is ample evidence British American Tobacco, which is the owner of Ceylon Tobacco, was involved in smuggling cigarettes to countries in Latin America, Africa, Asia and Europe. It been convicted of smuggling and fined in its own country, the United Kingdom. It is hard to imagine that such an industry will have any compassion for a country or its government, however reasonable and professional it claims to be.

In this context, we request you to:

1. Increase current taxes on all types of cigarettes to reduce their affordability. The quantum of tax should be calculated to ensure that the industry is not able increase the price of cigarette above the tax increase, thereby increasing its income enormously, at the expense of the government.
2. Take steps to establish a transparent formula for automatic increases in cigarette taxes taking into account inflation, per-capita income or other factors which will ensure that the affordability of cigarettes is continuously reduced.
3. Abolish the practice of taxing cigarettes based on their lengths. This enables the industry to sell shorter cigarettes at significantly reduced prices, thereby making cigarettes more affordable, which offsets the benefits of tax increases.

We also sincerely hope that the technical decisions on cigarette taxes are not based on the findings of seemingly "independent" studies, that are technically flawed, which support tobacco industry arguments that increasing taxes will increase smuggling or will increase bidi consumption, both of which are false.

Yours sincerely



Dr. Anula Wijesudere  
President, SLMA

## Annexure 9: Food and Beverage with High Sugar Contain

8th February 2019

Hon. Mangala Samaraweera,  
Hon. Minister of Finance and Mass Media,  
Ministry of Finance and Mass Media,  
Lotus Road, Colombo 1.

Dear Sir,

### **Re: Budget Proposal of 2019 The Tax on Food and Beverages with High Sugar Content**

Currently the prevalence of overweight and obesity has doubled among schoolchildren during last 10 years and one third of adult women are overweight in the country. As a result prevalence of diabetes is also increasing in the country which has added an enormous burden to the health sector with increasing treatment cost related to complications due to diabetes. Given the rising trends in obesity and diabetes, the SLMA has examined the factors that contribute to this syndemic.

Numerous studies have highlighted the role of sugar-sweetened beverage and high sugar containing food consumption as a key driver of this syndemic (synergy of epidemics, co-occurring in time and place, interacting with each other to produce complex sequel and share common underlying societal drivers)

We, recommend that the tax on such products should increase due to the following reasons:

- Given the persistent trend of overweight and obesity, the related illnesses, disability, and death will have an increasingly adverse impact on the Sri Lankan population. Even a small increase in weight among individuals of normal weight has implications for metabolic function, diabetes, heart disease, and cancer risk.
- Beverages contain sugar are added during processing, manufacture, packaging, or preparation. These beverages include sugar-sweetened carbonated drinks, sports drinks, ready-to-drink teas and coffees, less-

than-100-percent fruit or vegetable juice drinks, and other beverages that contain added sugar. At present, one third of schoolchildren are consuming these beverages in the country.

- About two-third of schoolchildren consume biscuits in Sri Lanka. As such we as the SLMA are very concerned about the added sugar content in biscuits.
- Ending Childhood Obesity by implementing of an 'effective tax on sugar-sweetened beverages' is a key recommendation issued by the WHO.

The Lancet Commission Report on The Global Syndemic of Obesity, under nutrition and Climate Change released on 27th January 2019 clearly calls for comprehensive action to address Obesity within The Global Syndemic, which represents the paramount health challenge for humans, the environment, and our planet in the 21st century.

The Sri Lanka Medical Association (SLMA) recommends that a tax should be imposed on beverages with sugar content more than 6g per 100ml and biscuits with sugar content of 12.5 per 100mg to control the escalating high burden of non-communicable diseases in the country.

Hence, we strongly recommend that an increase in the taxation on beverages and biscuits with high sugar should form a part of a comprehensive package of interventions throughout the life-course to control NCDs in Sri Lanka.

Yours sincerely,



Dr. Anula Wijesundere  
President, SLMA

#### **Annexure 10: Health Insurance scheme for school children (Suraksha)**

7<sup>th</sup> March 2019

His Excellency Maithripala Sirisena  
President of the Democratic Social Republic of Sri Lanka

Through Mr. Austin Fernando  
Secretary to HE the President of Sri Lanka

Your Excellency,

#### **Re: Concerns of the Sri Lanka Medical Association regarding the proposed health insurance scheme for school children**

I write to you on behalf of the Council of the Sri Lanka Medical Association, the apex body of the medical/health professional organizations in Sri Lanka that has the mandate of over 6000 members. I also reiterate that we represent an apolitical, non-trade union and not-for profit institution that celebrated its 132<sup>nd</sup> Anniversary in 2019.

The Cabinet recently approved a proposal to introduce an insurance scheme for all school children between the ages of 5 and 19 years at a cost of Rs. 2700 million to the government. Based on media reports, the Ministry of Education has already taken steps to commence implementation of the insurance scheme. The Sri Lanka Medical Association (SLMA) is deeply concerned about the proposed insurance scheme for the reasons outlined below:

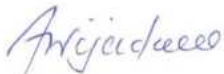
1. The insurance scheme has been embarked upon without consultation with the relevant stakeholders. Neither the Ministry of Health nor professional medical bodies have been engaged in planning or implementing the insurance scheme, which will have wide-ranging implications for the health sector. The SLMA expressed concerns about the health insurance scheme to the Ministry of Health and the Ministry of Finance in November 2016 when it was included as a budget proposal.
2. Given the existence of the free national health service, the justification for an insurance scheme for school-going children is unclear. If the insurance scheme is implemented, the government will cover premiums for an age group that generally requires very little curative care. If at all, this health insurance scheme should target children with critical and chronic illnesses who are unable to access timely care in the public health sector.
3. The major health issues afflicting the school-going population such as malnutrition, obesity, unhealthy eating patterns, insufficient physical activity, exam stress and broader mental health concerns will not be addressed by this insurance scheme. The solutions to these problems lie in health promotion rather than the provision of curative care.

4. If the said health insurance scheme is to advance equity of access, there needs to be a strong regulatory framework in place. We see no evidence of plans to implement mechanisms to regulate the private healthcare and insurance industries.
5. Research conducted by the SLMA with the World Health Organization and the Ministry of Health suggests that the implementation of national health insurance may increase healthcare costs for the government. Given the fiscal constraints experienced by the government, these funds may need to be drawn from allocations to the public health sector, which will negatively impact healthcare access for users of the public system.

In light of these concerns, the SLMA urges the government to reconsider implementing this insurance scheme, and, instead, direct these funds toward strengthening primary care, as outlined in the SLMA's proposals for 2018 budget. Developing a strong primary care system, encompassing preventive and curative services, will be beneficial to all Sri Lankans, including school-going children.

We would be very happy to participate in further discussions.

Yours faithfully,



Dr Anula Wijesundere  
President  
Sri Lanka Medical Association

#### **Press Statement 1**

#### **Annexure 11: SLMA's press release and security update following Easter Sunday attack**

"The Sri Lanka Medical Association (SLMA), the apex of all professional medical associations of Sri Lanka, is deeply saddened by the horrific acts of terrorism which have resulted in the barbaric massacre of over 250 fellow citizens of our country and foreign nationals.

At this moment of unprecedented violence, the members of the medical profession have rallied round the clock and done their utmost to treat the injured and alleviate the suffering of the affected patients. The SLMA extends its heartfelt condolences to the families of the deceased and hope the injured will recover speedily. Along with all peace loving citizens of our country, we condemn this terrible act of violence and hope that the government will introduce effective measures to prevent repetition of further catastrophes of this nature."

In light of the prevailing security situation in the country, the SLMA invited Colonel Senaka Muthukumarana of the Military Intelligence to deliver the Guest Lecture for the month of May 2019. The lecture titled 'Current security situation in Sri Lanka', was held on 16th May 2019 at the Professor NDW Lionel Memorial Auditorium of the SLMA.

#### **Press Statement 2**

#### **Annexure 12: Sri Lanka Medical Association's media statement on the alleged sterilizations in the Kurunegala Hospital**

The Sri Lanka Medical Association statement on the incident reported from Kurunegala Hospital

The Sri Lanka Medical Association, the apex body of the medical profession in Sri Lanka, is deeply concerned about the situation which has arisen following the allegations made against a medical professional from Teaching Hospital Kurunegala. We expect that the ongoing investigations will be conducted methodically by the relevant authorities and completed without delay. We urge all, especially the members of the medical profession, to refrain from making hasty and ill-considered statements until the true facts are established. Such actions could aggravate the already troubled situation in the country at present.

### **Press Statement 3**

#### **Annexure 13: Sri Lanka Medical Association's media statement on the execution of prisoners**

The Sri Lanka Medical Association, as the apex professional organisation of medical doctors in our country and as an organisation that has always upheld and promoted ethical conduct in its members, expressed its concern about the implications, to both the nation and the profession, of recent attempts to hastily implement the execution of prisoners awaiting death penalty.

In this connection the SLMA issued the following statement regarding following press statement

The Sri Lanka Medical Association, as the apex professional organisation of medical doctors in our country and as an organisation that has always upheld and promoted ethical conduct in its members, is concerned about the implications, to both the nation and the profession, of recent attempts to hastily implement the execution of prisoners awaiting death penalty.

The justification for the death penalty is being increasingly questioned all over the civilised world. But quite apart from that, many citizens in our own country, including lawyers, have pointed out that it is unsuited to our own country, especially in view of the widespread problems prevalent in our legal system as well as the lack of access to legal recourse even within this problem-laden system. It should be noted that such problems affect the poorer members of our society disproportionately more. Fortunately, a strong debate on this issue has arisen in our country, and it is too early to arrive at any conclusions.

On this background, our Association would like to ask all concerned to refrain from taking any hasty decisions, to allow the current debate in civilian circles to continue, and to join it with reasoned arguments. We believe that such an approach upholds the democratic ideals that we all value, which political authorities are duty-bound to protect.

Our Association wishes to point out that it is unethical for doctors to take part even under compulsion in the process of execution of prisoners, in any part or in any way, including by examining prisoners for fitness for execution. This is because our profession holds as sacrosanct its ethical position to respect human life even if forced to act otherwise.

The Sri Lanka Medical Association urges the government and the state to refrain from executing prisoners. It urges all concerned to continue in the debate to explore better ways to achieve whatever socially desirable objectives that are said to justify such executions. It also informs all doctors that it is unethical to take part, in any manner whatsoever, in executions.