1. ANNUAL GENERAL MEETING 2015

The Annual General Meeting of the Sri Lanka Medical Association was held on the 20th December 2015 at 7.00 p.m. at the Lionel Memorial Auditorium, Wijerama House, Colombo 7. Prof Jennifer Perera chaired the meeting. She thanked the Council, members and the staff of the SLMA office for their contributions towards making the activities of the SLMA a success. She summarised the achievements and shortcomings during the year and stressed the need for continuing improvement. Dr Ranil Jayawardena tabled the Annual Report 2015 and the minutes of the previous Annual General Meeting held on 20th December 2014. The minutes were unanimously confirmed by the membership. Dr Ranil Jayawardena thanked the President, the Council, members of the Association, and the staff of the SLMA for the support given during the year 2015.

ELECTION OF OFFICE BEARERS

The following Office Bearers and Council Members were unanimously elected.

President: Dr Iyanthi Abeyewickreme
President Elect: Prof Chandrika Wijeyaratne
Vice Presidents: Dr Ruvaiz Hanif, Dr G Weerasinghe
Secretary: Dr Neelamani Punchihewa
Assistant Secretaries: Dr Manisha Abeyewickreme, Dr B M H A Banneheke, Dr Kushlani Jayatillake, Dr Sumithra Tissera
Treasurer: Dr Samanthi de Silva
Assistant Treasurer: Dr Priyantha Batagalla
Public Relations Officer: Dr Kalyani Guruge
Social Secretaries: Dr Christo Fernando, Dr B J C Perera
Past President Representative: Dr J B Peiris

ELECTED COUNCIL MEMBERS

Dr Dennis J Aloysius, Dr Shihan Azeez, Dr Sarath Gamini de Silva, Prof Vajira HW Dissanayake, Prof S D Dharmaratne, Dr Amaya Ellawala, Dr T R Fernando, Dr N R Hewageegana, Dr Lucian Jayasuriya, Dr Kapila Jayaratne, Dr Pradeepa Jayawardena, Prof Saroj Jayasinghe, Prof Indika Karunathilake, Dr Sunil Seneviratne Epa, Dr Pramilla Senanayake, Dr Gamini Walgampaya.

EX-OFFICIO COUNCIL MEMBERS

Prof Jennifer Perera (Immediate Past President), Dr Ranil Jayawardena (Out – going Secretary), Dr Anuruddha Abeygunasekera (Co-editor, CMJ), Prof Varuni de Silva (Co-editor, CMJ)

2. INDUCTION OF THE PRESIDENT

The Induction Ceremony of Dr Iyanthi Abeyewickreme, the new President of Sri Lanka Medical Association for the year 2016, was held on 16th January 2016, at HNB Towers, Colombo. The induction took place amidst a large and distinguished gathering with the hall packed to capacity.

The Presidential Address titled ‘Moving from MDGs to SDGs’ generated much interest among those present. She presented the Health Related Millennium Development Goals 3, 4 & 6 and the achievements globally as well as in Sri Lanka. She then emphasized the Sustainable Development Goals (SDG) of which goal 3 is the Health goal. The President discussed selected targets of SDG 3 which are of more relevance to Sri Lanka. The presidential address was given wide publicity by both the electronic and print media.

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

Twelve Council meetings were held in 2016. The attendance of members at the Council meetings is given below:

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<td>Dr Samantha de Silva</td>
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<td>Prof Saroj Jayasinghe</td>
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<td>Dr Christo Fernando</td>
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<td>Prof Indika Karunathilake</td>
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<td>Prof Varuni de Silva</td>
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<td>Dr Dennis J Aloysius</td>
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<td>Dr D Anula Wijesundere</td>
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<td>Dr Shihan Azeez</td>
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<td>Dr Gamini Walgampaya</td>
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4. 129TH ANNIVERSARY INTERNATIONAL MEDICAL CONGRESS

The Inauguration of the 129th Anniversary International Medical Congress was held at Cinnamon Grand Hotel on 24th July 2016 and the Medical Congress was held at the Hotel Galadari from 25th – 27th July. The Chief Guest was Emeritus Professor of Obstetrics and Gynaecology, Faculty of Medicine University of Colombo, Professor Harshalal R Seneviratne. The Guest of Honour was Professor Graham Taylor, Professor of Human Retrovirology, Imperial College School of Medicine, United Kingdom.

The theme of the Congress was “Moving from Millennium Development Goals to Sustainable Developments Goals”. It brought together a number of key stakeholders and led to very productive discussions. There were 3 pre-congress
sessions and two post congress sessions which were “Political initiatives impacting health – have we succeeded in our advocacy?”; Interactive workshop on medical research”, “Training tomorrow’s medical leaders”, “Healthy living and ”Workshop on Palliative care” respectively. All were well attended. Dr Anula Wijesundere and Dr G Weerasinghe chaired the congress committee and gave committed leadership.

The Main Scientific Sessions recorded a good attendance. There were 367 full registrants and 87 who registered for the day or for an event. In addition there were 58 guest speakers including 21 from overseas. From the large number of papers submitted, 75 were selected for oral presentation and 144 were displayed as posters. The detailed programme is given in annex 1.

During the Sessions four orations were delivered.
- The SLMA Oration, titled “Epidemiology of Melioidosis in Sri Lanka” was delivered by Dr Enoka Corea, MBBS (Colombo), Dip Medical Microbiology (Colombo), MD Medical Microbiology (Colombo), CTHE (Colombo), SEDA (UK), FG Cert Med Ed (Dundee), Senior Lecturer and Consultant Microbiologist Department of Microbiology, Faculty of Medicine, University of Colombo.
- The S. C. Paul Oration “Emerging risk factors for severe dengue infection” was delivered by Dr J M K Chandima Jeewandara, MBBS, PhD, Lecturer, Department of Family Medicine, Faculty of Medical Sciences University of Sri Jayewardenepura.
- The Prof N D W Lionel Memorial Oration titled “Hepatoprotective effect of medicinal plants against chemically induced hepatotoxicity” by Dr R P Hewawasam, BSc (Hon) (Peradeniya), MIChemC, MPhil (Ruhuna), PhD (ANU), Senior Lecturer, Department of Biochemistry Faculty of Medicine, University of Ruhuna.
- Dr S Ramachandran Memorial Oration titled “Alleviating the inequity in providing renal replacement therapy for children in Sri Lanka” by Prof Asiri Abeyagunawardena, MBBS, MD, DCH, MRCP, FRCPCH, Professor of Paediatrics, Department of Paediatrics, Faculty of Medicine, University of Peradeniya.

INAUGURATION OF THE MEDICAL CONGRESS

Introducing the Past Presidents to the chief guest

Introducing the guest of honour to the chief guest

Introducing the council members to the chief guest
5. SLMA ORATIONS AND AWARDS

ORATIONS

All SLMA Orations were advertised, except the E M Wijerama Endowment Lecture and Desmond Fernando Memorial Lecture. 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 Orations were selected by a panel of appropriate experts who constituted the Orations Committee. The following orations were awarded and delivered in 2016.

THE SLMA ORATION
Sunday 24th July 2016

“Epidemiology of Melioidosis in Sri Lanka”
Dr Enoka Corea
MBBS (Colombo), Dip Medical Microbiology (Colombo), MD Medical Microbiology (Colombo), CTHE (Colombo), SEDA (UK), FG Cert Med Ed (Dundee)
Senior Lecturer and Consultant Microbiologist Department of Microbiology, Faculty of Medicine
University of Colombo

PROFESSOR N D W LIONEL MEMORIAL ORATION
Monday 25th July 2016

“Hepatoprotective effect of medicinal plants against chemically induced hepatotoxicity”
Dr R P Hewawasam BSc (Hon) (Peradeniya), MIChemC, MPhil (Ruhuna), PhD (ANU)
Senior Lecturer, Department of Biochemistry, Faculty of Medicine, University of Ruhuna

S C PAUL ORATION
Tuesday 26th July 2016

“Emerging risk factors for severe dengue infection”
Dr J M K Chandima Jeewandara, MBBS, PhD
Lecturer, Department of Family Medicine, Faculty of Medical Sciences, University of Sri Jayewardenepura

DR S RAMACHANDRAN MEMORIAL ORATION
Wednesday 27th July 2016

“Alleviating the inequity in providing renal replacement therapy for children in Sri Lanka”
Prof Asiri Abeyagunawardena, MBBS, MD, DCH, MRCP, FRCPCH
Professor of Paediatrics, Department of Paediatrics, Faculty of Medicine, University of Peradeniya

E M WIJERAMA ENDOWMENT LECTURE
Thursday 20th October 2016

“Meeting the challenge of Social Responsibility
The role of the SLMA”
Dr Suryakanthie Amarasekera MBBS (Cey), DA (Lond), FRCA (Eng),
Consultant Anaesthetist & Past President SLMA

SIR MARCUS FERNANDO ORATION
Thursday 21st October 2016

“Etiological agents causing leptospirosis in Sri Lanka”
Dr S B Agampodi MBBS MSc MD MPH FRSPH
Consultant Community Physician, Faculty of Medicine & Allied Sciences, Rajarata University of Sri Lanka,
Saliyapura
SIR NICHOLAS ATTYGALLE ORATION  
Friday 25th November 2016 Monday 25th July 2016

“Psychological burden of snakebite: Can we counterattack?”
Dr Chamara Wijesinghe MBBS (C’bo), MD (C’bo), MRCPsych (UK)
Lecturer, Department of Psychiatry Faculty of Medicine, University of Kelaniya

MURUGESAR SINNETAMBY ORATION
Not Awarded

Dr Enoca Corea, delivering the SLMA Oration

Awarding the medal to the S C Paul Orator,
Dr J M K Chandima Jeewandere

Dr R P Hewawasam
Delivering the NDW Lionel Memorial Oration

Prof Asiri Abeygunawardhana delivering Dr S Ramachandran Oration

Awarding the medal to the Sir Nicholas Attygalle Orator,
Dr Chamara Wijesinghe

Dr Suneth Agampodi delivering the Sir Marcus Fernando Oration
E M Wijerama Prize

Effect of non-steroidal anti-inflammatory drugs (NSAID) on bleeding and Liver in Dengue infection

Wijewickrama A¹, Abeyrathna G², Gunasena S², Idamputiya D²
¹National Institute of Infectious Diseases, Angoda
²Medical Research Institute, Colombo

S E Seneviratna Prize

Incidence and risk factors for non-alcoholic fatty liver disease in an urban, adult Sri Lankan population – a community cohort follow-up study

Niriella MA¹, Kasturiratna A¹, De Silva ST¹, Perera KR², Subasinghe SKCE², Kodisinghe SK², Piyaratna TACL², Vithiya K², Dassanayaka AS¹, De Silva AP¹
¹Faculty of Medicine, University of Kelaniya
²University Medical Unit, Colombo North Teaching Hospital, Ragama

H K T Fernando Prize

Human epidermal Growth Factor Receptor-2 (HER2) expression in gastric adenocarcinoma and relevant clinic-pathological features in a cohort of Sri Lankan patients

Subasinghe D¹, Sivaganesh S¹, Samarasekera A², Kumarasinghe MP³, Samarasekera DN¹, Lokuhetty MDS⁵
¹University Surgical Unit, National Hospital of Sri Lanka
²Department of Pathology, The National Hospital of Sri Lanka
³Pathwest Laboratory Medicine, Perth
⁴School of Pathology and Laboratory Medicine University of Western Australia
⁵Department of Pathology, Faculty of Medicine, University of Colombo, Sri Lanka

Sir Nicholas Attygalle Prize

Knowledge on low birth weight among pregnant women and their partners in Anuradhapura district

Guruge GND¹, Perera KMN², Dharmaratne SD³, Gunatunga W⁴
¹Health Promotion Unit, Faculty of Applied Sciences, Rajarata University of Sri Lanka
²Department of Public Health, Faculty of Medicine, University of Kelaniya
³Department of Community Medicine, Faculty of Medicine, University of Peradeniya
⁴Department of Community Medicine, Faculty of Medicine, University of Colombo

Wilson Peiris Prize

Development of a snakebite risk map for Sri Lanka

Ediriweera DS¹, Kasturiratne A², Pathmeswaran A², Gunawardena NK³, Wijayawickrama BA⁴, Jayamanne SF⁵, Isbister GK⁶, Dawson A⁶, Giorgi E⁷, Diggle PJ⁷, Laloo DG⁸, de Silva HJ⁹
¹ICT Centre, Faculty of Medicine, University of Kelaniya, Sri Lanka
²Department of Public Health, Faculty of Medicine, University of Kelaniya, Sri Lanka
³Department of Parasitology, University of Kelaniya, Sri Lanka
⁴Department of Medicine, Faculty of Medicine, University of Kelaniya, Sri Lanka
⁵Clinical Toxicology Research Group, University of Newcastle,
⁶Central Clinical School, Faculty of Medicine, University of Sydney,
⁷CHICAS, Lancaster University Medical School, United Kingdom
⁸Liverpool School of Tropical Medicine, United Kingdom

Daphne Attygalle Prize for the best paper in Cancer

Components of the leptin system as risk factors for sporadic breast cancer in Sri Lankan women and their modulation by menopausal status

Rodrigo HACIK¹, Tennekoon KH¹, Karunananayake EH¹, Amarasinghe IY², De Silva GKS²
¹Institute of Biochemistry Molecular Biology and Biotechnology, University of Colombo
²National Cancer Institute, Maharagama
Sir Frank Gunasekera Prize for the best paper in Community Medicine & Tuberculosis

Knowledge, attitudes and practices of army soldiers on prehospital trauma care in Matara district

Chathurika H.L.S
1Post Graduate Institute of Medicine, University of Colombo

Kumaradasa Rajasuriya Prize for the best paper in Tropical Medicine

The prevalence of cirrhosis in adults with evidence of immunity against Hepatitis A

Kobbegala KGVJ1, Karalliyyadda HN1, Ranawaka C2, Niriella M1, De Silva AP3, Dassanayake AS1, De Silva HJ1
1Department of Pharmacology, Faculty of Medicine, University of Kelaniya
2Colombo North Teaching Hospital, Ragama
3Department of Medicine, Faculty of Medicine, University of Kelaniya

Special Prize in Cardiology

Are we recognizing the correct state of blood pressure control of our patients in out-patient setting?

Bandara HGWAPL1, Kogulan T1, Kodithuwakku NW1, Hewarathna UI1, Karunaratne RMSP1, Jegavanthan A1, Hathalahanawa C1, Ralapanawa DMPUK2, Jayawickreme KP1, Ambagaspitiya AWD1
1Cardiology Unit, Teaching Hospital Kandy
2Department of Medicine, Teaching Hospital Peradeniya

S Ramachandran Prize for the best paper in Nephrology

Risk factors and outcome of primary urinary stones in children: a single centre experience

Gunasekara W D V N1, Wijesinghe S W M N S1, Ekanayaka E M S S1, Jasinge E A2, Hemachandra D K M N2
1Paediatric Nephrology Unit, Lady Ridgeway Hospital for Children
2Department of Biochemistry, Lady Ridgeway Hospital for Children
3Family Health Bureau

Special Award for the Best Oral Presentation in Pharmacology

Metformin: use as a pharmacological agent in management of childhood obesity

Warnakulasuriya LS1, Fernando MAM2, Adikaram AVN3, Thawfeek ARM2, Anurasiri WML4, Silva KDRR5, Sirasa MSF5, Samaranayake D5, Wickramasinghe VP7
1Post Graduate Institute of Medicine, University of Colombo
2Colombo North Teaching Hospital, Ragama
3Health Unit, Bandaranayake International Airport, Katunayake
4District General Hospital, Negombo
5Department of Applied Nutrition, Wayamba University
6Department of Community Medicine, University of Colombo
7Department of Paediatrics, University of Colombo

SLMA prize for the best poster

Prevalence and clinicopathological characterization of triple negative and basal like breast carcinoma in Sri Lanka

Wijesinghe HD1, Fernando J2, Senarath U3, Wijesinghe GK1, Lokuhetty MDS1
1Department of Pathology, Faculty of Medicine, University of Colombo
2National Hospital of Sri Lanka
3Department of Community Medicine, Faculty of Medicine, University of Colombo

CNAPT Award – Joint Winners

“Metformin for treatment of antipsychotic induced weight gain in a south Asian population with Schizophrenia or schizoaffective disorder: a double blind randomized, placebo controlled study”

Prof Varuni de Silva, Department of Psychiatry, Faculty of Medicine, Colombo

“Platelet activating factor contribution to vascular leak in Acute Dengue infection”

Dr Chandima Jeewandara, Centre for Dengue Research, University of Sri Jayawardenapura Kangodawila, Nugegoda
SLMA Research Grant 2016
“A study on the associations between metabolic syndrome and abnormalities in seminal fluid parameters among men with infertility”
Dr. Thilina Palihawadana, Faculty of Medicine, University of Kelaniya, Ragama

G R Handy Award for the best paper in Cardiology published in the year 2016
“Association of Metabolic syndrome with testosterone and inflammation in men”
Dr C M Wickramatilake, Department of Biochemistry, Faculty of Medicine, University of Ruhuna, Karapitiya, Galle

Glaxo Wellcome Research Award for the year 2016
“Severity, duration, treatment response and motor complications, and the association between these variables among patients with Parkinson’s disease attending movement disorder clinics of two major hospitals in Jaffna”
Dr Ajantha Kesavaraj, Teaching Hospital, Jaffna

Dr. Thistle Jayawardena Research Grant for Intensive Care 2016
“Antimicrobial activity of selected oral disinfectants against Acinetobacter causing ventilator associated pneumonia”
Bimal Prabodha Kudavidanage, General Hospital, Kegalle

Prof. Wilfred S E Perera Travel Award in Bioethics 2016
Prof. Chandanie Wanigatunge, Faculty of Medical Sciences, University of Sri Jayawardenepura

FAIRMED Foundation Award 2016
Not Awarded

6. MONTHLY CLINICAL MEETINGS

The SLMA held a total of 10 monthly clinical meetings this year on every 3rd Tuesday of the month. We are grateful to Dr Kushlani Jayatillake, Assistant Secretary who organized this programme.

A wide range of topics in all specialties were covered during the meetings, which were very well attended. Case discussions and MCQs were included to meet the learning needs of the attendees. The detailed programme is given in Annex 2.

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

7. REGIONAL MEETINGS

Nine meetings were held with clinical societies and medical associations in outstations in 2016. These meetings were well attended by the regional members. The participation from the SLMA Council Members however needs to be improved. The academic programmes of these meetings are given in Annex 3. These meetings were meticulously organized by the Assistant Secretary, Dr Sumithra Tissera with her team.

This year 2 meetings were held at Private Hospitals (Hemas Hospital Thalawatugoda and Durdans Hospital, Colombo) and at Two Universities (Kothalawala Defense University and Sri Jayawardenapura University) as a new initiative to expand the provision of Continuous Medical Education and reach of the SLMA.

These programmes were well attended and appreciated by both the clinical societies and the participants. Though the programmes were conducted successfully, there was much difficulty in organizing these programmes as most clinical societies were conducting similar programmes with other professional colleges. Also the participation by the SLMA Council members needs much improvement. The future of conducting such programmes also needs to be revisited.
These programmes were also supported by the Ministry of Health with financial assistance and the provision of a ministry vehicle for transport of SLMA delegates for outstation programmes.

Joint Clinical Meeting with the Homagama Clinical Society
18th February 2016 at the Auditorium, Base Hospital, Homagama

Joint Continuous Medical Education Programme with Hemas Hospital
30th March 2016 at Hemas Hospital Auditorium, Thalawathugoda

Joint Continuous Medical Education Programme with Kotelawala Defence University
1st June 2016 at Auditorium, FGS, KDU, Ratmalana

Joint Continuous Medical Education Programme with Ministry of Health, Central Province
21st June 2016 at Auditorium, Kadugannawa Regional Training Centre, Kadugannawa

Joint Regional Clinical Meeting with Faculty of Medical Sciences, University of Sri Jayewardenepura
13th October 2016 at the Anatomy Auditorium, University of Sri Jayewardenepura

Joint Academic Session with Ruhunu Clinical Society
16th November 2016 at the Hotel Sanaya Mansion, Matara

Joint Academic Session with Avissawella Clinical Society
18th November 2016 at the Auditorium, Seethawaka Export Zone

Joint Clinical Meeting with Wathupitiwala Base Hospital Clinical Society
19th November 2016 at the Hotel Sanol, Wathupitiwala

Joint Continuous Medical Education Programme with Durdans Hospital, Colombo
8th December 2016 at the Auditorium, Durdans Hospital, Colombo 3

8. SLMA FOUNDATION SESSIONS

The Foundation Sessions 2016 of the SLMA took place from 20th – 22nd October 2016 in the Lionel Memorial Auditorium at Wijerama House, Colombo 7. The Sessions were a great success with enthusiastic participation by doctors from all parts of the island.

The Sessions were ceremoniously inaugurated on the 20th October at the Lionel Memorial Auditorium, Colombo. Professor Jennifer Perera, Immediate Past President of the SLMA graced the occasion as Chief Guest and the Guest of Honour was Professor A H Sheriffdeen, a past President of the SLMA. The Academic programme was wide and varied, and included the E M Wijerama Endowment Lecture “Meeting the challenge of Social Responsibility - The role of the SLMA” which was delivered by Dr Suriyakanthie Amarasekera, MBBS (Cey), DA (Lond), FRCA (Eng), Consultant Anaesthetist & Past President SLMA

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

Several Guest lectures were held during the year 2016.

**Therapeutic Update on “Acute coronary syndrome”**
*Dr Naomali Amarasena*
Consultant Cardiologist, Sri Jayewardenepura General Hospital, Thalapathpitiya, Nugegoda
29th January, 2016 from 12.00 noon – 1.00 p.m.at the Lionel Memorial Auditorium, 6, Wijerama Mawatha, Colombo 7
Organised by the Medicinal Drugs Committee of SLMA

**Guest Lecture on “Birth: risk evidence and autonomy”**
Lessons from maternity on practicing humanized respectful medicine: applicable to other specialities
*Dr Amali Lokugamage*
Consultant Obstetrician and Gynaecologist, Whittington Hospital
3rd February, 2016 from 12.30 – 1.00 p.m.at the Lionel Memorial Auditorium, 6, Colombo 7

**History of Medicine Lecture 2016**
*Dr. Upali Banagala, MS, FRCS, FCSSL*
Consultant Orthopaedic Surgeon
26th February, 2016 from 6.30 p.m.at the Lionel Memorial Auditorium, 6, Wijerama Mawatha, Colombo 7

**Commemoration of the International Women’s Day 2016**
“Responding to Gender Based Violence victims”
*Responsibilities of the Health Staff*
2nd March, 2016 from 11.00 am to 12.00 noon at the Accident Service Auditorium, National Hospital of Sri Lanka
Organised by the Womens Health Committee of SLMA

**Guest Lecture**
“Recent advances in endovascular treatment of lower limb ischaemia”
*Professor Peter Gaines MB ChB, MRCP, FRCR, FRCP*
Professor of Sheffield Hallam university, Chief Medical officer in Novate, Chief Medical Officer in Veryan Medical, Radiologist iGene, London (Digital Autopsy)
1st April, 2016 from 12.30 to 1.30 pm at the Lionel Memorial Auditorium, 6, Wijerama Mawatha, Colombo 7
10. SEMINARS AND WORKSHOPS

SLMA organized several seminars and workshops during the year 2016. The detailed programmes are given in Annex 5.

SEMINAR ON “ANTIBIOTICS: A FRIEND TURNING ENEMY”
14th of February 2016 at 8.30 am at the Lionel Memorial Auditorium

SYMPOSIUM ON “ZIKA VIRUS OUTBREAK – NO ZIKA YET KNOW ZIKA !!”
14th of March 2016 at 11.30 at the Lionel Memorial Auditorium

WORKSHOP ON “VULNERABILITY AND RESEARCH ETHICS”
28th March 2015, at 8.30 a.m. at the Lionel Memorial Auditorium
SYMPOSIUM ON “RESURFACING STI IN THE ERA OF HIV”

12th May 2016, at 11.30 am at the Lionel Memorial Auditorium

CAREER GUIDANCE SEMINAR

6th November 2016, at 8.30 am at the Lionel Memorial Auditorium

SYMPOSIUM ON “VIRAL ENCEPHALITIS: CURRENT STATUS AND FUTURE PROSPECTS”

24th November 2016 at 11.30 a.m. at the Lionel Memorial Auditorium

11. DOCTORS’ CRICKET SRI LANKA (DCSL)

Doctors’ Cricket Sri Lanka (DCSL) is a cricket club registered under Sri Lanka Cricket. It functions under the SLMA. SLMA organizes various events over the year. Majority of these activities are intended towards the continuous professional development. To take a break from the busy schedule of academic events, the SLMA organized the doctors vs lawyers cricket encounter. The main purpose of this event was to promote an active life style among medical professionals. This was also intended to build up qualities like team building, team work, as well as acceptance of the glory of the victory as well as the losses in the life. And of course this was a great opportunity for medical professionals to get rid of the busy ward and clinic work and to relax their minds during the day. It was noticeable that the team mates were sharing their responsibilities forgetting the seniority in the profession.

DCSL enjoyed a very successful year in 2016. They qualified for the finals of the Professionals’ Cricket League 2016 in which they will be playing against the Lawyers’ team. The highlight of the year for DCSL was the annual law-medical cricket encounter which was held on 13th December 2016 at the BRC grounds. This year’s encounter was comprehensively won by the doctors’ team. The Doctors’ team is led by Dr Rajiv Nirmalasingham and the rest of the team consisted of Chamikara Palkumbura, Kasun Karunarathne, Diluk Senadeera, T. Gowribahanm, Supun de Silva, Rusiru Jaythilaka, Kasun Eranda Wijeyagunawardana, Thilina Damsiri, Indranath Nimalashantha, Heshan Amaratunga, Aamila Kanangara, Dinesh Peiris, Sritharan Ganeshamoorthy. Prof. Indika Karunathilake serves as the patron of DCSL.

Man of the Match - Dr Diluk Senadeera (Doctors Team)

Best Batsman – Dr Supun de Silva (Doctors Team)

Best Bowler – Dr T Gowribahan (Doctors Team)

Best Fielder – Dr Kasun Eranda (Doctors Team)

Best All Rounder – Mr Thusitha (Lawyers Team)
12. REPORTS OF SLMA COMMITTEES

COMMUNICABLE DISEASES

Chairperson Dr. Ranjith Perera
Convenor Dr. Hasini Banneheke

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

New members joined in 2016
None

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

General Objective 1
Enhance the capacity as the apex professional and scientific organization of all categories of medical doctors as defined in the constitution of the SLMA.

Committee has always been working with other Colleges in providing CME to members. A round table discussion on Zika was organized with the council of the SLMA inviting all relevant Colleges to alert the impending threat posed by neighbouring countries. The book on “100 case of leprosy” was published as a collaborative effort with Sri Lanka college of Dermatologists and distributed to medical libraries, health care institutions in the government sector and private sector and all members interested in leprosy. The Vaccine Guideline book which is being reviewed is also a collaborative effort with other professional colleges.

Specific objective 1.2
Take appropriate measures to enhance the corporate image of the SLMA

Will work according to the guidelines given by the council

Specific objective 1.3
Develop strategies to attract more doctors to join the SLMA

The book on “100 case of leprosy” was published and distributed free of charge to all members interested in. In addition the vaccine book is being reviewed by the authors. Activities of this nature will attract doctors to the SLMA.

Specific objective 1.4
Develop a mechanism to respond rapidly to important current issues

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

1. “Resurfacing HIV in the era of HIV”
2. “No zika yet know zika”

Specific objective 1.5
Network with outstation clinical societies and associations to strengthen academic and professional links

Action will be taken in 2017

General Objective 2
Play an advocacy role towards comprehensive curative and preventive health services for the people of Sri Lanka

Specific objective 2.1
Further strengthen our links with the Ministry of Health

A round table discussion on Zika was organized with the council of the SLMA to alert the relevant healthcare personal in the Ministry of Health regarding their role while triggering them to take necessary actions. The book on “100 case of leprosy” was published and distributed to medical libraries, institutions and members of the Ministry of Health.
Specific objective 2.2
Develop a review mechanism for monitoring and evaluation of the performance of SLMA Committees ever six months

Not applicable

Specific objective 2.3
Make optimal use of the media to address curative and preventive healthcare services delivery to the people

Action will be taken in 2017

General Objective 3
Promote professionalism, good medical practice and ethical conduct among doctors.

Specific objective

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

Not applicable

Specific objective 3.2
Develop mechanisms to increase ethical funding of SLMA activities

We have secured funds regularly on our own for all symposia held in year 2016. ECCD has entered into a contract with GSK (GlaxoSmithKline), a pharmaceutical company in May 2016 to support all its CME activities for 1 year with the hope of extending it yearly.

General Objective 4
Disseminate state-of-the-art knowledge, clinical practice, technology and emerging concepts in medical sciences among medical professionals.

Specific objective 4.1
Develop a news-sheet with up-to-date developments in medicine and allied health sciences to public and private sector healthcare institutions and societies

Summary of presentations and recommendations of most symposia organized by ECCD have been published in the SLMA Newsletter.

Specific objective 4.2
Make available in-depth information of the summaries in the news-sheet electronically through the SLMA website and other useful web-links

Summary of presentations and recommendations of most symposia organized by ECCD have been published in the SLMA Newsletter which is available online.

Specific objective 4.3
Collaborate with Colleges in the above activities

All our symposia had collaborations with guest speakers from different disciplines. Almost all symposia were ‘one health’ type.

Specific objective 4.4
Transmit the proceedings of scientific sessions of the SLMA on CD to public and private sector healthcare institutions and societies, especially in the outstations

Not applicable

Specific objective 4.5
Influence policy makers to contribute to the dissemination of health information through allocation of resources

Not applicable

General Objective 5
Provide opportunities for continuous professional development with particular emphasis on the National CPD programme.
Specific Objective 5.1
Establish a National Centre for Continuous Professional Development CPD in Medicine (NCCPDIM)

Not applicable

Specific Objective 5.3
Motivate doctors to participate in the National CPD Programme

Not applicable

General Objective 6
Encourage ethical medical research.

Specific objective 6.1
Cultivate a research culture among medical doctors especially those in the outstations

Not applicable

Specific objective 6.2
Attract more funds to the SLMA research fund

Not applicable

General Objective 7
Educate the public on health-related issues.

Specific objective 7.1
Empower President, Secretary and Media Committee of the SLMA to respond quickly with the appropriate experts to health issues that emerge, pending covering approval of the council.

Not applicable

Specific objective 7.2
SLMA to participate in short TV and radio programmes

Will be done in 2017.

Specific objective 7.3
SLMA to identify banks of experts on different subjects whom the SLMA Media Committee can draw on

The Expert Committee on Communicable Diseases Committee consists of experts who can provide necessary information to the SLMA media committee regarding this matter.

General Objective 8
Enhance closer professional and scientific links between medical doctors and professionals allied to health care.

Specific Objective 8.1
Encourage professional development of professionals allied to health care.

In all or most of our activities we have provided knowledge to other health allied professionals. More such activities will be organized in 2017 to achieve this specific objective.

Specific objective 8.2
Interact with professionals allied to health care on issues related to health

Will attend to this objective in 2017.

Any other comments on activities of your committee

Future symposia on dengue diagnosis, tuberculosis and microbiota are bring organized for the year 2017. Other symposia will be organized on current and future problems in communicable diseases aspect.

Committee meetings

Four meetings of the Expert Committee on Communicable Diseases were held during the year 2016 and the attendances of the members at these meetings were as follows.
MEDICINAL DRUGS

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

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

New members joined in 2016: Dr Nirmala Wijekoon

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

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

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

Committee meetings
(Number of committee meetings held during the year 2016 with attendance of each member in a table as follows.)
Number of meeting held during the year 2016 up to 15th November 2016 is 7. The last meeting for the year will be held on 2nd December 2016.

<table>
<thead>
<tr>
<th>Name</th>
<th>Number of meetings attended</th>
<th>Number of meetings excused</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prof Gita Fernando</td>
<td>7/7</td>
<td>0/7</td>
</tr>
<tr>
<td>Dr Pradeepa Jayawardane</td>
<td>5/7</td>
<td>1/7</td>
</tr>
<tr>
<td>Prof Priyadarshani Galappathy</td>
<td>1/7</td>
<td>1/7</td>
</tr>
<tr>
<td>Prof Shalini Sri Ranganathan</td>
<td>4/7</td>
<td>2/7</td>
</tr>
<tr>
<td>Prof Chandanie Wanigatunge</td>
<td>2/7</td>
<td>3/7</td>
</tr>
<tr>
<td>Dr Sarath Gamini de Silva</td>
<td>3/7</td>
<td>3/7</td>
</tr>
<tr>
<td>Dr Maxie Fernandopulle</td>
<td>1/7</td>
<td>1/7</td>
</tr>
<tr>
<td>Dr Lucian Jayasuriya</td>
<td>1/7</td>
<td>3/7</td>
</tr>
<tr>
<td>Dr Shyamalee Samarayanake</td>
<td>0/7</td>
<td>2/7</td>
</tr>
<tr>
<td>Dr Srimathie Jayaratne</td>
<td>1/7</td>
<td>3/7</td>
</tr>
<tr>
<td>Dr M C Weerasinghe</td>
<td>2/7</td>
<td>3/7</td>
</tr>
<tr>
<td>Mr Mahanama Dodampagame</td>
<td>4/7</td>
<td>1/7</td>
</tr>
<tr>
<td>Miss Chinta Abeywardana</td>
<td>3/7</td>
<td>0/7</td>
</tr>
</tbody>
</table>
Activities carried out during 2016

1. **Therapeutic update lectures**
   Medicinal Drugs Committee (MDC) organized the third series of lunch time lectures to update knowledge on therapeutics and rational use of medicines. Such updates were aimed at promoting CPD of post graduate trainees and other doctors. Five presentations were held for this year. All lectures were held at SLMA. All lectures were well attended. The updates/ speakers are as follows:
   - What’s new in acute coronary syndrome? by Dr Neomalie Amarasena - 29/01/2016
   - Update on anaphylaxis: an interactive workshop by Dr Nirmala Wijekoon and Dr Chandimani Undugodage - 29/04/2016.
   - What’s new in infective endocarditis? by Dr Panduka Karunanayake 24/06/2016
   - What’s new in dementia? by Prof. Samudra Kaththiriarachchi 4/08/2016
   - What’s new in gastro-oesophageal reflux disease by Dr M A Niriella 28/10/2016
   - What’s new in management of ischaemic stroke? By Dr Udaya Ranawaka – scheduled for December 2016

   A symposium to promote rational use of antibiotics titled ‘Antibiotics: a friend turning enemy’ was held on 26th February, 2016 at SLMA auditorium. There were about 120 participants including doctors, pharmacists, nurses, representatives from the pharmaceutical industry, media personnel and general public. The session was chaired by Professor Gita Fernando (Chairperson, MDC) and Dr Iyanthi Abeyewickreme (President, SLMA).

   Professor Gita Fernando explained that antimicrobial resistance (AMR) was a significant health problem in the country and stressed the importance of a collaborative effort by health professionals in combating this problem. She recommended education of health personnel, general public as well as support of media personnel in disseminating knowledge regarding prevention of AMR. Availability of resistance patterns of some pathogenic bacteria would help in preventing AMR.

   The following presentations were made during the symposium:
   - **Rational use of antibiotics - how to reduce antibiotic resistance?**
     *Prof Chandanie Wanigatunge – Professor in Pharmacology, University of Sri Jayewardenepura*
   - **Antibiotic resistance in children - how to reduce?**
     *Prof Shalini Sri Ranganathan - Professor in Pharmacology, University of Colombo*
   - **Antibiotic resistance patterns; what can be done?**
     *Dr Kushlani Jayatilleke – Consultant Microbiologist, Sri Jayewardenepura GeneralHospital*
   - **Antibiotic resistance in the community; are there solutions?**
     *Dr Eugene Corea – Family Physician*
   - **Role of pharmacists in reducing antibiotic resistance**
     *Ms Savini Senadheera – Lecturer in Pharmacy, University of Sri Jayewardenepura*
   - **Role of nurses in reducing antibiotic resistance**
     *Ms Sujatha Seneviratne – Senior Lecturer in Nursing, University of Sri Jayewardenepura*
   - **Role of pharmaceutical industry in overcoming antibiotic resistance**
     *Mr Palitha Jayathilake – Vice President, Sri Lanka Chamber of Pharmaceutical Industry*

   Professors Chandanie Wanigatunge and Shalini Sri Ranganathan summarized the presentations in Sinhala and Tamil respectively. An active discussion followed the proceedings.

3. **Patient Information Booklets**
   Patient information booklets titled: “Patient Information on Commonly Used Medicinal Drugs” were published by the MDC to provide essential information to patients and the public about commonly used medicinal drugs as well as other topics relevant for patient care.

   The following were involved in editing the booklets.
   - **Editor:** Professor Gita Fernando
   - **Co-editors:** Professor Shalini Sri Ranganathan, Professor Chandanie Wanigatunge
   - **Dr Pradeepa Jayawardane, Ms Chinta Abayawardana**

   These booklets are written in Sinhala, Tamil and English covering the following topics/ authors:
   - **Preface: Rational use of western medicinal drugs** – Professor Gita Fernando
   - **Antipyretics in children** – Dr Maxie Fernandopulle
   - **Cough syrups in children** – Dr Maxie Fernandopulle
   - **Antibiotics** – Professor Gita Fernando
   - **Diabetes – insulin or tablets?** – Dr Sarath Gamini de Silva
   - **Drugs in hypertension** – Dr Sarath Gamini de Silva
Management of heart pain (angina) – Professor Gita Fernando
Cholesterol and drugs to treat high blood cholesterol - Professor Priyadarshani Galappatthy
Blood thinners – Dr Priyanga Ranasinghe
Inhaled medicines in asthma – Professor Chandanie Wanigatunge
Non-steroidal anti-inflammatory drugs (NSAIDs)
Oral contraceptive pills (OCP) – Dr Srimathie Jayaratne
Emergency contraceptive pill (ECP) – Dr Srimathie Jayaratne
Vitamins – Dr Manuj C Weerasinghe
Household poisoning – Dr Pradeepa Jayawardane
How can pharmacists help patients in the correct use of medicines? – Ms Chinta Abayawardana

Sponsorship for printing booklets was by the National Health Development Fund, Ministry of Health, Nutrition & Indigenous Medicine. The booklets were launched on 28 th November at a ceremony held at Nelumpokuna auditorium. They were presented to HE President Maithripala Sirisena and Hon. Minister of Health, Nutrition and Indigenous Medicine Dr Rajitha Senaratne,

4. Interactive session on ‘Advertisements on healthcare products and cosmetics – are they misleading or not?’
An interactive session on ‘Advertisements on healthcare products and cosmetics – are they misleading or not?’ was held on 21 st October 2016 during the Foundation Sessions of SLMA. The speakers included Prof. Rohini Fernandopulle, Pharmacologist, Mr Amith Perera Chief Food & Drugs Inspector /NMRA, Dr Chalukya Gunasekera, Consultant Dermatologist, Dr Thushan Beneragama, Consultant Plastic Surgeon, Dr Jayasundara Bandara, DDG/Dental Services, and Mrs Nayana Karunaratne, Beautician. Meeting was chaired by Prof Gita Fernando & Dr Hemantha Beneregama, DDG/LS. The importance of regulation of cosmetics was stressed to circumvent the problem of inappropriate advertising of mainly cosmetics and other healthcare products to the public. Prof Gita Fernand informed that according to the NMRA Act, regulation of cosmetics was not included. Regulation of cosmetics was carried out as stipulated in the previous CDD Act. Participants were informed that document on ‘Regulation of Cosmetics’ was prepared and sent to the legal draftsmen. Prof. Fernando also mentioned that the ‘Advertisements’ sub-committee of NMRA is not functioning presently and stressed the importance of establishing this committee.

5. Symposium on AMR organized by the Commonwealth Medical Association Conference (CMA)
Prof. Gita Fernando and the MDC were requested by Prof. Vajira Dissanayake (Coordinator – CMA) to organise a symposium on AMR in Sri Lanka for the Commonwealth Medical Association Conference (CMA). Symposium was held on 15 th October 2016. The resource persons/topics presented were as follows: Dr Kushlani Jayatilleka – The current situation and practical problems; Prof Gita Fernando – Regulatory problems and future remedies; Ms Savinee Senadheera – Inappropriate use of antibiotics and community resistance. The Symposium was chaired by President SLMA Dr Iyanthi Abeyewickreme.

6. Addressing the issue on AMR
Committee discussed that a work plan has to be formulated to address the problem of AMR where Clinical Pharmacologists should play a lead role in collaboration with Colleges of Physicians, Paediatricians, Obstetricians & Gynaecologists and Surgeons and Microbiologists. It was observed that one of the main problems is irrational prescribing of antimicrobials. Prof Chandanie Wanigatunge and Dr Pradeepa Jayawardane were requested to write a proposal for review by MDC. Prof. Gita Fernando is a member of the National Advisory Committee to prevent AMR. She will update MDC members on progress of the National Action Plan.

Action plan for 2017
a) MDC will continue to have therapeutic updates for 2017. The topics and the resource persons will be decided at the December meeting.
b) Prevention of AMR by improving prescribing practices

ETHICS

Chairperson Dr Eugene Corea
Secretary Dr Ruvaiz Haniffa

Members
Prof Anoja Fernando Dr Enoka Corea Dr Christo Fernando
Dr Preethi Wijegoonewardene Dr Panduka Karunanyake

Report prepared by Dr Ruvaiz Haniffa
The following activities were undertaken during the year

1. SLMAs role in times of disaster situations – This was discussed in terms of the nationwide flood situation which affected many parts of Sri Lanka in May 2016 and the SLMA s involvement in the health related sphere. The Committee discussed the role of ethics of disaster relief provision during disasters by medical personnel.

2. A role of Health as right in Sri Lanka was discussed in terms of formulation of the new Constitution of Sri Lanka.

3. A document titled The Patient as our teachers was circulated for comments amongst members. The Committee is the process of gathering comments forms other members of the SLMA on the document. The possibility of publishing it in the SLMA Newsletter is being explored.

4. A draft proposal worked on by previous ethics committees of the SLMA on Hospital ethics Committees was revisited.

5. The SLMA Council referred for comment a document on implementation of the National Organ and Donor Programme for Deceased organ transplantation. This was done in the context of the issue arising out of Kidney transplantations done on Indian Nationals in Sri Lankan Private Hospitals.

6. The issue of legal and ethical aspect of DO NOT RESUSCITATE DIRECTIVE issued by patients and relatives was discussed. The Committee proposed that a workshop to be conducted with the Bar Association of Sri Lanka to discuss the matter further. The President SLMA had written to the Bar Association and a date is awaited to organize the workshop. The Committee was not able to organize this seminar in 2016.

**ETHICS REVIEW**

**Chairperson**
Professor Anoja Fernando

**Secretary**
Prof. Chandanie Wanigatunge

**Members**
Dr. Malik Fernando  Prof. Shalini Sri Ranganathan  Prof. Amala de Silva
Dr. Kamal Weerapperuma  Dr. Sumal Nandasena  Dr. Carukshi Arambepola
Dr. Jayani Weeratne  Dr. Mayuri Thammitiyagodage

**New members joined in 2016**
Mr Sujeeva Rajapakse
Dr Naazima Kamardeen
Ms Chitra Ranasinghe

**Report presented by**
Prof. Chandanie Wanigatunge

**Objectives of the committee**
To provide timely and comprehensive review of biomedical research protocols submitted for ethical approval
To provide guidance and support to other ERCs to enhance their capacity in reviewing applications pertaining to ethical aspects of biomedical research.
Total number of meetings in 2016: 11

<table>
<thead>
<tr>
<th>Name</th>
<th>Number of meetings attended</th>
<th>Number of meetings excused</th>
<th>Attendance</th>
</tr>
</thead>
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<tr>
<td>Prof Anoja Fernando</td>
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</tr>
<tr>
<td>Prof Chandanie Wanigatunge</td>
<td>10</td>
<td>1</td>
<td>91%</td>
</tr>
<tr>
<td>Dr Malik Fernando</td>
<td>11</td>
<td>0</td>
<td>100%</td>
</tr>
<tr>
<td>Prof Shalini Sri Ranganathan</td>
<td>10</td>
<td>1</td>
<td>91%</td>
</tr>
<tr>
<td>Dr Carukshi Arambepola</td>
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<td>2</td>
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</tr>
<tr>
<td>Dr Sumal Nandasena</td>
<td>4</td>
<td>7</td>
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</tr>
<tr>
<td>Dr Jayanie Weeratna</td>
<td>8</td>
<td>2</td>
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<tr>
<td>Dr Mayuri Thammithiyagodage</td>
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<tr>
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<td>8</td>
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<tr>
<td>Prof Amala de Silva</td>
<td>9</td>
<td>1</td>
<td>82%</td>
</tr>
<tr>
<td>Mr Sujeewa Rajapakse</td>
<td>4</td>
<td>0</td>
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</tr>
<tr>
<td>Dr Naazima Kamardeen (from April)</td>
<td>4</td>
<td>3</td>
<td>50%</td>
</tr>
<tr>
<td>Ms Chitra Ranasinghe (from October)</td>
<td>2</td>
<td>0</td>
<td>100%</td>
</tr>
</tbody>
</table>

Activities carried out during 2016

Eleven meetings were held from January to November 2016 and 15 research proposals were submitted to the committee during this period. Two proposals were exempted from review as they were record based audits of minimal risk. Thirty six research proposals were approved (14 from 2014 and 22 from 2015) and eight proposals were removed from the agenda as the Principle Investigator did not respond despite repeated reminders. No protocols were rejected during this period.

The following were given ethical approval by the committee in 2016.

1. ERC/15-028
   The burden of dental caries, periodontal disease and oral candidiasis and associated factors among patients with Oral Potentially malignant Disorders (OPMD) and oral cancer attending the Oral & Maxillo-Facial Unit, Base Hospital, Panadura.
   Dr P Kirupakaran, Consultant Oral & Maxillo-Facial Surgeon, Oral & Maxillo-Facial Unit, Base Hospital, Panadura

2. ERC/15-030
   An Assessment on Urban Health Issues Affecting Selected Populations in the Western Province, Sri Lanka
   Dr Upul Senerath, Senior Lecturer in Community Medicine, Faculty of Medicine, University of Colombo

3. ERC/15-032
   Patterns of disease presentation in Sri Lankan primary care: a study in Boralesgamuwa MOH area
   Dr A N W Karunarathna, Additional Medical Officer of Health, Boralesgamuwa

4. ERC/15-037
   Consultant Psychiatrists’ view about Implementation of Mindfulness-based Therapeutic Intervention (MBTI) in a clinical setting in Sri Lanka – A qualitative study
   Dr Nishanthie Dolage, Consultant Psychiatrist, Lancashire Care NHS Foundation Trust (LCFT), Bickerstaff House, Wigan Rd., Ormskirk, L39 92 JW, UKERC/14-032

5. ERC/015-040
   Effect of an intervention to enable young people to act as change agents to reduce cardiovascular disease risk of their community: a cluster randomize controlled trial
   Dr Nadeeka Chandraratne, Registrar in Community Medicine, Family Health Bureau, Ministry of Health

6. ERC/015-042
   Dr Paba Palihawadana, Chief Epidemiologist, Epidemiology Unit, No 231, De Saram Place, Colombo 10

7. ERC/015-043
   Evaluation of the Nirogi Lanka (National Initiative to Reinforce and Organize General diabetes care In Sri Lanka) project of the Sri Lanka Medical Association
   Professor Chandrika N Wijeyaratne, Chairperson Nirogi Lanka Project, Diabetes Prevention Task Force, SLMA, No 6, Wijerama Mawatha, Colombo

8. ERC/16-004
   Prevalence of psycho-social issues among individuals with gender dysphoria, who are attending a psychiatry clinic at National Hospital of Sri Lanka
   Dr Gayani Ruwanthika Siriwardena, Senior Registrar in Psychiatry, National institute of Mental Health (NIMH), Angoda

9. ERC/016-002
   National Assessment of Health Care Utilization and Expenditure Patterns in Sri Lanka

10. ERC/ 16-003
Medium and long term outcome analysis of unconventional radio-venous fistulas against conventional radio–cephalic fistulas, both created using micro-vascular technique for haemodialysis.
Dr. G N S Ekanayake, Consultant Plastic Surgeon, Teaching Hospital, Kurunegala

11. ERC 15/021- Component 2
Non-randomized controlled trial on the stability and outcome of the conventional wrist-spanning external fixator versus an invented low cost wrist-spanning radio-metacarpal external fixator for comminuted displaced distal radius fractures.
Dr. G A L Niroshana, Registrar in Orthopaedic Surgery, National Hospital of Sri Lanka

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

1. ERC/16-005
Dr. B. A. Polgampala – Medical Officer LRH

2. ERC/16 – 007
Pattern and selected social determinants of Tuberculosis in children, adolescents and young adults of Sri Lanka in 2014 and 2015 (SORT IT -2016).
Dr. Shyamali Ratnayake, National Programme for Tuberculosis and Chest Diseases, 555/5, Public Health Complex, Alvitigala Mawatha, Colombo 05

The Standard Operating Procedures (SOPs) of the ERC were developed during the year. The work on developing a dedicated website for the ERC was commenced and the ERC office was refurbished to ensure smooth functioning of its activities.

Four in-house workshops were held during the year to update the knowledge of ERC members. The members also attended workshops conducted by FERCSL during the year. A pool of external resource persons were appointed to obtain scientific reviews when the required expertise is not available within the ERC.

The SLMA ERC underwent SIDCER (Strategic Initiative for Developing Capacity in Ethical Review) survey in June 2016. This was carried out by the reviewers from Forum for Ethical Review Committees in the Asian and Western Pacific Region (FERCAP). The ERC was cleared for recognition and awarded the recognition plaque at the FERCAP Annual International Conference held in Bangkok, Thailand in November 2016. Professor Anoja Fernando (Chairperson) and Professor Chandanie Wanigatunge (Secretary) represented the ERC at the Recognition Ceremony.

ERC members were resource persons at workshops conducted by FERCSL and NHRC and were also speakers at the Satellite Symposium on Research ethics and Bioethics at the Commonwealth Triennial Conference.

Action plan for 2017
Provide support to FERCSL and other ERCs to enhance capacity of ethical review of biomedical research.

HEALTH MANAGEMENT

Chairperson Dr. Susantha de Silva
Convenor Dr. Rani Fernando

Members
Dr. Lucian Jayasuriya Dr. Palitha Abeykoon Dr. K C Shanti Dalpadadu
Dr. S Sridaran Dr. Rathnasiri Hewage Dr. S M Samarage
Dr Suranga Dolamulla Dr. Alan Ludowyke Dr. Neelamanie Hewageegana
Dr. Ruvaiz Haniffa

Report presented by Dr Susantha de Silva
The Committee met on 8 occasions during the year 2016. The activities undertaken were as follows:

1. Supported MOH in its review of National Health policy & strategic plan: Draft strategic plan 2016- 2025 titled Strategic Framework for Health Development was reviewed and comments sent to Ministry of Health.

2. A Workshop on identification in gaps in priority areas for strengthening Health System was conducted with the Professional Colleges in February 2016. Discussions focused on the national health priorities identified by Ministry of National Policy and Economic affairs. Representatives from 9 professional bodies made presentations. Series of gaps was identified and list was compiled to help MOH to incorporate them in their action plans for 2016. Dr. Andrew Cassles Consultant from WHO spoke on key issues highlighting the challenges and risks in the health sector including ways in which some key risks could be mitigated.
3. Reports of the Working group on Healthcare quality and safety were presented by Director Healthcare quality and safety. The working group has met monthly and discussions have been focused on several topics. These included National antibiotic policy and issue of antibiotic resistance, surgical safety check lists, WHO tool kit for patient safety, Adverse events reporting form, work of Accreditation council and setting up of standards, Incorporation of patients safety into curriculum of medical and nursing education. Proposal to reconstitute the working group was approved. This working group is now upgraded to an Expert committee of SLMA at council meeting of December 2016 and a separate report will follow in the future.

4. Discussions were undertaken on the proposed Ambulance system and ETCA.

5. The status of National Health Insurance systems was reviewed with a contribution from Dr Ravi Rannaneliya Health Economist of Institute for Health Policy. The discussion also focused on the strategies to reduce out of pocket payments and to provide financial risk protection to people.

6. A Committee discussion highlighted the need to initiate a review of the structure of MOH & their functions jointly with SLCMA. At operational level a management cell for each DDG was proposed that could help identify priorities to be handled by each DDG.

7. Review of cadre requirements: An initial discussion was conducted with an introduction to cadre projections by Dr Dileep de Silva consultant who has developed a methodology for projection of staff cadres using a simulation model. Further action is to be followed up with MOH.

8. Seminar on Career guidance for Junior Doctors was conducted on 6th November with participation of 44 junior doctors. Presentations were made by several consultants on the subjects of Post Graduate Training Programme, Cadre positions, Medical Administration, Surgery & Finer Specialties, Obstetrics & Gynaecology, Paediatrics, Universities, Venereology, Anaesthesiology, General Practice, Radiology, Community Physicians, Psychiatry, Medicine & Finer Specialties, Dermatology, Pathology, and Otorhinolaryngology. There were several question and answer sessions.

9. Meeting to discuss the Budget Proposals 2017 is planned for December 2016 with participation of stakeholders and a report on the recommendations will be submitted to SLMA Council.

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**MEDIA**

Chairperson & Convenor  
Dr Ruvaiz Haniffa

**REPORT Presented by Dr Ruvaiz Haniffa**

The Annual SLMA Awards for Excellence in Health Journalism 2016 was successfully conducted for the 13th consecutive year. The Committee received 06 articles in Sinhala and 02 articles in Tamils for evaluation this year. The following awards were made at the inauguration of the SLMA Foundation Sessions held in SLM Auditorium on 20th October 2016.

**Sinhala Medium**

“හාට්ඇටෑක්කියලා රිතාගෙන දවුණකට අරැදරී පර්ේදියෝ අධ්යනාථයෙක් වේ”

by Ms. Ayanthi Udugampala - “Tharunee”

Associated Newspapers of Ceylon Ltd

**Tamil Medium**

(“දන්ත්‍ර භාෂාවෙන් අධ්යනාථයෙක් වේ”)

by Ms. M. H. Fathima Husna – “Thinakkural”

Thinakkural Publications (Pvt) Ltd

The panel of judges who served in evaluating the article were; Dr. Waruna Gunathilake, Consultant Physician NHSL (Sinhala medium), Dr. V. Murali, Consultant Community Physician (Tamil medium). The Committee thanks the judges for their valuable support.

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

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**MEDICAL EDUCATION**

Chairperson  
Dr. Palitha Abeykoon

Convenor  
Dr. Madawa Chandratilake

Members

Dr. Indika Karunathilake  
Dr. Gominda Ponnamperuma  
Dr. Asela Olupeliyawa

Prof. Saroj Jayasinghe  
Prof. Janaki Hewavisenthri  
Dr. Anuradhan Kasturiratne

Dr. Amaya Ellawala  
Dr. Dilmini Karunarathne
RESEARCH PROMOTION

Chairperson Prof. Sharmini Gunawardana
Convenor Dr. Manuja N. Perera until October 2016 and Dr. Lathika Athauda since November 2016

Members
Dr. Ruvaiz Haniffa
Dr. Sharmini Prathapan

New members joined in 2016 Dr. Lathika Athauda

Report presented by Dr. Lathika Athauda

Activities carried out during 2016
The committee screened and coordinated the external review of all research grants awarded by the SLMA, and made recommendations to award the SLMA research grant, the Glaxo-Wellcome research grant, Dr. Thistle Jayawardena research grant for intensive care. The FAIRMED foundation research grant and the Institute of Health Policy research grant, were not awarded, as there were no applicants for 2016. The committee greatly appreciates the support from the external reviewers of the research applications. The committee welcomes new members, resource persons for workshops as well as suggestions for new activities for the year 2017.

The committee wishes to acknowledge the services rendered by the past convener Dr. Manuja N Perera.

Action plan for 2017
National and regional level workshops on research methods to promote research.

NON COMMUNICABLE DISEASES

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

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

The NCD subcommittee is represented by professionals from many professional organizations. There were some activities directly conducted by the NCD subcommittee while other activities were carried out by NCD subcommittee members but as a part of their respective organizations planned activities.

1. The completion of the NIROGI Lanka phase 2 – This project consisted of three major components (NIROGI Maatha, NIROGI Paadh & NIROGI Diviya) that ran concurrently with active participation of relevant members of the NCD subcommittee who are have the motivation, expertise and the experience to implement in carrying out each project component as an activity through the existing health care delivery system, for which they currently bear responsibility. The detailed report is attached as annex 1

2. The NCD subcommittee (principle investigator - Dr. R.P.P. Karunapema and Prof Chandrika Wijerathne as applicants representing NCD subcommittee) applied for Second Health Sector Development Project grant and received the grant. The grant is amount to 5 million rupees as the first disbursement. The grant will be used to scale up health promotion activities which started in NIROGI Lanka project for NCD prevention through a collaborative project with the Ministry of Health. The health promotion activities will be carried out in Colombo, Gampaha and Kalutara Districts. The activities carried out in this year are summarized in annex 2

3. The NCD subcommittee also function as the main implementing body of the SLMA for the WDF funded Sri Lanka Diabetes and Cardiovascular Initiative. The HP activities under this project will be carried out in 5 more districts.

4. Successful the International Symposium on Diabetes in Pregnancy Asia Pacific (DIPAP) and The South Asia Initiative for Diabetes in Pregnancy (SAIDIP) in conjunction with International Congress on Diabetes in Pregnancy Colombo, Sri Lanka 8th to 10th September 2016 in collaboration with other professional bodies.
As the outcome of the meeting Colombo Declaration has been handed over to President Hon. Maithripala Sirisena and 10TH of March declared as GDM day. Detailed report as an annexure 3

5. Developing palliative care end of life guidelines – To develop end of life care guideline was initiated by the NCD committee in collaboration with geriatric society and YED unit of the Ministry of Health.

6. Commemorating palliative care day, a workshop for health professionals were conducted jointly by the cancer control program and NCD subcommittee.

7. Member of the NCD subcommittee were participated in many TV and Radio programs creating awareness on NCD prevention and control among general public.

8. The members of the committee published an article in WHO SEARO public health journal on success story of NIROGI LANKA project

9. There were many professional development and community based activities carried out by the college of general practitioners in relation to NCD Prevention and control. Most of these activities are conducted by the NCD subcommittee members. Details annex 4

10. In collaboration with College of Community Physicians super 8 concept was promoted in many work settings creating a healthy environment.

Annex 1
National Initiative to Reinforce and Organize General Diabetes Care in Sri Lanka (NIROGI Lanka) project summary

Project design
The proposal aimed to prevent the vulnerable communities from developing diabetes and/or its complications including CVD. It also aimed to improve the quality of diabetes care with enhanced secondary prevention in the delivery of care; specifically, in gestational diabetes and the diabetic foot. Hence, this project fulfilled the necessary criteria as a charitable project.

This project consisted of three major components (NIROGI Maatha, NIROGI Paadha & NIROGI Diviya) that ran concurrently with active participation of relevant members of the Diabetes Prevention Task Force who have the motivation, expertise and the experience to implement in carrying out each project component as an activity through the existing health care delivery system, for which they currently bear responsibility.

Project objectives
1. Capacity building of field staff managing pregnant women and children specifically on issues of GDM
2. Develop nationally relevant screening method for GDM in accordance with international criteria
3. Developing national centre of excellence for training and development of long term package of follow up of diabetic mothers and their babies
4. To initiate a national programme for capacity building in diabetic foot care by establishing a pioneer cohort of ‘Medical Officers-Diabetic Foot’ in Sri Lanka
5. To improve the quality of wound care by establishing a health care model of tertiary-primary care partnership in Colombo
6. To prevent foot ulceration by empowering the public through activities that encourage community and family participation in a defined area of Suburban area of Colombo
7. Based on the lessons learnt, to initiate the NIROGI Lanka health promotion (HP) model in different settings amongst the most vulnerable groups through capacity building of them as health promotion facilitators, providing a supportive environment to change and monitoring and evaluation of their achievements
8. To establish the sustainability of the NIROGI Lanka health promotion model in the already established settings in Kotte and Kolonnawa
9. To maintain the health data / information management system from family to entire community

Project activities
Activities Status
(Done/not done) Results
1. Develop a locally relevant Diabetic Foot Training Module Done 01 national level module developed ratified by Ministry of Health
2. Training module to train field staff on GDM during Pregnancy Done 01 module pack developed (linked to the practice guidelines) at national level by FHB
3. Develop IEC material for GDM Done 02 (booklet on diet and DVD physical activity) in all three languages
4. Patient received improved foot care through strengthening of 5 clinics Done 3000 patients received foot screening and care
5. Health promotional activities on diabetic foot Done Formed 40 active community groups, 525 people were sensitized on foot ulceration
6. Capacity building in diabetic foot care by establishing a pioneer cohort of ‘Medical Officers-Diabetic Foot’ in Sri Lanka. Done 969 MOs
7. Training of Trainers Prosthetics and Orthotics officers and 02 experienced technicians from DSI Done 12
8. PnO training carried out by the trained staff Done 30 PnO trained
26 staff nurses Through 02 workshops
9. Developing a low-cost diabetic footwear Done 6 models developed (DSI)
IEC material for free distribution at point of sale developed
Number sold in 1st quarter reached 5000 exceeding expectation

10. National guideline for the diabetic foot care
Foot care programme piloted Done 10 piloting hospital
11. Equipment for the piloting hospitals Done Hand held Doppler
Digital BP locally produced monofilament

To NHSL- advanced vascular Doppler
To RRH- Computerized PEDOGRAPH Main Unit and 5 Duro meters

12. Capacity building for field staff Done 6490 trained on GDM
13. Identification of cut off value for 2h PPBS in the Sri Lankan context Done 1 MOh area (2h PPBS)
5 piloting MOH areas (DIPSI method)
14. Development of a centre of excellence for GDM (establish cohort) Done 312 mother baby pairs
15. Primary prevention
No. of participants in the program
Done Teachers - 92
Children/youth - 205
Employees in work places - 1810
Community members in urban and sub urban settings - 1052

16. Number of people trained in ToT and Health promotional settings
Done HP facilitators – 195
Employees from work settings – 4872
School children as health promoters – 2135
Community Health promoters - 1052
Trainers in aerobic exercises

17. Number of people sensitized on Diabetes Done School children & their
Family members – 8795
9398 Community members

Major achievements and challenges of the project

Achievements
• A national commitment to Universal Screening for GDM by BG testing (as opposed to the existing method of testing random urine for reducing substances
• Sensitize a life cycle approach to GDM – mother and baby long term follow up
• Development of a low cost Diabetic foot wear in collaboration with DSI Pvt Ltd and Ragama Rehabilitation hospital
• Development of an in house local 10g monofilament for foot screening
• Highlighting and advocating the need for PnOs and a total foot care approach
• Initiating amputation audits
• Ripple effect of the foot care CMEs and capacity building for doctors and allied health staff throughout Sri Lanka
• WHO SEARO Journal and Word Service BBC recognised the achievements of Nirogi and have helped highlight some aspects
• Establishment of Health promotional settings in suburban and urban areas (to be adopted by the NCD Unit, MoH in their action plan on health promotion)
• Establishment of aerobic exercise programmes in both work and community settings
• Advocate healthy living in work settings
• Introduce healthy policies in work settings to improve sedentary lifestyle (e.g. policies on sugar consumption, canteen food and use of gymnasium in work places)
• Replicate the same HP model island wide (in other branches not included in the project) under the leadership entirely of the participants of NIROGI Diviya in Bank setting.

Challenges
• To determine the most validated and cost effective tool for GDM screening 2 hr PBBS / DIPSI or HAPO?
WHO country office has taken over the task of getting an independent data set
• Mobile HIS – took much longer as a process for development and piloting than we envisaged. However, we have ensured through the Department of Community Medicine Faculty of Medicine Colombo to pilot this tool
• The large number of outputs of the NIROGI project has great potential but is relatively ill recognized by the profession and public. Part of the reason is that we do not address as a project the importance of dissemination of information around WHD and The recently appointed DDGHS for NCD was made aware of the DVDs and toolkits and is currently evaluating them for national level application

Annex 2 –
Health promotion project (SHSDP) of Sri Lanka Medical Association – up to 25/11 /2016 summary
Date Title of meeting Output

29
19.09.2016  Stakeholder meeting
21.09.2016  Meeting with all the higher-level stakeholders in the Ministry of Health (FHB, HEB, NCD unit, etc.)
Two subcommittees were appointed to coordinate the activities as , health promotion subcommittee and training manuals and guidelines development subcommittee.

26.09.2016  Stakeholder meeting
03.10.2016  Stakeholder meeting
19.10.2016  Project monitoring and evaluation committee meeting tabling of monthly progress of project and financial disbursement updates to the SLMA council was confirmed identified the technical aspects

24.10.2016  Health promotion subcommittee meeting - i  The table “Prioritizing key NCD prevention and health promotion interventions at grass root level” drafted.
26.10.2016  Meeting with all the higher-level stakeholders in the Ministry of Health (FHB, HEB, NCD unit, etc.)
09.11.2016  Health promotion subcommittee meeting - ii  •Drafted documents

Activity plan of the project
Implementation plan
Duty list/ terms of reference of health promotion officers
• Decided to validate the IEC materials with the help of HEB.

23.11.2016  Subcommittee meeting on training manual development
• Draft developed
Recruiting Health Promotion officers – done (6 Health Promotion officers)
IEC materials Developing – compiled all the previous IEC materials and need to be validate
Capacity building programme for Health promotion facilitators – ongoing lectures and in-service training at different setting

Annex 3
The International Symposium on Diabetes in Pregnancy Asia Pacific (DIPAP) and The South Asia Initiative for Diabetes in Pregnancy (SAIDIP) in conjunction with International Congress on Diabetes in Pregnancy Colombo, Sri Lanka 8th to 10th September 2016

Background
South Asia and East Asia and Pacific regions contribute to about 50% of the annual global deliveries; account for more than 55% of the global diabetes burden and about 30% of maternal and perinatal deaths and poor pregnancy outcomes.

The relevance of GDM as a priority for maternal health and its impact on the future burden of non-communicable diseases is no longer in doubt; but how best to deal with the issue remains contentious as there are many gaps in knowledge on how to prevent, diagnose and manage GDM to optimize care and outcomes. The International Federation of Gynecology and Obstetrics (FIGO) recently developed a document to address these issues and suggest key actions to address the health burden posed by GDM, newly termed Hyperglycaemia in Pregnancy (HIP).

Among the main purpose of the Conference was to support the FIGO’s objective by raising awareness of the links between hyperglycemia and poor maternal and fetal outcomes as well as to the future health risks to mother and offspring and demand a clearly defined global health agenda to tackle these issues, to provide guidance for testing, management and care of women with HIP regardless of resource setting as outlined in the FIGO document as well as to showcase on going initiatives on diabetes in pregnancy in the region and globally.

The conference featured talks from renowned international and regional experts who also hosted hands-on workshops on practical issues and participate in panel discussions. Participants were afforded the opportunity to submit papers for oral and poster presentation.

The conference also brought together multidisciplinary health care professionals, researchers and policy makers involved with the care of women during pregnancy from all over the world but primarily from South Asia and East Asia and Pacific Regions and provided them a lively platform to learn and share knowledge and experience.

Objectives
General objective –
To provide a suitable platform for continued professional development of Obstetricians & Gynaecologists, Physicians, Health Managers and advocacy groups on the role of hyperglycaemia in pregnancy in the life cycle of women and their offspring, with special emphasis on the specific issues related to universal screening, management and long term follow up in the South Asian region.

Specific objectives –
1) Address the FIGO guidelines and discuss the basis for their implementation in the South Asian region
2) Understand the pathophysiological basis of screening, management and follow up of women with HIP
3) Skills development in all aspects of GDM and HIP
4) Provision of a research forum for data presentation and dissemination
5) Combining MCH with the related aspects of non-communicable disease and its prevention
Achievements
The conference received due recognition from the World Health Organization, the Ministry of Health (MoH), Sri Lanka and from leaders involved with GDM/HIP in the region and internationally.

The meeting was also supported by the MoH and WHO and was organized by the Sri Lanka Medical Association (SLMA) in conjunction with the Sri Lanka College of Obstetricians & Gynaecologists (SLCOG) along with the Ceylon College of Physicians and Diabetes Association of Sri Lanka.

A website was developed under the supervision of GDM Working Group Chair of FIGO- Prof Moshe Hod by ComTec event organizers of Israel who were ably assisted by Dr Hema Divakar (former President of FOGSI and ambassador for FIGO GDM initiative in SAIDIP) who developed a complimentary SAIDIP programme. The final programme had a highly extensive scope that required much liaison and coordination to ensure an efficient International Conference of high calibre. The SLMA Nirogi office (previously funded by WDF) developed the Master Training programme along with the training tools and helped coordinate the entire quantum of local logistics for both meetings.

The local organizing committee which was formed since 2015, was further expanded in the run up to the meeting and was also entrusted with the development of the Master Training Programme for field workers in MCH held in parallel from 7-8th September 2016 at a separate venue (Venue being supported by WHO country office).

The speakers, registrants and participants added up to 354 and were from 27 countries
Attendance (Total-354)
SAARC Indian Delegates – 95
SAARC Sri Lankan Delegates - 72
Online Registrants – 39
Others – 68
Speakers - 80

Colombo Declaration
Further to a FIGO WG meeting on GDM/HIP that met and deliberated on the key issues in a closed-door meeting from a day before the formal conference – the Colombo Declaration was developed that spelled out the problem of GDM/HIP and the needs for leadership, coordination and commitment by the health and non-health sectors of all member countries of SAIDIP (India, Pakistan, Bhutan, Nepal, Bangladesh, Sri Lanka and the Maldives) with the political will from the highest level.

This document was presented to and ratified by the Honourable Minister of Health, Sri Lanka Dr Rajitha Senaratne on 8th September 2016 pm at the formal opening ceremony and witnessed by local and international dignitaries.

A press conference was held on 9th September 2016 on the Colombo Declaration and the problem of GDM in South Asia was attended by over 35 local, regional and international journalists under the patronage of the Government Information Department of the Government of Sri Lanka and given wide coverage.

Novel aspects
The concept of Food Flagging was also arranged as a skill drill and was ably presented by Mrs Kavita Kapur (Consultant Nutritionist) and was well received by the participants and the press.

Master GDM workshop in parallel with SAIDIP-DIPAP 2016 on 7th & 8th September 2016 at Sri Lanka Foundation
The field based staff of Doctors (clinicians and health managers), supervisory nurses and midwives (core trainers of field workers) required specific capacity building on the basic principles of screening, diagnosis, management within pregnancy and after (for mother and her family) as Diabetes in Pregnancy encompasses an important phase in the life cycle. The emphasis of training method focused on case based discussion, behavioral change communication, knowledge and skill building on nutritional advice and therapeutics of blood sugar control, motivational methods towards patient modification for a healthy lifestyle, self-monitoring of blood glucose, insulin self-injection, and long term post-partum follow up amongst many others; coupled with a pre-and post-test that has been analyzed to this final report.

Day 01 of the work shop was conducted in English by Prof Chandrika N Wijeyaratne (Obstetric Physician and Endocrinologist), Dr Cameline Motha (Obstetric Physician), Dr Piyusha Atapattu (Consultant Physician and Senior Lecturer in Physiology), Dr Asanka Jayawardena (Consultant/Senior Lecturer Ob Gyn, University of Colombo), Dr Chandana Jayasundera (Consultant/Senior Lecturer Ob Gyn, University of Peradeniya) Dr Kayathri Periyaswamy (Diabetologist), Mrs Kavita Kapur Consultant Medical Educator affiliated to STENO programme at STENO Diabetes Centre, University of California, Los Angeles, Professor Kusum de Abrew (Professor in Pharmacology), Prof Chamarie Weeraratne (Professor in Pharmacology), Dr Ashwini de Abrew (Lecturer in Medical Education), Dr Chathuranga Ranasinghe (Lecturer in Allied Health Sciences), Dr Renuka Jayatissa (Medical Nutritionist), Dr Shanthi Gunewardena (Consultant Community Physician) and 6x Medical Offices in Human Nutrition serving in state hospitals.
Opening remarks and introduction to the course was made by the President of SLCOG Dr Gamini Perera, Director of NCD Bureau Dr VTSK Siriwardena

And in the closing ceremony feedback was obtained from the field staff on how to address gaps in the parallel MCH and NCD programmes; on the need and method of achieving a greater unification of these programmes to address gaps was discussed in depth. This was chaired by Dr Mahen Wijesuriya (Chair NCD Alliance, Sri Lanka), Prof Chandrika Wijeyaratne, Director NCD, and Acting Director MCH Dr Sapumal Dhanapala and was facilitated by Dr Shanthi Gunewardena.

The target audience comprised of MOMCH (20/27), MO NCD (15/27), MOH (45/75), DENOs (49/80) and Nursing tutors (16/20) from all health districts of Sri Lanka and MO Nutrition (6) – a total of 151 who were given this comprehensive Training of Trainers modular based exposure. The 6 nos MO Nutrition were specifically addressed to become facilitators for the Day 2 training in particular.

Day 02 was conducted in the Vernacular with appropriate English Translations by local resource personnel who had updated their skills in capacity building and obtained exposure on the 1st day, and were consist of Consultant Community Physicians in MCH, Nutritionists, Physicians/Endocrinologists, Obstetricians, Dieticians and Nurse Tutors.

The target audience comprised of RHPHNS (17/27), SPHNS (4/27) SPHM (51/100) and PHNS (60), HENOS (29/35) = 161 grand total trainees; representing health districts of Sri Lanka as recommended by the Family health Bureau, NCD Bureau, Nursing Directorate, and Education & Training Directorate of the Ministry of Health

GRAND TOTAL = 312

Objectives

General Objective- This course focused on increasing awareness about the status of GDM in the country and its priority in health care planning.

- Increased understanding of issues related to the affected women living with GDM; motivation, treatment and education of women with GDM during pregnancy and after
- Newer methods for patient interaction and use of reflection as tools to enhance learning
- Importance of universal screening and the need for education of the post-partum women in the long term
- Understanding the role of the nurse and other health care professionals in helping women with GDM and their families

This also helped empower the Health Care Professionals through an Interactive Modular Based Course aimed at the following health care professionals: Nurses, assistant nurses, and primary health care workers working with women's health, diabetes educators, and dieticians working in the field of diabetes or women health.

Specific objectives

1. To reflect and understand the concerns of women with diabetes in pregnancy.
2. Introduction to GDM, prevalence, risk factors, pathophysiology, importance of testing and to get an insight into the problem of GDM in Sri Lanka.
3. Understanding the role of lifestyle intervention in GDM, exercise, barriers, and precautions to take. Recommend individualized lifestyle changes.
4. Understanding and know appropriate general dietary principles to recommend for women with GDM.
5. Understanding the concept of food mapping and its role in education
6. Hands on practice to identify healthy food during lunch
7. Know the different anti diabetic medications, what are the side effects, and precautions to take, what can the nurse do?
8. Know the basics of good communication skills. State the different stages in behaviour chang understand tool used in motivation interviewing
9. Importance of using the post-partum period to educate women and their families about Diabetes. Role of the Nurse, what can you do on return.

Annex 4

College of General Practitioners of Sri Lanka Report for the Year 2016
Non-communicable Diseases (NCD) Subcommittee
Reported by Dr. Sankha Randenikumara – Secretary

1. The Committee had nine meetings since January 2016.
2. Activities were carried out under the theme of the year - “Continuity of care to fight against NCD burden”.
3. 10 Health tips at your fingertips – The leaflet prepared by NCD Committee few years back, “12 Healthy Hints for a Disease-free Life” was revised accordingly to make it more complete with updated knowledge. The draft to be finalized at the December meeting. Committee wishes to print the new version and distribute among GPs and the general public.
4. Post-congress Workshop: Recent trends in Management of Bronchial Asthma in Primary Care – This was organized by the NCD Committee and held on 30th of October 2016 with about 100 participants. Dr. Aflah Sadikeen (Consultant Pulmonologist) and Dr. BJC Perera (Consultant Paediatrician) participated as the external resource persons in addition to College members who led the panel discussion. The lectures and panel discussions were followed by a hands-on training of inhaler techniques.
5. Following reading materials were distributed among members of the committee.
   * Hand Book for Primary Health Care
   * Diabetes in Pregnancy (in all three languages)
   * Management of Breast symptoms
   * Prevention and early detection of common Gynaecological cancers
   * Patient Information Leaflet on Osteoarthritis' (Sinhala)

6. Following topics were discussed at the committee meetings.
   * Screening NCDs in the community
   * Foot care in diabetes
   * Occupation in relation to NCDs; the GP’s role

**Sri Lanka Diabetic and Cardio Vascular Disease Initiative (CVD) -WDF Project**

An agreement to Implement “Sri Lanka Diabetes and Cardiovascular Initiative of Ministry of Health “ was signed on 8th September 2016 with the Sri Lanka College of Endocrinologist (SLCE) (Implementing partner 1) and SLMA (Implementing partner 2) funded by the World Diabetic Foundation (WDF) at a cost of USD 674999.40 from 2016-2019. SLCE will be the technical lead and fund administrator and will implement component one (to support capacity building for early diagnosis) while SLMA will implement the component 2 for health promotion activities to improve awareness among the general public. The project office was opened on 5th December 2016.

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PREVENTION OF ROAD TRAFFIC CRASHES

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

**Members**

- Ms. Fathima Razik Cader  
- Dr. A W Dissanayake  
- Dr. W. S. Premaratne  
- Dr. K. K. K. N. U. Dissanayake  
- Dr. K. A. K. Somaratne  
- Dr. T. P. Wijewardena  
- Mr. S. D. Dissanayake  
- Mr. J. A. Jayaweera  
- Prof. Clay Gabler

**Report presented by Prof S D Dharmaratne**

**Introduction**

The Expert Committee on PRTCs met five times during the year 2016 and new members were appointed depending on the objectives of the committee.

**Activities conducted by the Expert Committee on PRTCs during 2016**

1. Recruitment of new members
   - The following new members were appointed to the expert committee in 2016:
     - Dr. Champika Wickramasinghe, DDG (NCD), Ministry of Health, Colombo, Sri Lanka
     - Dr. Amal Harsha De Silva, DDG (MS), Ministry of Health, Colombo, Sri Lanka
     - Dr. Samita Siriwardana, Consultant Community Physician, Non-Communicable Disease Unit, Ministry of Health, Colombo, Sri Lanka
     - Dr. T. Siriwardena, Director, Non-Communicable Disease Unit, Ministry of Health, Colombo, Sri Lanka
     - Dr. Sisira Kodagoda, Chairman, National Council for Road Safety, Ministry of Transport and Civil Aviation, 01, D.R. Wijewardena Mawatha, Colombo 10
     - Mr. J.M. Thilakaratna Banda, Additional Secretary, Ministry of Transport and Civil Aviation, 7th Floor, Sethsiyapaya Stage II, Battaramulla
     - Mr. Lakshan Jayasekara, Project Director/Team Leader, Western Region Megapolis Planning Project, Ministry of Megapolis and Western Development, 10th Floor, C Wing, Sethsiyapaya Stage II, Battaramulla
     - Mr. V.C.D. Jayasekera, Deputy Chief Engineer (Signal and Telecommunication), Chief Signal and Telecommunication Engineer’s Office, 417, Dr. Danister De Silva Mawatha, Colombo 9
     - Dr. Thilini Wickramarachchi, Registrar in Community Medicine, Faculty of Medicine, University of Colombo
     - Mr. Palitha Fernando, DIG (Traffic), Traffic Headquarters, Colombo

2. Programs conducted by the Expert Committee in 2016
   - A lecture on road traffic crashes were conducted by the Chairperson of the Expert Committee at the Joint CME program conducted by the SLMA at the Hemas Hospital, Thalawathugoda on March 30, 2016
   - In the ‘Road Safety Week 2016’ conducted by the Ministry of Transport, Central Provincial Council, a day program on road safety was conducted at the Walala Central College on May 17, 2016
A joint CME program was organized and conducted by the Expert Committee in collaboration with the Provincial Director of Health Services, Central Province and the SLMA June 21, 2016 at the Regional Training Centre, Kadugannawa.

A media seminar was organized and conducted by the Expert Committee on November 30, 2016 on the 'increase of road fines' suggested by the government of Sri Lanka.

The letter sent to the President of Sri Lanka, requesting an appointment for the members of the Expert Committee on PRTCs to discuss possible solutions to the burden of road injuries and deaths in Sri Lanka and the need for the establishment of a Presidential Task Force for the Prevention of Road Traffic Crashes in Sri Lanka was instrumental in making the Expert Committee, a member in the Sectoral Oversight Committee on National Security – Sub Committee on Traffic Management and the Chairperson was invited to the meeting held on September 14, 2016 at the Parliament of Sri Lanka. At this meeting, the Chairperson was able to make a number of experts to be interested in the Expert Committee and to get their consent to become members of the expert committee.

The Chairperson was able to connect and collaborate with the Presidential Secretariat to highlight the importance and the magnitude of the tragedy of road injuries, and associated deaths in the country. These discussions helped to include road traffic crashes a priority in their future programs and the expert committee expects 2017 to be a better year for the reduction of road traffic crashes.

Activities planned for 2017
1. Training three wheeler drivers on road safety and safe transfer of the injured in collaboration with the Ministry of Transport, Central Provincial Council and the Kandy Society of Medicine (KSM)
2. Conducting a training program on road safety for school teachers in the Central Province in collaboration with the KSM
3. To work towards the establishment of a Presidential Task Force for the Prevention and control of Road Traffic Crashes
4. Work with the Western Region Megapolis Planning Project and other stakeholders to make Colombo a safe city for the road user

On behalf of the Expert Committee on Prevention of Road Traffic Crashes, I and the members in the committee would like especially to thank Dr Iyanthi Abeyewickrama, President of the SLMA and Dr. Neelamanie Punchihewa, Secretary of the SLMA for the support and encouragement given to me and the committee in the organization of these meetings and for helping to make them successful. In addition, a special show of appreciation to the office staff of the SLMA, and all the Council Members for their support and encouragement is conveyed.

Summary
The Expert Committee on PRTC was able to initiate several collaborations during the year. We are of the opinion that these collaborations will help to highlight the role of the SLMA in this important public health issue.

SNAKE BITE

Co-Chairpersons
Dr. Kolitha Sellahewa and Prof. SAM Kularatne

Honorary Secretary
Dr Y M Abeyewickreme

Members
Dr Malik Fernando
Dr. Vinya Ariyaratne
Prof. Ariaranee Gnanathasan

Dr. Shantha de Silva
Dr. Udaya de Silva
Mr. Ansiem de Silva

Dr. Anjana Silva
Prof. Indika Gawarammana
Dr. Christo Fernando

Dr. S. Sivansuthan
Dr. Kalana Maduwage (overseas)
Dr Shantha Indralal

Activities:
- The Snake Bite Committee was re-established after a lapse of nearly Two years.
- ‘Management of problems of Snake Bites in Sri Lanka’ was presented at the CME meeting at Kotalawala Defence University.
- The Minister of Health agreed to make Snake Bite a notifiable disease.
- Snake Bite prevention and firstaid booklet was revised and was made available in the SLMA website.
- Guidelines on the management of Snakebite in hospitals was made available in the SLMA website.
**SOCIAL ACTIVITIES**

**Joint Social Secretaries:** Dr. Christo Fernando and Dr. B.J.C.Perera

**Members of the Social Activities Committee / Dance Committee**

- Dr. Iyanthi Abeyewickreme
- Dr. Neelamani Punchihewa
- Dr. Pramilla Senanayake
- Dr. Kalyani Guruge
- Dr. Lasantha Malavige
- Dr. Parakrama Dharmaratne
- Dr. Manisha Abeyewickreme
- Dr. Ruvaiz Haniffa
- Dr. J B Pieris
- Dr. Samanthi De Silva
- Prof Vajira HW Dissanayake
- Dr. Preethi Wijegunewardene
- Dr. Sajith Edirisinghe
- Dr. Neelamani Punchihewa
- Dr. Pramilla Senanayake
- Dr. J B Pieris
- Dr. Samanthi De Silva

The Annual Doctors Concert during the Scientific Congress in July 2016 and the Medical Dance in December 2016 were the two show-case events organised by the Social Secretaries with the support of the Council Members, Social Activities Committee and the Dance Committee of the SLMA.

It is the considered opinion of all and sundry that these two events this year were of exceptional quality and that they stood out as pivotal and glorious events to remember forever.

**The Doctors Concert**

The SLMA Doctors Concert 2016 was held on the 27th July from 7.00 pm onwards at the Hotel Galadari Ballroom. The event took place in front of an appreciative cosmopolitan audience. The Social Secretaries had worked very hard to ensure all logistical arrangements and presented a titillating programme of a variegated musical and dramatic extravaganza. The fare provided was supplemented by the exquisite refreshments provided as well.

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.

The programme was a collection of many superlative components and is not listed here in view of the constraints on space.
The Medical Dance

The Medical Dance was held on 9th December 2016 at the Oak Room, The Cinnamon Grand. All appropriate arrangements, logistics and the finer details, were worked out by a very capable Dance Committee of the SLMA.

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

The final presentation of this profoundly awaited glamour event, the Medical Dance 2016, took place on the 9th December in the Grand Ballroom of Hotel Cinnamon Grand from 8.00 pm onwards. There were around 400 guests who had a really wonderful time at an evening of superlative music complemented and adorned by an outstandingly opulent sit-down dinner. Music was provided by two of the acclaimed leaders amongst the bands of Sri Lanka, “Misty” and “Flame”. The compère for the show was the inimitable Faizal Bongso, a connoisseur amongst them all. Very many grand prizes were also awarded to the winners of a plethora of draws and contests during the event.

The evening began with preliminary mocktails from 8 to 8.45 pm. This helped to facilitate camaraderie and bonhomie amongst the participants. The dance proper started at 9.00 pm to the scintillating music provided by “Flame”. They set the tempo for the rest of the evening and the other band “Misty” joined in with an equally dazzling repertoire of their own. The bands took turns at short intervals to provide excellent and continuous fare for the participants of the dance and this led to the dancers enjoying an alluring night to remember. The fabulous and plush five-course formal dinner, augmented by coffee and chocolates, was served from around 10.00 pm. During the dinner, Seasonal Christmas Carols were presented by Drs. Selvi and Lalith Perera, who were joined on stage by some of the doctors, with the bands and the audience joining in. There were more than 50 prizes on offer including 4 Air Tickets for the Entrance, Table and Raffle Draws. There were also prizes for the first five Couples on the floor, the best dressed Lady (Eastern & Western) and Baila Competition.
The dance concluded around 3.30 am and it was of such calibre that the guests were very reluctant to finally leave the floor. The considered opinion of many who attended the Dance was that it had been the best ever Medical Dance held so far.

This magnificent event was made possible through the exceptional efforts of all members of the Dance Committee, especially Dr. Christo Fernando and Dr. Pramilla Senanayake, who looked into every aspect of the dance with meticulous attention to detail. Some of the logistical arrangements and other details were capably attended to by Dr. Manisha Abeyewickreme and Dr. Parakrama Dharmaratne. Many members of the committee played a part in securing sponsorships for the event and advertisements for the souvenir.

The Social Secretaries also appreciatively acknowledge the valuable organisational contributions made by the Administrative Manager of SLMA, Ms Chathurani Ilaperuma, and the Administrative Team of the SLMA.

(A documentation presented by Dr. Christo Fernando and Dr. B.J.C.Perera, Joint Social Secretaries)
Chairperson          Prof Colvin Goonaratna
Honorary Secretary   Dr Udaya Ranawaka
Assistant Secretary   Dr Ashwini de Abrew and Dr Manu Wimalachandra

Members
Dr. P G Mahipala (DGHS)        Dr. Sunil de Alwis (DDG/ET&R)        Prof. H J De Silva (Director, PGIM)
Dr. Iyanthi Abeyewickreme (President, SLMA) Dr. Neelamamie Punchihewa (Secretary, SLMA)
Dr. Samanthi de Silva (Treasurer, SLMA)
Prof. Gita Fernando              Prof. Shalini Sri Ranganathan        Dr. Piyusha Atapattu
Prof. Chandanie Wanigathunga    Dr. Shamini Prathapan                 Dr. N Samaranayake
Dr. Carmeline Motha            Dr. Shehan Williams                  Dr. A. Dinithi A. Fernando

Report presented by       Prof Colvin Goonaratna
General Objective 1
Enhance the capacity as the apex professional and scientific organization of all categories of medical doctors as defined in the constitution of the SLMA.

Specific objective 1.1
Re-define our role among colleges and form a consensus group with Colleges and other healthcare related associations and societies
Not applicable.

Specific objective 1.2
Take appropriate measures to enhance the corporate image of the SLMA
The SLCTR, being one of the few Primary Clinical Trial Registries worldwide attached to the WHO International Clinical Trials Registry Platform, has brought international recognition to the SLMA, and improved its visibility and corporate image. It has regularly produced several publications and presentations at National and International meetings

Specific objective 1.3
Develop strategies to attract more doctors to join the SLMA
Not applicable.

Specific objective 1.4
Develop a mechanism to respond rapidly to important current issues
Not applicable.

Specific objective 1.5
Network with outstation clinical societies and associations to strengthen academic and professional links
Not applicable for the current year.

General Objective 2
Play an advocacy role towards comprehensive curative and preventive health services for the people of Sri Lanka

Specific objective 2.1
Further strengthen our links with the Ministry of Health
The SLCTR works in close collaboration with the Ministry of Health. The DGHS and the Deputy Director General, Education for Training and Research are ex-officio members of the SLCTR Committee. The SLCTR has been successful in obtaining funding from the Ministry of Health for the year 2013 and is planning to obtain further funding for regular activities.

Specific objective 2.2
Develop a review mechanism for monitoring and evaluation of the performance SLMA Committees ever six months
Not applicable.

Specific objective 2.3
Make optimal use of the media to address curative and preventive healthcare services delivery to the people
Not applicable.

General Objective 3
Promote professionalism, good medical practice and ethical conduct among doctors.

Specific objective 3.1
Enhance opportunities for Continuous Professional Development and to include professionalism and ethics as a substantive part of Continuous Professional Development
Not applicable.

Specific objective 3.2
Develop mechanisms to increase ethical funding of SLMA activities
Not applicable.

General Objective 4
Disseminate state-of the art knowledge, clinical practice, technology and emerging concepts in medical sciences among medical professionals.
Specific objective 4.1
Develop a news-sheet with up-to-date developments in medicine and allied health sciences to public and private sector healthcare institutions and societies
Not applicable.

Specific objective 4.2
Make available in-depth information of the summaries in the news-sheet electronically through the SLMA website and other useful web-links
Not applicable.

Specific objective 4.3
Collaborate with Colleges in the above activities
Not applicable.

Specific objective 4.4
Transmit the proceedings of scientific sessions of the SLMA on CD to public and private sector healthcare institutions and societies, especially in the outstations
Not applicable.

Specific objective 4.5
Influence policy makers to contribute to the dissemination of health information through allocation of resources
Not applicable.

General Objective 5
Provide opportunities for continuous professional development with particular emphasis on the National CPD programme.

Specific Objective 5.1
Establish a National Centre for Continuous Professional Development CPD in Medicine (NCCPDIM)
Not applicable.

Specific objective 5.2
Award a Continuous Development Certificate based on a common point scheme acceptable to both specialist and non specialist doctors

Specific Objective 5.3
Motivate doctors to participate in the National CPD Programme
Not applicable.

General Objective 6
Encourage ethical medical research.

Specific objective 6.1
Cultivate a research culture among medical doctors especially those in the outstations
Not applicable.

Specific objective 6.2
Attract more funds to the SLMA research fund
Not applicable.

General Objective 7
Educate the public on health-related issues.

Specific objective 7.1
Empower President, Secretary and Media Committee of the SLMA to respond quickly with the appropriate experts to health issues that emerge, pending covering approval of the council.
Not applicable.

Specific objective 7.2
SLMA to participate in short TV and radio programmes
Not applicable.

Specific objective 7.3
SLMA to identify banks of experts on different subjects whom the SLMA Media Committee can draw on
Not applicable.
General Objective 8
Enhance closer professional and scientific links between medical doctors and professionals allied to health care.

Specific Objective 8.1
Encourage professional development of professionals allied to health care.
Not applicable.

Specific objective 8.2
Interact with professionals allied to health care on issues related to health
Not applicable.

Other comments
1. The SLCTR marked 10 years since establishment in November 2006. A ceremony was held to mark the occasion on 18th November 2016 at the CMJ/SLCTR office with the participation of the Committee, former presidents of the SLMA and other well-wishers.
2. Number of new trials registered in 2016: 28 (as of 6th December 2016)
3. Total of 27 applications were processed (as of 6th December 2016)
4. The SLCTR representatives are on two working committees of the WHO-ICTRP in order to establish standards for results reporting of trials.
5. Several changes were made to the office procedures following recommendations of the internal audit carried out in 2015.
6. Planned activities for 2017 include
   a. upgrading the SLCTR web application to reflect global moves towards better data transparency: results summaries and databases to be included. New security measures for the SLCTR website will be implemented including setting up a firewall.
   b. Expanding the scope of the SLCTR to include non-interventional research with WHO guidance
   c. Carrying out awareness programmes regarding clinical trial registration

TOBACCO, ALCOHOL AND ILLICIT DRUGS

Chairperson Prof. Narada Wanasuriya
Convenor Dr. Sajeeva Ranaweera

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

Report presented by: Secretary and Convenor

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

Activities carried out during 2016
National Level policy and legislation and other activities
1. National Policy on Alcohol: The National Policy on Alcohol, for which extensive technical inputs was provided by this Committee was approved by the Cabinet of Ministers without any amendments in 2015. It was officially handed over to H.E. the President at the National Summit on Alcohol in August 2016. This year committee members were involved with the National Authority on Tobacco and Alcohol (NATA) and the Unit on Mental Health, Ministry of Health in preparing a plan of action to implement measures of this policy. This plan is already being implemented. Three members represent the committee are members of the multi-sector National Steering Committee for this plan of action. Technical Support is being provided by the committee during implementation.
2. Smokeless tobacco products: The committee was represented by two members in the drafting group of the
Gazette notification banning smokeless tobacco products and electronic cigarettes. The was the result of
sustained advocacy by the committee along with the Cancer Research Institute Maharagama, and the National
Cancer Control Programme. This is a major victory for public health in Sri Lanka, although very little publicity in
this regard was generated. The gazette is in operation at present. Sri Lanka is now one of the very few countries
that disallows electronic cigarettes and bans smokeless tobacco products, especially its commercial
preparations.

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

4. Tobacco Taxation: The committee, in its capacity of technical resource for the Presidential Task Force and NATA
was involved in drafting the cabinet paper containing the optimal taxation monitoring methodology for tobacco
taxation in Sri Lanka including its technical justification. It was vigorously opposed by the tobacco industry that
worked through lobbying the media as well as the Ministry of Finance. The committee was instrumental in
providing technical counter-arguments to counter the lobbying efforts. The committee was also involved in media
advocacy in this respect. Two members published articles on newspapers on this issue. Identifying themselves
as members of this committee.

5. Legal Action on product placements: The film Adaraneeeya Kathawak contained several product placements of
tobacco and alcohol contravening the NATA Act. A case was filed against the producers of this film by NATA.
The Committee provided technical inputs to the lawyers and has offered to become expert witnesses if required.
The case is ongoing.

6. Guideline on Treatment and Rehabilitation of drug users: The committee has commenced preparation of these
guidelines and the draft will be finalized shortly.

7. National Summit on Alcohol: This was held on 4th of 5th August 2016 at the BMICH and The Water’s Edge.
Committee National Authority on Tobacco and Alcohol (NATA) and the World Health Organization. The
Committee was a technical resource group in the technical sessions.

8. Beer Tax Reduction: On the request of the President SLMA, The committee was instrumental in drafting an
appeal to the President on the tax reduction on Beer, It outlined the technical aspects. This received media
attention as well.

Research
• Study on Economic Costs of Tobacco and Alcohol in Sri Lanka. This collaborative research project to calculate
the economic costs of tobacco and alcohol in Sri Lanka is carried out by the National Authority on Tobacco and
Alcohol (NATA) and the World Health Organization (WHO). The Committee is represented by four members in
the study team. This is the first time that such a technically challenging study has been attempted on tobacco
and alcohol in Sri Lanka.
• Following tedious but methodically sound process, the findings were presented to several expert fora, and the
final result was presented by the Committee at the World No-Tobacco Day Event on 31 May 2016. H.E. the
President, Minister of Health, Director-General Health Services. Officials from other Ministries and experts of
different sectors were present. At this meeting the President, undertook to increase tobacco taxes, which finally
lead to a significant increase in the price of cigarettes.
• Two Committee members participated at the Prince Mahidol Awards Ceremony (PMAC) by invitation, in Bangkok
Thailand, which is a prestigious annual public health conference, for the presentation of the findings of the
costing study. WHO Sponsored this visit.

Technical Partnerships
1. NATA Core Group on Smokeless Tobacco: NATA has established an Expert Group on Smokeless tobacco,
which consist of academics, clinicians and public health specialists working on addressing harms of smokeless
tobacco. The Committee is represented in the Expert group by two members, while other members provide
technical support as and when needed. Through this committee, NATA is implementing the NATA-Bloomberg
Smokeless Tobacco Project. In this project, research on determinants of ST use, and tobacco taxation is in
progress. A cancer victims advocacy group has also been established at the Apeksha Hospital (formerly the
National Cancer Institute) Maharagama.

2. Tobacco Observatory: The NATA-Bloomberg-Faculty of Medicine collaboration, South-East Asia Tobacco
Observatory was established at the Faculty of Medicine, University of Colombo. The Committee is an active
technical partner of this project and is acknowledged in its official communications. The work of this institution
has just commenced. A member of this committee was selected by NATA and WHO to head this project.

Training programmes
1. Good Intern programme: On 13th of November this year the committee conducted session at the Good Intern
Programme conducted by the GMOA, in October. Around 1,000 medical graduates participated.
2. Advocacy Programme Ministry of Justice. On the request of the Presidential Task Force, an Advocacy
programme was conducted for the staff of the Ministry of Justice in June. The Secretary, Additional Secretaries,
and high level officials from the Legal Draftsman’s Department and the Attorney-General’s Department participated.

3. Members of the Committee continue to support NATA and Ministry of Health to improve capacity of health workers to address prevention of harm from tobacco, alcohol and illicit drugs. This programme aims to improve capacity on this subject area at provincial and district levels. Members have been the main technical resource persons in several such programmes held during this year. This is an ongoing process.

4. Programme for University students: On the request of the Presidential Secretariat, Members of the Committee have commenced workshops on drugs and alcohol for those who have been selected to Universities in 2016. This activity commenced in October 2016. Two programmes have been conducted to date, with the participation of around 250 students. These programmes will continue.

5. Workshop for Ayurvedic Doctors: A one day workshop for 200 Ayurvedic Doctors was conducted on the 20th of November, at the Department of Ayurveda in Nawinna, where the Committee was the technical resource.

In addition to above, our members continue to engage with public and carry out various educational and advocacy programs even though not listed and enumerated as separate activities, identifying themselves as members of this SLMA Expert Committee.

**WOMEN’S HEALTH**

**Chairperson**  Professor Sharaine Fernando  
**Secretary**  Dr. Nalinda Silva  
**Members**  
Dr Nadeeka Chandraratne  Ms. Leisha de Silva  Prof Nalika Gunawardena  
Dr. Sampatha Gunawardena  Ms Sumudu Hewage  Dr. Thimia Munasinghe  
Ms. Sepali Kottegoda  Prof Jennifer Perera  Dr. Shamini Prathapan  
Dr Sudharshani Wasalathanthri

1. **Leaflet on reproductive and sexual health**  
Leaflets to sensitize non medical undergraduates on reproductive and sexual health issues were reprinted. For this purpose WHO granted Rs 450,000. With the permission of the Vice Chancellors these leaflets will be distributed to the Universities targeting the 2017 intake of students.

2. **Development of guidelines to address Sexual Harassment at workplace in the health sector**  
Guidelines were developed and books were printed on sexual harassment at work places in health sector. The content of the book was reviewed by many experts in the field and they have been acknowledged. Prof Gunawardena, Prof Jennifer Perara, Dr. Nathanjali, Dr Ianthi Wijewickrema and Dr Laksman Senanayake met the DGHS and discussed the possibility of implementing the guidelines. The DGHS has agreed on principle to implement the guidelines with support from the Family Health Bureau.

3. **Reproductive health issues of migrant women**  
The committee agreed to get actively involved in the health education, sensitization and awareness programmes conducted by the Foreign Employment Bureau for the migrant women. Since this is a large population of working women in Sri Lanka it was agreed to find out how the committee could contribute to the education of women with related to NCD, STI, reproductive health and nutrition and general well being. The director of the FEB was consulted and the committee awaits a response to plan appropriate activities for next year.

**NCCPD**

**Chairperson**  Dr Sunil Seneviratne Epa  
**Convenor**  Dr V Murali  
**Members**  
Prof Lalitha Mendis  Prof Colvin Goonaratna  Dr Rabindra R Abeysinghe  
Dr Nalin Rajakaruna  Dr Joe Fernando  Dr H R U Indrasiri  
Dr Lalindra Gooneratne  Dr Pubudu de Silva  Dr Harshalal de Silva  
Dr Suresh Shanmuganathan  Dr Jayantha Jayasuriya  Dr Eugene Corea  
Dr Ananda Hapugoda  Dr R P Dayasena  Dr M P Seneviratne  
Dr G A Harischandra  Dr Indira Wijesiriwardene

**REPORT**  
*(Presented by Dr Sunil Seneviratne Epa)*
National Centre for CPD in Medicine (NCCPDIM) of the SLMA functions under the Central CPD committee and continues to issue the National CPD Certificates (NCPDC) to doctors who wish to get the same upon submission of duly competed CPD portfolio as per the guidance given in the Information and Guidance Book. Most of such applications were received from doctors who are to go abroad for training. Lack of interest in NCPDC among other doctors is due either to lack of incentive or compulsion to do so. This was taken up with the Hon minister of health this year at a meeting and he instructed the DGHS to summon a meeting of all stake holders including the GMOA and this meeting is pending. In the meantime the president of the SLMA wrote to the GMOA to get their views on the matter. GMOA has informed that this matter would be taken up at their next committee meeting. Current status is that GMOA has not officially indicated its position about the launching of the National CPD programme with the assistance of the Ministry of Health.

13. CEYLON MEDICAL JOURNAL

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

Compiled by: Dr Anuruddha Abeygunasekera, Co-editor, Ceylon Medical Journal (CMJ)
Period covered: 1 January 2016 to 30 November 2016

1. **Board Meetings**
The Editorial Board meetings are held on the second Saturday each month. Eleven meetings have been held so far in 2016. A summary of the events of CMJ are sent to the council periodically.

2. **Journal**
Three issues of the 2016 Journal have been published to date: March, June and September. The December issue is in final review. A total of 120 articles were tabled and discussed at the editorial board. The number of full papers published in the Journal has increased gradually during the year.
Ananda Press continue the work of printing and distribution of the Journal in lieu of advertising revenue. Past issues of the Journal can be purchased at Rs 500/= per copy. The processing fee per article was increased to Rs: 2000/= from January 2016.

3. **Website**
The CMJ can be accessed online through the SLMA website. Full article access is available from 2000 onwards. The Sri Lanka Journals Online website is maintained by Ms Sioux Cumming of the International Network for the Availability of Scientific Publications, Oxford. There are 1778 online registrants of the CMJ who access the website. The PubMed abstract of the CMJ articles provide a link to the full text articles. About 400-500 readers access the CMJ through PubMed every month.

4. **Online activities**
CMJ understands the importance of social media to increase the visibility of the Journal and to attract more researchers and readers. The facebook page and twitter account of CMJ were started this year.

5. **Workshops**
The research workshop organized by CMJ was expended to two days this year. First day was on research methodology and second day was on article writing. Both workshops were oversubscribed and was very popular. Two workshops were held in July and December 2016.

6. **CMJ office**
CMJ office was refurbished using its own funds in November 2016.
The office can be contacted on 011 269 0212 and at cmjslma@gmail.com

7. **Acknowledgements**
The Editorial Board is grateful for the continued help of all SLMA staff, especially Ms Jayarani Tennakoon. Ms Saumya Hemasinghe is the full-time administrative secretary of the CMJ.
14. TSUNAMI DISASTER RELIEF PROJECT

Report Presented by Dr Suriyakanthie Amarasekera

Coordinator SLMA/CMAAO SCHOLARSHIP FUND Dr Suriyakanthie Amarasekera

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

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

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

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

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

Of these one is following a Diploma Course in Multimedia, and one a Diploma course in Beauty Culture. One has gained entry to the Kelaniya University, and is following a Degree Course in IT and Management. One student is following the AAT course while studying for the A Levels as a private candidate, with a view to improve her chances of gainful employment in the banking sector. One student is making a second attempt at the A Levels in the hope of qualifying to enter the University. Two others have started reading for their A Levels. All these 18 students receive a monthly sum of Rs 3000/-. 3 students are reading for their O Levels and receive Rs 2500/- monthly. The balance 4 students receive Rs 2000/- monthly.

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

15. FORUM FOR ETHICS COMMITTEES (FERCSL)

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

Member ERCs:
The management committee of FERCSL comprises of 3 members from each member ERCs. The member ERCs are:

ERC – Sri Lanka College of Paediatricians
ERC- Faculty of Medicine, Colombo
ERC – Institute of Indigenous Medicine (IIM)
ERC – Faculty of Medicine, Jaffna
ERC– Faculty of Medicine, Kelaniya
ERC – Provincial General Hospital, Kurunegala
ERC – National Institute of Mental Health
ERC – Faculty of Medicine, Peradeniya
ERC - Faculty of Medicine and Allied Sciences, Rajarata
ERC – Faculty of Applied Sciences, Rajarata
ERC – Sri Lanka Medical Association
ERC – Faculty of Medical Sciences –Sri Jayewardenepura
ERC – Medical Research Institute of Sri Lanka
ERC – Faculty of Medicine, General Sir John Kotelawala Defence University
ERC – Faculty of Medicine, South Asian Institute of Technology and Medicine
1. **Annual General Meeting**

The Annual General Meeting of FERCSL was held on 22nd January 2016 at 2.00 p.m. at the SLMA Council Room. The new constitution was adopted by the members unanimously.

2. **Management Committee Meetings**

Four meetings were held, one every quarter of the year. The attendance of the committee members are as follows:

<table>
<thead>
<tr>
<th>Institution and Member</th>
<th>Jan</th>
<th>April</th>
<th>July</th>
<th>Sep</th>
<th>Total</th>
</tr>
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<tbody>
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<tr>
<td>ERC/ SL College of Paediatricians</td>
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<tr>
<td>Dr. G N Lucas</td>
<td>-</td>
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<tr>
<td>Dr. B J C Perera</td>
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<tr>
<td>Dr. Rasika Gunapala</td>
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<tr>
<td>ERC/ FM Colombo</td>
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<tr>
<td>Dr. Panduka Karunanayake</td>
<td>P</td>
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</tr>
<tr>
<td>Dr. Enoka Corea</td>
<td>-</td>
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<tr>
<td>Dr. N. Samaranayake</td>
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<tr>
<td>ERC - IIM</td>
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<tr>
<td>Dr. WMSJ Kumari</td>
<td>P</td>
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<tr>
<td>Dr. Kamal Perera</td>
<td>P</td>
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<tr>
<td>Dr. AHM Mawood</td>
<td>P</td>
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</tr>
<tr>
<td>ERC/ FM Jaffna</td>
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<tr>
<td>Prof. K. Sivapalan</td>
<td>P</td>
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<tr>
<td>Dr. T. S. Navaratinaraja</td>
<td>P</td>
<td>P</td>
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<tr>
<td>Dr. R. Surenthirakumarana</td>
<td>P</td>
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<tr>
<td>ERC/ FM KDU</td>
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<tr>
<td>Prof. J. Jayawardena</td>
<td>P</td>
<td>P</td>
<td>P</td>
<td>P</td>
<td>2/3</td>
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<tr>
<td>Dr. A. Balasuriya</td>
<td>P</td>
<td>P</td>
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<td>P</td>
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<tr>
<td>Dr. Varuna Navaratne</td>
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<tr>
<td>ERC/ FMS Kelaniya</td>
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<tr>
<td>Prof. A. Pathmeswaran</td>
<td>P</td>
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<tr>
<td>Dr Madawa Chandrathilake</td>
<td>P</td>
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<tr>
<td>Dr. C.W.S. Subasinghe</td>
<td>P</td>
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<tr>
<td>ERC/ PGH Kurunagela</td>
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<tr>
<td>Dr. Prasad Ranatunga</td>
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<tr>
<td>Dr. K.W.C.U. Kendangamuwa</td>
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<td>Dr. M.S.D.K. Ranatunga</td>
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<tr>
<td>Mr. R. Ramesh</td>
<td>P</td>
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<tr>
<td>Ms. Devika Perera</td>
<td>P</td>
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<tr>
<td>Dr Geethani Galagoda</td>
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<td>Dr. H. Gambheera</td>
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<tr>
<td>Dr. C. Abeywickema</td>
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<tr>
<td>Dr. J. Mendis</td>
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<tr>
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<tr>
<td>Dr. Sampath Thennakoon</td>
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<tr>
<td>Dr. J.K. Dissanayake</td>
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<tr>
<td>Prof. P.V.R. Kumarasiri</td>
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<tr>
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<tr>
<td>Dr. PHGJ. Pushphakumara</td>
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<td>ERC/ Faculty of App Sciences, Rajarata</td>
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<tr>
<td>Dr. Lalith Senarathna</td>
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<tr>
<td>Dr. C. Bamunurarachige</td>
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<tr>
<td>Dr. Manoj Fernando</td>
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<tr>
<td>ERC/ SLMA</td>
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<tr>
<td>Dr. Chandanie Wanigatunge</td>
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</tr>
<tr>
<td>Dr. Malik Fernando</td>
<td>P</td>
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<td>3</td>
</tr>
<tr>
<td>Prof. S. Sri Ranganathan</td>
<td>P</td>
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<tr>
<td>ERC/ FMS – SJP</td>
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<tr>
<td>Prof. R. Wickremasinghe</td>
<td>P</td>
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<tr>
<td>Dr. Manori Gamage</td>
<td>-</td>
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<tr>
<td>Dr. Shamini Prathapan</td>
<td>P</td>
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</tr>
</tbody>
</table>

3. **Workshops**

During the year three workshops were conducted by FERCSL for members of ERCs and researchers.

3.1 **Workshop on Evaluation of Research Proposals by ERCs**

This was organized by the Ethics Review Committee, Faculty of Medicine, General Sir John Kotelawala Defence University (KDU) and the FERCSL and was held at the Staff Development Centre of the KDU on the 16th February 2016.

The presentations and their respective speakers are as follows:
### 3.2 Workshop on Vulnerability and Research Ethics

This was conducted on the 28th of March 2016 as a half day session at the Lionel Memorial Auditorium of the Sri Lanka Medical Association. The presentations and their respective speakers are as follows:

<table>
<thead>
<tr>
<th>Title</th>
<th>Resource Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overview of vulnerability and Ethics</td>
<td>Professor Chandanie Wanigatunge Chairperson, FERCSL</td>
</tr>
<tr>
<td>Research involving those who lack mental capacity to consent</td>
<td>Dr. Jayan Mendis, Consultant Psychiatrist, NIMH</td>
</tr>
<tr>
<td>Ethics in Research involving Children</td>
<td>Professor Shalini Sri Ranganathan Professor in Pharmacology, Faculty of Medicine, University of Colombo</td>
</tr>
<tr>
<td>Ethics in Research involving Women</td>
<td>Professor Maithree Wickramasinghe Professor in English, Department of English</td>
</tr>
</tbody>
</table>

### 3.3 Workshop on Good Clinical Practices

The annual GCP workshop was held on the 3rd and 4th of November 2016. The presentations and their respective speakers are as follows:

<table>
<thead>
<tr>
<th>Topic</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>History of research ethics in Clinical Trials</td>
<td>Prof. Chandanie Wanigatunge Professor of Pharmacology, FMS USJ Secretary, ERC SLMA</td>
</tr>
<tr>
<td>Drug development process</td>
<td>Dr Channa Ranasinha Senior Lecturer in Pharmacology, FM, Kelaniya</td>
</tr>
<tr>
<td>Introduction to GCP, Principles, What is GCP? Need for GCP?</td>
<td>Prof Priyadarshani Galappaththy Professor in Pharmacology, FM, Colombo</td>
</tr>
<tr>
<td>Investigational products</td>
<td>Prof Shalini Sri Ranganathan Professor in Pharmacology, FM, Colombo</td>
</tr>
<tr>
<td>Role and Responsibilities of PI</td>
<td>Dr W S Santharaj Consultant Cardiologist, Institute of Cardiology</td>
</tr>
<tr>
<td>Ethics review committee – function with special ref to GCP and Clinical Trials</td>
<td>Dr Panduka Karunananayake Senior Lecturer in Clinical Medicine, FM, Colombo Secretary ERC, FM Colombo</td>
</tr>
<tr>
<td>Role of the sponsor &amp; CRO</td>
<td>Prof Vajira Dissanayake Professor in Anatomy, FM, Colombo Board member, FERCAP</td>
</tr>
</tbody>
</table>

#### Day 2 – 4th November 2016

<table>
<thead>
<tr>
<th>Topic</th>
<th>Speaker</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical Trial protocol and IB</td>
<td>Dr Nirmala Wijekoono, Senior Lecturer in Pharmacology, FMS, USJ</td>
</tr>
<tr>
<td>Participant safety and adverse effects</td>
<td>Prof Rohini Frenandopulle, Senior Professor in Pharmacology, KDU</td>
</tr>
<tr>
<td>Documentation &amp; record keeping</td>
<td>Dr G R Constantine, Senior Lecturer in Clinical Medicine, FM, Colombo</td>
</tr>
<tr>
<td>Research misconduct and COI</td>
<td>Dr Malik Fernando, ERC, SLMA</td>
</tr>
<tr>
<td>Informed consent</td>
<td>Dr Nilakshi Samarananayake, Senior Lecturer, FMS, Colombo Secretary, ERC FM Colombo</td>
</tr>
<tr>
<td>Regulatory requirements for clinical trials and legal frame work</td>
<td>Mr Arjuna Pathmaperuma, Regulatory Pharmacist, NMDRA, Member – SCOCT</td>
</tr>
</tbody>
</table>
3.4 The Commonwealth Medical Association 24th Triennial Conference 2016
This was held on the 15th and 16th of October 2016 at the Cinnamon Grand Hotel, Colombo, Sri Lanka. A satellite meeting on research and clinical ethics was given due prominence at this conference and was organized in collaboration with the Collaborative Institutional Training Initiative (CITI), University of Miami, USA, Forum for Ethical Review Committees in Asia and the Western Pacific (FERCAP) and the Forum for Ethics Review Committees in Sri Lanka (FERCSL).

Professor Harischandra Gambhira, Professor Chandanie Wanigatunge, Professor Hemantha Senanayake, Dr Kamal Perera and Dr B. J.C. Perera were the speakers from Sri Lanka.

The sessions were chaired by Management Committee members of the member ERCs of FERCSL

4. Constitution of the FERCSL
Constitution of the Forum for Ethics Review Committees underwent revisions to incorporate changes in global research ethics. The changes were discussed at the Management Committee meetings and also by the member ERCs. The amended constitution was adopted at the AGM held in January 2016.

5. Reviewing of FERCSL Operational Guidelines
A committee consisting of Prof. Chandanie Wanigatunge, Prof. A. Pathmeswaren, Dr. Shamini Prathapan, Dr. Malik Fernando and Dr. Sampath Tennakoon were appointed to review the existing FERCSL guidelines. The revisions are almost completed and will be circulated to all member ERCs for observation. They are expected to be in operation by May 2017.

6. Accreditation of the ERCs
The ERC of the Faculty of Medicine, University of Colombo was re-recognized 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).

ERC SLMA also underwent review by a SIDCER survey team from FERCAP and was recognized at the 16th Annual Conference of FERCAP in November 2016. It is now the 5th SIDCER recognized ERC in Sri Lanka.

The surveys were held in collaboration with FERCSL which coordinated the survey related activities including identification of local surveyors.

7. e-newsletter
Two e-newsletter of the FERCSL was circulated by the FERCSL among its member ERC’s. The third e-newsletter will be circulated in December 2016.

16. ENDING AIDS IN SRI LANKA

The President with the approval of the Council constituted a Working Group to develop a Road Map towards ending AIDS in Sri Lanka before 2030. This was especially relevant as it was keeping with the 2016 theme of “Moving from Millennium Development Goals to Sustainable Development Goals”.

Members of the Working Group:
Dr Iyanthi Abeyewickreme  Dr G weerasinghe  Dr Neelamani Punchihewa
Dr Hasini Banneheke  Dr Sisira Liyanage  Dr Chandrika Wickramasuriya
Dr Lilani Rajapakse  Dr K A M Ariyaratne  Dr Jayanthi Elvitigala
Dr Janaki Vidanapathirana  Dr Suriyakanthi Beneragama

The Road Map was launched on 1st December 2016 at the function organized by the national STD/AIDS Control Programme of the Ministry of Health to commemorate World AIDS Day. This document consists of strategic directions to be followed if Sri Lanka is to end the AIDS epidemic. This can be achieved through renewed commitment by all stakeholders, including political commitment at the highest levels.
17. HISTORY OF MEDICINE IN SRI LANKA VOLUME II

Dr Uragoda’s book on History of Medicine in Sri Lanka’ accounts for the history until 1948. Many significant advances and developments have taken place in the field of medicine since then. Therefore, it was considered a good time to document the history since 1948. The Council approved the President’s proposal to re-start the project which had first been mooted by Dr Palitha Abeykoon during his tenure as President SLMA.

Dr Lakshman Karalliedde, Dr Palitha Abeykoon, Dr Philip Veerasingham, and Dr Iyanthi Abeyewickreme undertook the responsibility of inviting eminent clinicians and academics to contribute to the volume and to edit the document. All chapters have been received by the editors and are currently being reviewed. The Regional Director of the South East Asia Regional Office of the World Health Organization has kindly agreed to financially assist the SLMA to print volume II.

18. NEW MEMBERS

The new membership for the year 2016 (including the names presented to the Council on 2nd December 2016) was as follows:

- Life: 140
- Ordinary: 125
- Student: 68
- Ordinary to Life: 7

The list of members were enrolled during the year 2016 is given in Annex 6.

19. TREASURER’S REPORT

(Presented by Dr Samanthi de Silva, Honorary Treasurer)

The Treasurer’s Report for the financial year 2015-2016 is presented herewith highlighting the important revenue generating activities as well as the expenditure. It had been another exciting year for the SLMA with many accomplishments and challenging work.

The main recurrent expenses of the Association is the salary, EPF, ETF and bonus payment for staff which amounted to Rs.5,516,352 for 12 months period. The other main recurrent expenditure is for electricity which is Rs.1,849,618. Total administrative expenses for 12 months amounted to Rs 16,055,626 including routine repair and maintenance for the upkeep of the premises and standard activities of the SLMA.

The interior refurbishment of the administrative office of the SLMA, entrance lobby, stairway and the auditorium lobby of Wijerama House was carried out with the inputs of an architect whilst preserving its old charm and originality. The expenditure incurred for the planned refurbishment of Wijerama House was totally funded through the net earnings of the annual academic Congress of 2016.

<table>
<thead>
<tr>
<th>SLMA refurbishment of interior 2016</th>
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</thead>
<tbody>
<tr>
<td>Gross profit from Annual Congress</td>
<td>9,538,022.82</td>
</tr>
<tr>
<td>Renovation &amp; Refurbishment work &amp; new Furniture</td>
<td>7,643,983.11</td>
</tr>
<tr>
<td>Balance</td>
<td>1,894,039.71</td>
</tr>
</tbody>
</table>

The Total income from the Anniversary International Medical Congress, Medical dance and Health Run & walk was Rs. 25,094,179.49. The expenditure was Rs. 14,600,132.57. Thus there was a net income over expenditure of Rs. 10,494,046.92 from the annual congress related activities.

Details of the income sources is given below.
<table>
<thead>
<tr>
<th>Activity</th>
<th>Income</th>
<th>Expenses</th>
<th>Gross Profit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Income from Annual Congress</td>
<td>17,488,979.49</td>
<td>9,388,838.67</td>
<td>8,100,140.82</td>
</tr>
<tr>
<td>Total Expenses</td>
<td></td>
<td>8,100,140.82</td>
<td></td>
</tr>
<tr>
<td>Income from Run &amp; walk</td>
<td>2,650,000.00</td>
<td>1,212,118.00</td>
<td>1,437,882.00</td>
</tr>
<tr>
<td>Expenses of Run &amp; walk</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Income from Annual Dinner Dance</td>
<td>4,951,300.00</td>
<td>4,008,575.90</td>
<td>942,724.10</td>
</tr>
<tr>
<td>Expenses of annual Dinner Dance</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Gross Profit from Annual events</strong></td>
<td></td>
<td></td>
<td><strong>10,480,746.92</strong></td>
</tr>
</tbody>
</table>

The total in fixed deposit at the end of Financial year is Rs. 20,587,101. Total earnings from the fixed deposits during the year amounted to 969,498. The total value of Orations fixed deposit remain at Rs. 5,474,276.

Cash and bank balance as of 31/10/2016 remains at Rs 8,956,507 excluding the Nirogi project account. (Nirogi phase ii account balance by 31/10/2016 is Rs 432,285)

Total assets less current liabilities inclusive of Property, plant, equipment together with cash and deposits is estimated at Rs. 58,835,627 as of 31/10/2016.

Finally I would like to thank the President Dr Iyanthi Abeyewickreme for her constant guidance and leadership that lead to a successful year filled with activity, Hony Secretary Dr Neelamani Punchihewa who was very thorough and committed, Mr. M Rajasingham who retired mid-year after a long stint at SLMA and last but not the least Ms. Jayarani Tennakoon for her assistance in maintaining the accounts and the cash flow in a responsible and proper manner.

20. AUDITORS’ REPORT 2015/2016

Report of the auditors is given in the Annex 7.

21. NEWSLETTER

This Source Pvt Ltd continued to publish the SLMA newsletter in 2016, Revenue generated from advertisements on 8 pages of the newsletter was received by the SLMA, thus contributing significantly to increase the income of the SLMA. The newsletter was published regularly each month since January 2016 with the December issue currently in preparation. The newsletter was helpful in disseminating information regarding the various activities conducted throughout the year by the SLMA. In addition, it also provided a platform for highlighting various topics of interest to the medical profession. The number of copies printed was reduced from 4,500 to 3,500 to reduce duplication of delivery to some members of the SLMA. Dr.Hasini Banneheke, Assistant Secretary gave committed leadership to organize a timely and a high quality newsletter.

22. ADVOCACY

NATIONAL MEDICINAL DRUG REGULATORY AUTHORITY

The following letter was submitted in February 2016 to the Hon Minister of Health, Nutrition and Indigenous Medicine Dr Rajitha Senaratne and a media statement was issued.

“The Sri Lanka Medical Association (SLMA) is deeply concerned about the recent media reports on the alleged administrative changes being made at the NMDRA. The NMDRA is a crucial arm of a rational drug policy for Sri Lanka and the SLMA has been a close partner in its evolution and establishment. Transforming the structure and functions of an institution often entails teething troubles and resistances and, by its very nature, an institution such as NMDRA will attract controversy and lobbying for and against by interest groups. We have no doubt that you, being a medical person, are well aware of these inherent vulnerabilities and will do your best to protect the NMDRA in this initial phase.
SLMA, as always, stands ready and committed to collaborate with you and the Ministry of Health in providing better quality health care to the people of Sri Lanka.

SLMA therefore would like to seek clarification from you regarding the media reports on changes being made to the National Medicines and Drug Regulatory Authority (NMDRA).”

KIDNEY TRANSPLANTATION FOR FOREIGN NATIONALS IN SRI LANKA

The SLMA convened a meeting of stakeholders on the recommendation of its Council (based on a letter received from a transplant surgeon) on 29th March 2016 at the SLMA. Following this meeting the SLMA met the Director General of Health Services (DGHS) on 1st April 2016 and highlighted the need for a more transparent and robust screening process of potential donors and recipients. The current system of private hospital based ethics committees was thought to be unsatisfactory for a myriad of reasons. The SLMA with the concurrence of the stakeholders proposed a Central Authorization Committee for all organ transplants taking place in Sri Lanka with a particular reference to foreign nationals.

SLMA’S RESPONSE TO THE WORLD REPORT PUBLISHED ON 14 MAY 2016 IN THE LANCET

We are forced to draw your kind attention to the World Report published on 14 May 2016 in the Lancet titled ‘Sri Lanka’s War Wounds Run Deep’ by Chris McCall, a medical journalist (McCall C. Sri Lanka’s war wounds run deep. The Lancet. 2016; 387:1986

Towards the end, the article states that the Sri Lanka Medical Association (and the Ministry of Health, Nutrition and Indigenous Medicine) were invited to contribute to this report. We, at the Sri Lanka Medical Association (SLMA) have not found any such request and urge the author to submit further details of this request so that we could investigate, if such a lapse has occurred. If some evidence for the said request claimed to have been made from the SLMA cannot be produced, it is justifiable to assume that the statement made in the article has been a deliberate attempt to tarnish the reputation of our Association which was founded in 1887 as the Ceylon Branch of the British Medical Association.

We are greatly dismayed to detect deep levels of bias in this Report, far too excessive, certainly for a prestigious medical journal like the Lancet.

The two main sources of McCall’s report are: Anuradha Mittal (from the Oakland Institute, USA) and Elil Rajendram. The method of assessment or the sampling frame used to make sweeping derogatory statements by Mittal is not stated (e.g. “Among Sri Lanka's Sinhala speaking majority, the LTTE are still uniformly referred to as ‘the terrorists’” and “….many Tamils quietly say they were better off under the LTTE than now”).

We suspect that Mittal’s views were partly biased by the work she did in Sri Lanka prior to the Sri Lankan Presidential Elections in Sri Lanka in January 2015. A description of her work is given in the Report she authored, titled “The Long Shadow of War: The Struggle for Justice in Postwar Sri Lanka” in 2015 published by The Oakland Institute, an institute founded by her in 2004 (https://en.wikipedia.org/wiki/Oakland_Institute). The latter is hardly an ‘independent think tank’ and has numerous publications that are one-sided. It has even hosted a petition titled “Demand an International Judicial Process for War Crimes in Sri Lanka”, which was discontinued because it achieved only 560 signatures !!!.

The other source for the World Report includes Elil Rajendram a relatively unknown person in Sri Lanka, who had previously written to the Oakland Institute as well. (http://www.oaklandinstitute.org/statementfatherelilrajendram). He is from a Jesuit Refugee Service a non-governmental foreign organization which is not registered in Sri Lanka. (http://www.ngosecretariat.gov.lk/) Both these sources, you will note, have been conducting a campaign since the end of the terrorist activities, to tarnish the good work of all those trying to improve the conditions of the Northern population. Naturally a lot remains to be done as the entire infrastructure and the fabric of life has been destroyed by the Tamil terrorists and the inevitable government attempts to subdue them.

We also note that the Lancet Report has deliberately chosen to ignore the vast changes that have taken place after the end of the Civil War and the election of a new government on 8th January 2015. The current leader of the opposition of the National Parliament is from the Tamil based parties in the North and East of the country. The Northern Province is also governed by the same conglomerate of Tamil parties. The hospitals and road networks have been expanded rapidly and almost all camps with displaced persons have been closed. There is no racial bias in deploying doctors to any part of the country. It is based on their performance at an examination and they exercise their right to choose, and the hospital they wish to work in. However, many Tamil doctors from the North prefer to work in the Southern parts of the country while many from the South, not very proficient in Tamil, volunteer to work in the North. The newly improved Teaching Hospital in Jaffna and The Faculty of Medicine in Jaffna Medical schools
have state-of-the-art facilities and are hubs for medical education and training. The Jaffna Hospital itself is one of the centres for Postgraduate Training in all relevant specialties. That hospital now has even better facilities than some of the institutions in the rest of the country.

We are greatly dismayed and thoroughly offended that the Lancet too has joined in promoting ‘Sri Lanka bashing’, which has become a favourite pastime for some individuals and institutions.

In fairness to us, please be kind enough to afford us the opportunity to request equal prominence to this communication, as was afforded to the World Report in question.”

REPORTS OF REDUCTION OF IMPORT TAX ON BEER

The following letter was submitted to his Excellency President Maithripala Sirisena

“We have read with concern, media reports indicating that Ceylon Brewery, which is the leading producer of beer in Sri Lanka has been granted a duty waiver of 75% for import of beer. It was reported that this company was granted this relief due to the “damage” caused to their factory by the recent flood. Provided that this news item is accurate, there are several aspects we would like to bring to your Excellency’s attention.

• Beer is a non-essential and harmful substance both at individual and at population level. As your Excellency is aware, the NATA-WHO-SLMA study showed that the social and economic costs of alcohol amounted to at least Rs. 141 billion in 2015, far exceeding the taxes collected from alcohol.
• Beer is primarily consumed by younger age groups and is often used to attract the young to a world of alcohol.
• Providing incentives to this institution is in total conflict with Your Excellency’s policy of working towards a country free of harm from alcohol.

• Many individual households and small and medium-scale businesses suffered severe losses due to the floods. As many of them were not insured, they were not granted any relief by the government or the banks. This has resulted in loss of income, employment and has made those affected unable to pay leases, loans or purchase essential items. There are many instances where long-term treatment for diseases such as hypertension, diabetes etc. have been interrupted due to loss of income by those affected.

In this context, we would like your Excellency use the powers vested in you to reverse this decision and to look at the following issues:

• What compelling reasons are there for the tax-paying poor people of this country to pay for damages suffered by a company that is already causing a net-loss to the economy?
• Has this company not been insured locally and internationally which will offset these losses?
• Will there be any loss of government taxes collected, as we understand that Excise taxes cannot be levied for imported alcohol by the Department of Excise?
• Will there be a resultant decrease in the price of beer which will induce young people to start using and induce current users to consume more? As beer is a gateway substance, there is a substantial risk of younger people starting to use beer moving to other harmful substances well, compounding the negative health and social effects.
• Whether the profits of this company will increase as a result, which will enable them to spend more on marketing and promotion to increase consumption of alcohol by Sri Lankans.

We therefore sincerely appeal to Your Excellency to take immediate and appropriate steps to prevent such an enormous incentive and a gift to be given to a harmful industry using money of the people of this country, and also to ensure that your laudable goal of achieving an alcohol-harm free Sri Lanka is protected from vested interests.”

PROPOSAL FROM THE SRI LANKA MEDICAL ASSOCIATION ON INCLUDING HEALTH AS A FUNDAMENTAL RIGHT IN THE NEW CONSTITUTION

The SLMA submitted the following proposal to the committees on constitutional reforms to include Health as a Fundamental Right in the new Constitution. This was also discussed with the Hon. Minister of health, Nutrition and Indigenous Medicine, Dr Rajitha Senaratne. The Hon Minister agreed with the concept. However, he expressed the need to choose the appropriate wording of the proposal, so that it discourages unwarranted litigation being brought against the state.

The core proposal is for the new Constitution to include a clear statement on right to health. This should include a right to reasonable healthcare, but extended to other determinants of health as stated in the International Covenant on Economic, Social and Cultural Rights (ICESCR) document (see below). We, the Sri Lanka Medical Association (SLMA) wish to suggest the following statement to be considered for inclusion in the section on Fundamental Rights.
“The Constitution guarantees the progressive realization of rights that will enable everyone to enjoy the highest attainable standard of physical, mental and social dimensions of health” (i.e. the point to highlight is that it is not limited to physical, mental and social health care).

“Every citizen has the right to a reasonable standard of living, adequate for the health and well-being of himself/herself and of his/her family, including access to medical care, preventive services, basic amenities and social services”.

BACKGROUND AND JUSTIFICATION FOR PROPOSAL

The current Constitution of the Democratic Socialist Republic of Sri Lanka does not explicitly express health as a fundamental right, other than as an indirect statement in Article 27 2 (c): “the realization by all citizens of an adequate standard of living for themselves and their families, including adequate food, clothing and housing, the continuous improvement of living conditions and the full enjoyment of leisure and social and cultural opportunities”.

The global trend is for countries to recognize health as a fundamental right in their constitutions. A study done on 191 countries in 2011 showed that almost 70 countries guarantee the rights to overall health or medical care. The lack of a clear statement on health reflects badly on Sri Lanka, a country where health is considered a national priority.

Sri Lanka is a signatory to the 17 Sustainable Development Goals of which Goal 3 is explicitly on health (“Ensure healthy lives and promote well-being for all at all ages”) and articulated through 9 targets for implementation. As such, inclusion of Health as a Fundamental Right in the new Constitution will give effect to this goal in a concrete manner.

At a time when Sri Lanka is engaging with the international community, the New Constitution should reflect on the proposals made by several UN organizations which consistently state that health should be respected as a fundamental right:

(a) The Universal Declaration on Human Rights (UDHR) in Article 25(1) that “everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including... medical care and necessary social services...

The World Health Organization states the following in its constitution: “The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition”.

(c) The UNs International Covenant on Economic, Social and Cultural Rights (ICESCR) describes the right to health in article 12.1 as “the right of everyone to the enjoyment of the highest attainable standard of physical and mental health.”.

THREE COMMON MISCONCEPTIONS

(a) Countries cannot afford the right to health. When considering the level of implementation of this right, the availability of resources at that time and the context are taken into account. While steps may depend on the specific context, the states must show progressive movement towards meeting their obligations to respect, protect and fulfill the right to health. It cannot use the argument of inability to afford to delay their obligations indefinitely.

(from the document The Right to Health: Fact Sheet 31 by the Office of the United Nations High Commissioner for Human Rights and WHO)

(b) The right to health is the same as the ‘right to be healthy’. A right to health does not mean that the state guarantees good health. Good health is influenced by several factors that are outside the direct control of the state (e.g. individual’s genes, biological make-up and socio-economic conditions) and partly the personal responsibility of the individual.

(c) The ‘right to health’ is the same as the ‘right to healthcare’. The right to health is over and above healthcare. It includes healthcare and other determinants of health as well. An example of ‘other determinants’ is air pollution. Interpreting a Right to Health in this context does not mean that there should be no air pollution. Instead, it means that the state should demonstrate that reasonable and affordable actions have been taken to control rising levels of air pollution.
The SLMA Council approved the President’s request to undertake renovations and refurbishments of the administrative office of the SLMA, the front lobby of the Wijerama House lobby opposite the Sri Lanka Medical Library, the main staircase and the lobby upstairs leading to the NDW Lionel Memorial Auditorium. All renovations and refurbishments were paid for with funds collected during the current year (2016). The Council also approved the renovations to the garden area and it is hoped that these renovations would be carried out in 2017.

A simple opening ceremony was held with the participation of past presidents, council members and office staff of the SLMA. This was followed by chanting of Pirith to invoke blessings and offer merit to late Dr E M Wijerama and Mrs Wijerama as well as to all departed members of SLMA. ‘Ata Pirikara’ and other offerings were made to the Venerable monks from the Vajiraramay temple in Colombo.
Opening of the renovated and refurbished SLMA Office

New reception area – SLMA Office
24. 24TH TRIENNIAL CONFERENCE OF COMMONWEALTH MEDICAL ASSOCIATION (CMA)

24th Triennial conference of CMA 2016 was held from 14th-16th October at Cinnamon Grand Colombo in collaboration with the Sri Lanka medical association and the Ministry of Health Sri Lanka and the chief guest at this event was Hon Maithripala Sirisena HE the President of Democratic Socialist Republic Sri Lanka and the Guest of Hon was Hon Dr Rajitha Senarathna Minister of Health and Indigenous Medicine. Welcome address was delivered by Dr Iyanthi Abeyewickreme president SLMA and she presented the long standing association and the CMA. Prof Vajira HW Dissanayake, a past president SLMA was elected as the President of CMA for the period 2016-2019 and this event was attended by over 400 local and foreign delegates.

25. MOU BETWEEN THE SRI LANKA MEDICAL ASSOCIATION AND THE CHINESE MEDICAL ASSOCIATION

The SLMA and CMA signed an MOU on 17th October 2016. Under the mutual agreement, both associations agreed to implement the following.

1. The two organizations shall establish a Win-Win cooperation partnership.
2. The two organizations shall establish a regular mechanism for bilateral visits and consultation, and invite high level officials of the organization to attend the annual meetings.
3. The two organizations shall exchange meeting calendars of annual scientific meeting and / or international scientific meetings.
4. The two organizations shall establish an information exchange mechanism in continuing medical education, short-term training, medical ethics, clinical pathway and guidelines.
26. HUMANITARIAN ACTIVITIES

Flood relief

SLMA was involved in humanitarian actions to help flood affected victims in Colombo in May 2016. SLMA members both in Sri Lanka and abroad contributed enthusiastically by handing over dry rations, and other essential commodities to SLMA office over several months. These provisions were used to provide cooked meals to the displaced in camps. The SLMA president and few members assisted MOH Kollonnawa by providing much needed essential medical services and medicine to conduct a medical clinic at the camp located at Vidyawardena Vidyalaya at Kotikawatta on 20th May 2016.

Donation of White canes to the visually handicapped to commemorate the white cane day

SLMA members responded to a request from Sri Lanka Federation of the Visually Handicapped and made voluntary donations to purchase 70 white canes to support White Cane Day which fell on 21st October 2016. Dr Iyanthi Abeyewickreme presented the white canes to the president of SLFVCH on the 2nd October at SLMA.

27. Farewell to the Administrative Officer of the SLMA

Mr. M. Rajasingham, the Administrative Officer of the Sri Lanka Medical Association retired on 31 July 2016 after 20 years of dedicated service to the Association. The past presidents held a felicitation ceremony on Friday 5th of August for him. His dedication and loyalty to the SLMA was appreciated by several speakers who participated at this event. The SLMA thanked him for his long standing service and commitment and wished him good health, peace and happiness in his retirement.
Sunday 17th July 2016

HEALTH RUN & WALK

Walk for Health, Health is Wealth

Free health checks
Warm up exercises, yoga and run
Walk
Interactive sessions with specialist doctors
Fun events for kids

Free participation
Free medical check-up including blood tests
Free sports physiotherapy
Free T-shirts and gift packs
Pre-Congress Workshop 1: Political initiatives impacting health – have we succeeded in our advocacy?
Lionel Memorial Auditorium, Sri Lanka Medical Association

Registration
Chairpersons: Prof. Narada Warnasuriya and Dr. Malik Fernando

National Anthem followed by lighting of the oil lamp

Welcome Address
Dr. Iyanthi Abeyewickreme
President, SLMA

Introduction to the workshop
Prof. Ravindra Fernando
Senior Professor of Forensic Medicine and Toxicology, Faculty of Medicine, University of Colombo

SESSION 1
Political determinants of health
Prof. Saroj Jayasinghe
Professor of Medicine, Faculty of Medicine, University of Colombo

Role of policy formulation within political parties – UNP representation
Hon. Eran Wickramaratne, M. P.
Deputy Minister of State Enterprise Development

Role of policy formulation within political parties – SLFP representation
Hon. Faizar Mustapha, M.P.
Minister of Local Government and Provincial Councils

Role of policy formulation within political parties – JVP representation
Hon. Nalinda Jayatissa
Member of Parliament

Tea

SESSION 2
Health policy formulation - Health professionals perspective
Dr. Anuruddha Padeniya
President, GMOA

Health policy formulation – Health Ministry perspective
Dr. Neelamani R Hewageegana
Deputy Director General, Planning, Ministry of Health, Sri Lanka

Health policy formulation – Economic perspective
Dr. Ravi Rannan-Eliya
Executive Director and Fellow of the Institute of Health (IHP)

Health policy formulation – An overview of the ideal situation
Dr. Palitha Abeykoon
Past President, SLMA

Discussion
Moderators - Prof. Narada Warnasuriya and Dr. Malik Fernando
Past Presidents, SLMA

Concluding remarks
Prof. Narada Warnasuriya (Sinhala)
Dr. Malik Fernando (English)
Dr. Shridaran (Tamil)

Vote of thanks
Dr. Ruvaiz Haniffa
Vice President, SLMA

Lunch

Pre-Congress Workshop 2: Interactive workshop on medical research
Lionel Memorial Auditorium, Sri Lanka Medical Association

Day 1
Chairperson: Dr. Anuruddha Abeygunasekera

Welcome address
Dr. Iyanthi Abeyewickreme, President, SLMA

A. Basics in research methodology
Common study designs in medical research
Observational:
Descriptive – case series and prevalence studies
Analytical – cohort, case control and cross sectional analytical
Experimental: clinical trials
Types of errors in research studies – bias and chance
Bias:
Information – data collection – tools used, quality of interviews
Selection – sampling methods and randomization
Confounding – dealt with by restriction, matching or multivariate analysis
Chance:
Reliability of measurements and information Sample size

Lunch

B. Sample size calculation

Why and for what types of studies is sample size calculation important?
Information required to calculate sample size
Sample size calculation for different types of study design
Allowing for response rates and other losses to the sample
Design effect
Power of a study
Common "pitfalls"
Practical work for participants

Day 2
Approaching a writing project, choosing a target journal and using its instructions
The structure of a scientific paper – IMRAD format, title, abstract, index words, introduction section

Tea
Writing the methods section, results section, discussion
Writing the references, preparing tables and figures, cover letter
Basics in writing style, “What editors want”

Lunch
Participants to write short words instead of long phrases from a given note
Writing the missing section of a sample paper
Presentations and discussion
Evaluation, distribution of certificates and conclusion

Resource persons:
Dr. BJC Perera, Consultant Paediatrician
Prof. Varuni de Silva, Co-editor, Ceylon Medical Journal
Prof. A. Pathmeswaran, Professor, Department of Community Medicine, Faculty of Medicine, University of Kelaniya
Dr. Anuruddha Abeygunasekera, Co-editor, Ceylon Medical Journal
Dr. Carukshi Arambepola, Senior Lecturer, Department of Community Medicine, Faculty of Medicine, University of Colombo

Saturday 23rd July 2016

Pre-Congress Workshop 3: Training tomorrow’s medical leaders
Hotel Kingsbury, Colombo

Registration
National Anthem followed by the lighting of the oil lamp
Address by President, SLMA
Dr. Iyanthi Abeyewickreme

Address by President, College of Medical Administrators of Sri Lanka
Dr. Shanti Dalpatadu

Introduction
Prof. Devaka Fernando
Consultant Endocrinologist, King’s Mill Hospital and Honorary Professor, University of Kent, UK

Keynote address
Dr. Peter Lees
Chief Executive and Medical Director of the Intercollegiate UK Faculty of Medical Leadership and Management

Medical leadership
Audio-visual presentation
Tea
Current reforms in public sector, implications for future leaders in the medical profession
Mr. S Ranugge
Commissioner, Public Service Commission, Sri Lanka
Medical leadership in private healthcare systems  
Dr. Samanthi de Silva  
Group Medical Director, Hemas Hospitals, Sri Lanka  

Comparison of healthcare systems: Sri Lanka and UK  
Dr. S Sridharan  
Director, Healthcare Quality & Safety, Sri Lanka  

Women in health leadership: challenges for the future  
Dr. Neelamani Rajapaksa Hewageegana  
Deputy Director General, Planning, Ministry of Health, Sri Lanka  
Dr. Samanthi de Silva  
Group Medical Director, Hemas Hospitals, Sri Lanka  

Lunch  

Symposium: Training tomorrow’s medical leaders  
‘Clinical leadership: Ensuring and assuring high quality healthcare’  
Dr. Peter Lees  
Chief Executive and Medical Director of the Intercollegiate UK Faculty of Medical Leadership and Management  
Prof. Devaka Fernando  
Consultant Endocrinologist, King’s Mill Hospital and Honorary Professor University of Kent, UK  

Parallel sessions  

Parallel session I  
Shared leadership  
Chairperson: Dr. Anil Jasinghe  
Dr. Peter Lees  
Chief Executive and Medical Director of the Intercollegiate UK Faculty of Medical Leadership and Management  
Dr. Sarath Samarage, Senior Fellow, Institute for Health Policy, Sri Lanka  

Case studies  
BMJ Cardiology Team of the Year 2015  
Dr. Duminda Samarasinghe  
Amputation of a law student’s arm  
Dr. Samiddhi Samarakoon  
Improving productivity in a Base Hospital  
Dr. Ashok Perera  

Parallel session II  
Clinical governance and quality improvement  
Chairperson: Dr. Ranjan Dias  
Prof. Devaka Fernando, Consultant Endocrinologist, King’s Mill Hospital and Honorary Professor, University of Kent, UK  
Dr. S Sridharan Director, Healthcare Quality & Safety, Sri Lanka  

Concluding remarks and vote of thanks  
Dr. Alan Ludowyke, Director, International Health and Assistant Secretary, CMASL  

INAUGURATION OF THE 129TH ANNIVERSARY INTERNATIONAL MEDICAL CONGRESS  
Oak Room, Cinnamon Grand Hotel, Colombo  

Guests take their seats  
Arrival of the Chief Guest  
Introduction of Council Members to the Chief Guest  
Ceremonial procession  
National Anthem  
Lighting the lamp of learning  
Welcome address  
Dr. Iyanthi Abeyewickreme  
President, SLMA  

Address by the Guest of Honour  
Professor Graham Taylor  
Professor of Human Retrovirology  
Imperial College School of Medicine, United Kingdom  

Address by the Chief Guest  
Professor Harshalal R. Seneviratne  
Emeritus Professor of Obstetrics and Gynaecology  
University of Colombo  

Vote of thanks  
Dr. Neelamanie Punchihewa, Honorary Secretary, SLMA
The SLMA Oration 2016
“Epidemiology of Melioidosis in Sri Lanka”
Dr. Enoka Corea
MBBS (Colombo), Dip Medical Microbiology (Colombo), MD Medical Microbiology (Colombo),
CTHE (Colombo), SEDA (UK), APG Cert Med Ed (Dundee)
Senior Lecturer and Consultant Microbiologist, Department of Microbiology, Faculty of Medicine,
University of Colombo
Musical interlude
Procession leaves the hall
Fellowship

**Monday 25th July 2016**

**Keynote address**
Chairperson: Dr. Iyanthi Abeywickreme
**Rise and fall of clinical guidelines – the current status**
Dr. Ruvan Ekanayaka
Consultant Cardiologist, Former Senior Cardiologist, National Hospital of Sri Lanka

**Plenary 1**
Chairpersons: Dr. Jacob Kumaresan and Dr. Palitha Abeykoon
‘Great expectations’
Prof. Graham Taylor
Professor of Human Retrovirology, Imperial College School of Medicine, UK

**Professor N D W Lionel Memorial Oration**
Hepatoprotective effects of medicinal plants against chemically induced hepatotoxicity
Dr. R P Hewawasam
BSc (Hon) (Peradeniya), MChemC, MPhil (Ruhuna), PhD (ANU)
Senior Lecturer, Department of Biochemistry, Faculty of Medicine, University of Ruhuna, Sri Lanka

**Tea and poster viewing**

**PARALLEL SESSIONS**

**SESSION: CLINICAL MEDICINE**

**Symposium 1: Management dilemmas in cardiology**
Chairpersons: Dr. Naomali Amarasena and Dr. Sarath Gamini De Silva

**Ventricular ectopics – when to treat**
Dr. Teo Wee Siong
Senior Consultant Cardiologist and Senior Advisor, Electrophysiology and Pacemaker Service,
Department of Cardiology, National Heart Centre, Singapore

**Heart failure with preserved LV function**
Dr. Prakash Priydarshan
Consultant Cardiologist, National Hospital of Sri Lanka

**Facets of chest pain**
Dr. Suresh Kottegoda
Consultant Cardiac Electrophysiologist, Sri Jayawardenapura General Hospital, Sri Lanka

**Guest Lecture 1**
Chairperson: Prof. Anoja Fernando

**Statins revisited**
Dr. Naomali Amarasena
Senior Consultant Cardiologist, Sri Jayawardenapura General Hospital, Sri Lanka

**Lunch and poster viewing**

**Free paper session 1: Cardiology, Clinical Medicine and Forensic Medicine**

**Symposium 4**
**DNA: The smart tool for solving crime**
Chairpersons: Dr. Ajith Tennakoon and Dr. U C P Perera
**DNA technology in catching offenders – a decade of success in Sri Lanka**
Dr. Ruwan J Illperuma, Senior Scientist and Head, Molecular Forensics, Genetech Molecular Diagnostics and School of
Gene Technology, Colombo, Sri Lanka
Technological advances in DNA testing in Sri Lanka
Ms. Parami W Wakista
Scientist, Genetech Molecular Diagnostics and School of Gene Technology, Colombo, Sri Lanka
DNA analysis – a JMO’s perspective
Dr Uthpala Attygalle
Additional Judicial Medical Officer, Colombo
Tea

PARALLEL SESSIONS
SESSION: BEHAVIOUR AND HEALTH
Symposium 2: Sex and health
Chairpersons: Dr. Sumithra Tissera and Dr. Pramilla Senanayake

Sex and the heart
Dr. Lasantha Malavige, Specialist in Sexual Medicine, Asiri Surgical Hospital, Sri Lanka

Female sexuality: Coming of age
Dr. Pabasari Ginige, Consultant Psychiatrist and Senior Lecturer, Department of Psychiatry, Faculty of Medicine, University of Peradeniya, Sri Lanka

Erectile dysfunction - new modalities of treatment
Dr. S S Vasan, UroAndrologist and Chairman, Manipal Ankur Andrology & Reproductive Services (MAARS), India

Guest Lecture 2
Chairperson: Dr. Dennis Aloysius

Improving behaviour for health
Dr. Diyanath Samarasinghe, Consultant Psychiatrist

Lunch and poster viewing
Free paper session 2: Behaviour, Health, Sexual Health, Road Traffic Crashes
Free paper session 3: Miscellaneous

Tuesday 26th July 2016

Registration
Plenary 2
Chairpersons: Prof. Rezvi Sheriff and Prof. Saroj Jayasinghe

CKDU: An extraordinary challenge
Prof. Georgi Abraham
Professor of Medicine, Pondycherry Institute of Medical Sciences, Consultant and Director of Nephrology Madras Medical Mission Hospital, Chennai, India

PARALLEL SESSIONS DAY 2
SESSION: NON-COMMUNICABLE DISEASES
Symposium 6: CKDu in Sri Lanka – have we found the culprit?
Chairpersons: Dr. Chula Herath and Prof. Rezvi Sheriff
Rajarata studies on CKDu
Dr. Channa Jayasumana
Head, Department of Pharmacology, Faculty of Medicine, Rajarata University of Sri Lanka

Aetiology of CKDu - facts and fiction
Prof. Ravindra Fernando
Senior Professor of Forensic Medicine and Toxicology, Faculty of Medicine, University of Colombo

Recommendations from the WHO CKDu meeting held in April 2016
Dr. Lesley Onyon
Regional Advisor, Occupational Health & Chemical Safety, WHO-SEARO, India

Tea and poster viewing

Guest Lecture 3
Chairperson: Prof. S Lamabadusuriya
Childhood obesity in Sri Lanka – time to act
Prof. Pujitha Wickramasinghe
Honorary Consultant Paediatrician at Lady Ridgeway Hospital and Professor in Paediatrics, Faculty of Medicine, University of Colombo, Sri Lanka

Symposium 8: Diabetes mellitus- pearls of practice
Chairpersons: Prof. Chandrika Wijeyaratne and Dr. Muditha Weerakkody
Immunotherapy in Type I DM
Prof. Colin Dayan
Professor of Clinical Diabetes and Metabolism, Cardiff University School of Medicine, UK

Case based discussion with panel of experts on Type II DM
Dr. Charles Antonypillai
Consultant Endocrinologist, Teaching Hospital Kandy, Sri Lanka
Dr. Chaminda Garusinghe
Consultant Endocrinologist, National Hospital of Sri Lanka
Prof. Thilak Weerarathna
Professor in Medicine, Faculty of Medicine, University of Ruhuna, Sri Lanka
Dr. Chathuranga Ranasinghe
Lecturer, Allied Health Sciences Unit, Faculty of Medicine, University of Colombo
Dr. Ranil Jayawardena
Consultant Clinical Nutritionist and Senior Lecturer, Department of Physiology, Faculty of Medicine, University of Colombo

Lunch and poster viewing

Guest Lecture 5
Chairperson: Prof. Vajira Dissanayake

Paediatric endocrinology – the Saudi experience
Prof. A S Alherbish, Professor, Consultant Paediatrician and Paediatric Endocrinologist, Vice President for Physician Affairs, Dr. Sulaiman Al Habib Medical Group, Saudi Arabia

Free paper session 4: CKDu, Nephrology
Chairpersons: Dr. Janaka Munasinghe and Prof. Mandika Wijeyaratne

Symposium 10: Thyroid diseases – still more to learn
Chairpersons: Dr. Uditha Bulugahapitiya and Prof. Varuni de Silva

Don't do thyroid tests in the acutely ill
Dr. L D Premawardhana, Consultant Physician, Section of Endocrinology, YYF Hospital and the Centre for Endocrine and Diabetes Sciences, University Hospital of Wales, UK

A quick guide to confusing thyroid tests
Prof. Colin Dayan, Professor of Clinical Diabetes and Metabolism, Cardiff University School of Medicine, UK

Subclinical Hypothyroidism in children
Dr. Navoda Atapattu, Consultant Paediatric Endocrinologist, Lady Ridgeway Hospital, Sri Lanka

Tea

PARALLEL SESSIONS DAY 2
SESSION: PREVENTIVE MEDICINE
Symposium 7: ‘Can we end AIDS in Sri Lanka before 2030?’
An interactive session
Chairpersons: Prof. Graham Taylor and Dr. Chandrika Wickramasuriya

Road map to end AIDS by 2025
Dr. G Weerasinghe, Consultant Venereologist, National STD/AIDS Control Programme, Sri Lanka

AIDS-free future generation – where are we?
Dr. Lilani Rajapakse, Consultant Venereologist and coordinator, National STD/AIDS Control Programme, Sri Lanka

Bi-directional effects of ARV and other medications - Are we achieving the expected clinical outcome?
Case based interactive session
Dr. Ranjababu Kulasegaram, Consultant Physician in HIV and Genitourinary Medicine, Guy’s and St Thomas’ NHS Foundation Trust, UK

Tea and poster viewing

Guest Lecture 4
Chairperson: Dr. Manil Peiris

Are chest X-rays still relevant to general medical practice today?
Prof. Philip Eng, Senior Consultant Respiratory and ICU Physician, Mount Elizabeth Hospital, Republic of Singapore

Symposium 9: How safe is the air we breathe?
Chairpersons: Dr. B J C Perera and Dr. J B Peiris
Burden of air pollution: global to local  
Dr. Lesley Onyon, Regional Advisor, Occupational Health & Chemical Safety, WHO-SEARO, India  

Quality of air and proven strategies to reduce the exposure in the Sri Lankan context  
Dr. Sumal Nandasena, Consultant Community Physician, WHO Collaborating Centre, National Institute of Health Sciences, Sri Lanka  

Air pollution and lung health - A clinician's perspective  
Dr. Kirthi Gunasekara, Consultant Respiratory Physician, Central Chest Clinic and National Hospital of Sri Lanka, Colombo, Sri Lanka  

Lunch and poster viewing  

Guest Lecture 6  
Chairperson: Prof. Anula Wijesundere  
Can Sri Lanka sustain its malaria-free status?  
Prof. Kamini Mendis, Independent Consultant Malaria Specialist  

Free paper session 5: Non Communicable Diseases, Prevention  
Chairpersons: Dr. Sujatha Ruwanpathirana and Dr. Dulani Samaranayake  

Tea  

Dr. S C Paul Memorial Oration  
Newly identified risk factors for severe dengue infection  
Dr. K C Jeewandara  
MBBS, PhD  
Lecturer, Department of Family Medicine, Faculty of Medical Sciences, University of Sri Jayawardenepura  

Wednesday 27th July 2016

Registration  
Plenary 3  
Chairpersons: Prof. Gita Fernando and Prof. Ravindra Fernando  

High burden of anti microbial resistance in South-East Asia  
Dr. Sirenda Vong  
Regional Technical Lead, Department of Health Security and Emergency Response, SEAR0/WHO, India  

Dr. S Ramachandran Memorial Oration  
Addressing the inequity in providing renal replacement therapy for children in Sri Lanka  
Prof. Asiri Abeygunawardena  
MBBS, MD, DCH, MRCP, FRCPh  
Professor of Paediatrics, Department of Paediatrics, Faculty of Medicine, University of Peradeniya  

PARALLEL SESSIONS  
SESSION: OBSTETRICS AND GYNAECOLOGY  
Guest Lecture 8  
Chairperson: Dr. Kapila Jayaratne  

How do we reduce maternal and new born morbidity and mortality?  
Dr. Gagan Gupta, Senior Health Specialist, UNICEF  

Tea and poster viewing  

Symposium 12:  
Maternal Mortality – What more needs to be done to save the mother?  
Chairpersons: Dr. Deepika Attygalle and Dr. U D P Rathnasiri  

Trends in causality of maternal mortality in Sri Lanka  
Dr. Kapila Jayaratne, Consultant Community Physician and National Programme Manager, Maternal and Child Morbidity and Mortality Surveillance, Family Health Bureau, Ministry of Health, Sri Lanka  

Thinking out of the box - new strategies to reduce preventable maternal deaths  
Dr. Ajita Wijesundere, Former Consultant Obstetrician and Gynaecologist, Castle Street Hospital for Women
Addressing the main cause - heart disease complicating pregnancy
Prof. Uri Elkayam
Professor of Medicine and Professor of Obstetrics and Gynaecology, University of Southern California, Los Angeles, USA

Guest Lecture 10
Chairperson: Dr. Gamini Walgampaya
Obstetric ultrasound - what’s new?
Dr. Tiran Dias
Consultant Obstetrician & Gynaecologist and Senior Lecturer, Department of Obstetrics and Gynaecology, Faculty of Medicine, University of Kelaniya

Lunch and poster viewing

Free paper session 7: Maternal & Child Health, Obstetrics & Gynaecology, Paediatrics
Chairpersons: Dr. Shanthamali de Silva and Dr. Ananda Ranathunga

Tea

PARALLEL SESSIONS
SESSION: MISCELLANEOUS
Guest lecture 9
Chairperson: Dr. Anuruddha Abeygunasekera
Safety and accountability in surgery
Prof. Ranil Fernando
Professor of Surgery, Faculty of Medicine, University of Kelaniya and Consultant Surgeon

Tea

Symposium 13: Are we moving to a post-antibiotic era?
Chairpersons: Dr. Amitha Fernando and Dr. Kushlani Jayatilleke
Antibiotic therapy - Clinicians’ dilemma
Dr. Panduka Karunanayake, Senior Lecturer, Department of Clinical Medicine, Faculty of Medicine, University of Colombo, Sri Lanka
Antimicrobial resistance -where are we?
Dr. Jayanthi Elwitigala, Consultant Clinical Microbiologist, National STD/AIDS Control programme, Sri Lanka
WHO’s role in combating AMR in the South-East Asian region
Dr. Sirenda Vong
Regional Technical Lead, Department of Health Security and Emergency Response, SEARO/WHO, India

Guest lecture 11
Chairperson: Dr. Samanthi de Silva
Digital health
Prof. Vajira Dissanayake, Director, Human Genetics Unit, Faculty of Medicine, University of Colombo, Sri Lanka

Lunch and poster viewing

Debate
Social media do more harm than good
Chairpersons: Dr. Ruvaiz Haniffa and Dr. Samanthi de Silva

Free paper session 8: Pharmacology, Surgery
Chairpersons: Dr. Rohini Fernandopulle and Dr. Premadasa Gamage

Tea

PARALLEL SESSIONS

Free paper sessions 9: Community Medicine, Miscellaneous
Chairpersons: Dr. Nirupa Pallewatta and Dr. Sriyakanthi Benaragama

Doctors’Concert
Saturday 30th July 2016

Post Congress Workshop 1: Healthy Living
Lionel Memorial Auditorium, SLMA

Registration
Introduction
Healthy living without non-communicable diseases
Dr. Prasad Katulanda
Consultant Endocrinologist and Senior Lecturer, Faculty of Medicine, University of Colombo, Sri Lanka

Nutrition for healthy living
Dr. Ranil Jayawardena, Consultant Clinical Nutritionist and Senior Lecturer, Department of Physiology, Faculty of Medicine, University of Colombo, Sri Lanka

Exercise for healthy living
Dr. Harindu Wijesinghe, Consultant Rheumatologist, Nawaloka Hospital, Colombo, Sri Lanka

Tea
Healthy mind for healthy living
Prof. Pyanjali de Zoysa, Professor in Clinical Psychology, Faculty of Medicine, University of Colombo, Sri Lanka

Secrets for healthy sex life
Dr. Lasantha Malavige, Specialist in Sexual Medicine, Asiri Surgical Hospital, Sri Lanka

Post Congress Workshop 2: Palliative Care
Lionel Memorial Auditorium, SLMA

Chairpersons: Dr. K. Chandrasekar and Dr. Pushpa Weerasinghe

Introduction to palliative medicine
Dr. Suresh Kumar, Technical advisor, Institute of Palliative Medicine, Calicut Kerala, India

CKD/CKDu – Care beyond cure
Dr. Suharsha Kanathigoda, Consultant in Palliative Care, Calvary Health Care ACT, Australia

Tea
National palliative care policy of Sri Lanka
Dr. Palitha G Mahipala, Director General of Health Services, Ministry of Health, Sri Lanka

Evolving of a National Association of Palliative Care: Sri Lankan experience
Dr. D K D Mathew, President, Palliative Care Association of Sri Lanka

OVERSEAS RESOURCE PERSONS

Dr. Nihal Abeysinghe  Prof. Georgi Abraham  Prof AS Alherbish
Prof. Richard Cracknell  Prof. Colin Dayan  Prof. Uri Elkayam
Prof. Philip Eng  Prof. Devaka Fernando  Dr. Alan Giles
Dr. Gagan Gupta  Dr. Ranjababu Kulasegaram  Dr. Sangeeta Madhok
Prof. Suchitra Pandit  Prof. Sellappa Prahalath  Dr. L. D. Premawardhana
Dr. Prakash Priyadarshan  Dr. Teo Wei Siong  Prof. Graham Taylor
Dr. S. S. Vasan  Dr. Sirenda Vong  Dr. Lesley Onyon

RESOURCE PERSONS SRI LANKA

Dr. Naomali Amarasena  Dr. Charles Antonypillai  Dr. Navoda Atapattu
Dr. Uthpala Attygalle  Dr. Parakrama Dharmaratne  Dr. Tiran Dias
Prof. Vajira Dissanayake  Dr. Ruvan A.I. Ekanayaka  Prof. Ranil Fernando
Dr. Ranjith Ellawala  Dr. Jayanthi Elwittigala  Prof. Ravindra Fernando
Dr. Chaminda Garusinghe  Dr. Pabasara Ginige  Dr. Prasanna Gunasena
Dr. Kirthi Gunasekera  Dr. Ruwan J Illeperuma  Dr. Kapila Jayaratne
Dr. Channa Jayasumana  Dr. Ranil Jayawardena  Dr. Panduka Karunanyake
Dr. Suresh Kotegoda  Dr. Lasantha Malavige  Prof. Kamin Mendis
Dr. Sumal Nandasena  Dr. Chathuranga Ranasinghe  Dr. Paba Palihawadana
Prof. Selva Niranjan  Prof. Diyanath Samarasinghe  Prof. Thilak Weerarathna
Dr. Lilani Rajapaksa  Dr. Param W. Wakista  Dr. Ajita Wijesundere
Vidyajyothi Prof. Rezvi Sheriff  Prof. Pujitha Wickramasinghe
Dr. G. Weerasinghe  Dr. Lalith Nimal Senaweera

Deshabandu Dr. Lalith Nimal Senaweera
## Annexe 2: Detailed programmes of the Monthly Clinical Meetings

### Tuesday 19th January 2016

**Approach to a child with hypocalcaemia**  
Dr. Navoda Atapattu, Consultant Paediatric Endocrinologist

**Case Discussion**  
Dr. Udeni Kollurege, Senior Registrar in Paediatric Endocrinologist

**MCQ**  
Dr. Navoda Atapattu, Consultant Paediatric Endocrinologist

### Tuesday 16th February 2016

**Case Presentation, Picture Quiz, MCQ and Discussion on**  
Approach to anaemia in the adult – Are we able to find a cause?  
Solving the mystery of a bleeder ……  
Abnormalities of white cells – Is it always innocent?  
Dr D Gunawardena, Consultant Haematologist, Senior Lecturer, Dept. of Pathology, Faculty of Medical Sciences, University of Sri Jayewardenepura

### Tuesday 15th March 2016

**Case Discussion**  
**Suspect Sepsis: Save Lives**  
Dr Ramya Amarasena, Consultant Anaesthetist, National Hospital of Sri Lanka

**Review Lecture**  
**Sepsis & Septic Shock: The initial moments & beyond**  
Dr Vihar Dassanayake, Senior Lecturer in Anaesthesiology, Dept. of Surgery, Faculty of Medicine, University of Colombo

**MCQs**  
**Know the signs, know sepsis**  
Dr Ramya Amarasena, Consultant Anaesthetist, National Hospital of Sri Lanka

### Tuesday 17th May 2016

**Case Presentation**  
Dr Amali Udayangika, Medical officer in Medicine, Base Hospital, Wellawaya  
**Discussion and Review Lecture**  
Dr Ganaka Senaratne, Consultant Physician, Base Hospital, Wellawaya  
**MCQs & Picture Quiz**  
Dr Ganaka Senaratne, Consultant Physician, Base Hospital, Wellawaya

### Tuesday 16th August 2016

**Diabetic Retinopathy an update**

**Case Presentation of Diabetic Retinopathy**  
Dr Aruna Fernando, Consultant Vitreo Retinal Surgeon

**Review Lecture – Diabetic macular Oedema**  
Dr KKT Sanjewa, Act. Vitreo Retinal Surgeon

**MCQs / Picture Quiz / Diabetic Retinopathy**  
Dr Binara Amarasinghe, Consultant Eye Surgeon  
**Discussion**

### Tuesday 20th September 2016

**Case on Postpartum Haemorrhage**  
Dr C G Maggonage, SR, Prof Unit, De Zoysa Hospital for Women

**Visual Estimation of Blood loss in PPH**  
Dr AKP Ranaweera, Consultant Obstetrician and Gynaecologist, Prof Unit, De Zoysa Hospital for Women
Picture Quiz on Visual Estimation of Blood Loss
Dr M R M Rishad, Consultant Obstetrician and Gynaecologist, Castle Street Hospital for Woman
Discussion
Dr U D P Rathnasiri, Consultant Obstetrician and Gynaecologist, Castle Street Hospital for Woman

Tuesday 18th October 2016

Care of the Elderly in General Practice
Dr M R Haniffa, Consultant Family Physician, Faculty of Medicine, University of Colombo
SEQ
Dr Erandi Ediriweera, Lecturer in Family Medicine, Faculty of Medicine, University of Colombo

Tuesday 15th November 2016

The short and long term management of alcohol dependence and harmful use
Professor Raveen Hanwella, Professor in Psychiatry, Department of Psychiatry, Faculty of Medicine, Colombo
Consultant Psychiatrist, National Hospital of Sri Lanka
Dr. Suhashini Ratnatunga, Senior Registrar in Psychiatry, University Psychiatry Unit, National Hospital of Sri Lanka

Tuesday 20th December 2016

Topic: Acute Coronary Syndrome
1. Case Presentations – 3 cases
2. Discussion of the cases
3. MCQs
4. MCQ discussion

Dr W S Santharaj
Dr Eranga Colomage.
Dr Santhiyapillai Gerald Rajakulendran
Dr Thamal Dasitha Palligoda Vithanage
Annex 3: DETAILED PROGRAMMES OF THE OUTSTATION MEETINGS

JOINT REGIONAL MEETING WITH HOMAGAMA CLINICAL SOCIETY

18th February 2016 at the Auditorium, Base Hospital, Homagama

Registration
Welcome
Dr. Iyanthi Abeyewickreme – President SLMA
Dr. Rohan Jayasooriya - President Homagama Clinical Society

Session 01
Management of Common Thyroid Disorders
Dr. Parsad Katulanda, Senior Lecturer Dept. of Clinical Medicine, Faculty of Medicine, Colombo

STI/HIV – New technologies in Diagnosis and Management
Dr. G. Weerasinghe, Consultant Venereologist, National STD/AIDS Control Programme (NSACP)

Impact of Abortion
Dr. Harsha Atapattu – Consultant Obstetrician & Gynaecologist – BH Homagama

Discussion
Tea

Session 02
Dengue Fever – Diagnosis/ Management and Case Discussion
Dr. Ananda Wijewickrama – Consultant Physician – Infectious Disease Hospital
Dr. Damayanthi Idamputiya - Consultant Physician – Infectious Disease Hospital
Dr. Jayantha Weeraman – Consultant Pediatrician/ President Vaccine Forum

Vote of Thanks
Dr. Dhammika Wijethunga – Secretary – Homagama Clinical Society

Lunch

JOINT CME PROGRAMME WITH HEMAS HOSPITAL

30th March 2016 at the Hemas Hospital Auditorium, Thalawathugoda

Registration
Welcome
Dr. Iyanthi Abeyewickreme – President SLMA
Dr. Panna Gunaratne, Group Director Clinical Excellence, Hemas Hospitals

Session 01:
Pregnancy and Heart
Dr. S Narenthiran, Senior Consultant Cardiologist

Rational use of Antibiotics
Dr. Panduka Karunanayake, Senior Lecturer, Dept. of Clinical Medicine, Faculty of Medicine, Colombo

Role of medical officers on identifying and treating sexually transmitted diseases
Dr. Jayadari Ranathunga, Consultant Venereologist, NCH, Ragama

Discussion
Tea

Session 02
Sex & the Heart
Dr. Lasantha Malavige, Sexual Health Specialist

Road Traffic Crashes
Prof. Samath Dharmaratne, Chair – Committee on Road Traffic Crashes/ SLMA

Colo-rectal cancers
Dr. Wasantha Wijenayake – Senior Lecturer – KDU/ Consultant Surgeon

Resurgence of Malaria: Impending Threat
Dr. Manjula Dhanasuriya, CCP, Anti – Malaria Campaign

Discussion
Vote of Thanks
Lunch
JOINT REGIONAL MEETING WITH THE KDU

1st June 2016 at the Auditorium, FGS, KDU, Ratmalana

Registration
Welcome
Dr. Iyanthi Abeyewickreme – President SLMA
Prof. Jayantha Ariyaratne, Deputy Vice Chancellor-Academic and Dean, Faculty of Medicine, KDU

Session 01
HPV Vaccination and other recent changes in National Immunization Programme and Future Plans
Dr. Deepa Gamage, Consultant Epidemiologist, Epidemiology Unit, Ministry of Health

Endoscopy and therapeutic care application
Dr. Wasantha Wijenayake, Senior Lecturer, KDU/ Consultant Surgeon

Use of hyperbaric oxygen therapy in Healthcare Settings
Surgeon Rear Admiral (Dr.) Lalith Ekanayake, Consultant Physician and Gastroenterologist and Consultant in Diving and Hyperbaric Medicine

Resurgence of Malaria
Dr. Devanee Ranaweera, CCP, Anti Malaria Campaign, Ministry of Health

Tea

Session 02:
SNAKEBITE: Management Problems in Sri Lanka
Dr. Malik Fernando, Past President, SLMA/ Member- SLMA Expert Committee on Snakebite

Clinicians' role in infant nutrition
Prof. Narada Warnasuriya, Past President SLMA/ Consultant Paediatrician, Senior Professor, KDU

Epidemiology of childhood obesity
Dr. Ishani Rodrigo- Consultant Paediatrician, Senior Lecturer – KDU

Medical Disorders in Pregnancy
Prof. Chandrika Wijeyaratne, Professor in Reproductive Medicine, Dept. of Gynaecology, Faculty of Medicine, Colombo

Diabetic Retinopathy
Dr. Aruna Fernando, Consultant Eye Surgeon, Senior Lecturer, KDU

Vote of Thanks
Lt. Col. (Dr). Aindralal Balasuriya, Head, Department of Para Clinical Sciences, Senior Lecturer in Community Medicine, KDU

JOINT CME PROGRAMME WITH THE MINISTRY OF HEALTH, CENTRAL PROVINCE

21st June 2016, Auditorium, Kadugannawa Regional Training Centre, Kadugannawa

Objective
To enhance the capacity of medical professionals through continuous medical education

Registration
Welcome
Dr. Iyanthi Abeyewickreme, President SLMA
Dr. (Mrs.) Shanthi Samarasinghe, Provincial Director, Central Province
Session 01: Dr B J C Perera

GBV in Primary care settings
Dr. Sardha Hemapriya, Consultant Gynaecologist, TH Kandy

Road traffic injuries: the past, present and the future
Prof. Samath Dharmaratne, Associate Professor in Community Medicine and CCP, University of Peradeniya

Mental illness in children
Dr. (Mrs.) S. Arambepola, Consultant Psychiatrist, TH Kandy

Tea

Healthy Food Plate
Dr. Bhanuja Wijayatilaka, Consultant Community Physician, Ministry of Health

Under weight and overweight among children: nutritional aspects
Dr. Ranil Jayawardena, Clinical Nutritionist, Senior Lecturer, Faculty of Medicine

Sexuality in Midlife & Beyond
Dr. Lasantha Malavige, Specialist in Sexual Medicine

Vote of Thanks
Dr. Hamdani Anvar, Deputy PD, Kandy
JOINT REGIONAL MEETING WITH THE SRI JAYAWARDENEPURA CLINICAL SOCIETY

13th October 2016 at the Anatomy Auditorium, SJU, Gangodawila, Nugegoda

Registration
Welcome
Dr Iyanthi Abeywickreme, President, SLMA
Prof. Surangi Yasawardene, Dean, FMS, USJP

Efficacy of rupatadine in treatment of dengue, a randomized placebo controlled, Phase II trial
Prof. Neelika Malavige, Coordinator, Center for Dengue Research, FMS, USJP

Research Ethics
Prof. Varuni A. de Silva, Professor in Psychiatry, Consultant Psychiatrist, Faculty of Medicine, University of Colombo

Tea

Early detection of pre-cancerous lesions
Dr. Bimalka Senevirathna, Coordinator, Center of Cancer Research, FMS, USJP

Think you've been exposed to Zika?
Dr. Samitha Ginige, Epidemiology Unit, Ministry of Health, Nutrition and Indigenous Medicine Sri Lanka

Biomarkers of kidney disease
Prof. Hemantha Peiris, Coordinator, Center for Kidney Research, FMS, USJP

Vote of Thanks
Prof. Neluka Fernando, Chairperson, Research Committee

Lunch

JOINT REGIONAL MEETING WITH THE RUHUNA CLINICAL SOCIETY

16th November 2016 at the Sanaya Mension, Matara

Registration
Invitees take their seats
Ceremonial procession
National anthem
Lighting of traditional oil lamp
Welcome Address
Dr. Shantha Kumara, Honorary President, Ruhunu Clinical Society

Address by the chief guest
Dr. Iyanthi Abeywickreme, Hon. President, Sri Lanka Medical Association

Address by the Guest of honour
Dr. P. M. G. Punchihewa, Senior Consultant Paediatrician

Ceremonial procession leaves the hall
Tea

Guest Lecture – 1
Size at birth - pathway to NCD
Dr. Hemantha Perera, Consultant Obstetrician & Gynaecologist, Sri Jayewardenepura General Hospital

Guest Lecture – 2
Shared leadership in health care
Dr. Sarath Samarage, Senior fellow Institute for Health Policy (IHP)

Guest Lecture – 3
Management of thyroid disorders for the generalist
Dr. Prasad Katulanda, Specialist Endocrinologist, Senior Lecturer, Faculty of Medicine, Colombo

Guest Lecture – 4
An overview of imaging in muscular skeletal system & small parts
Dr. Padmini Kolombage, Senior Consultant Radiologist, Teaching Hospital, Karapitiya

Guest Lecture – 5
Surgical art and facial beauty
Dr. T. Sabeshan

Consultant OMF Surgeon, General Hospital, Chillaw

Lunch
Free paper session – 01
Guest Lecture – 6
Management of genitourinary problems in children
Dr. Janath Liyanage
Consultant Paediatric Surgeon, Teaching Hospital, Karapitiya

Lunch
Symposium on Cardiology

Structural heart disease what can we do?
Dr. Duminda Samarasinghe, Consultant Paediatric Cardiologist, Lady Ridgeway Hospital for Children, Colombo

Pearls in heart failure management
Dr. Tania Pereira, Consultant Cardiologist, North Colombo Teaching Hospital

Sudden cardiac death & risk assessment
Consultant Electrophysiologist, Teaching Hospital, Karapitiya

Free paper session – 02
Free paper session – 03
Tea

JOINT SYMPOSIUM WITH THE AVISSAWELLA CLINICAL SOCIETY

18th November 2016 at the BOI Auditorium, Seethawaka Export Zone

Registration
Inauguration
Dr. Iyanthi Abeyewickreme – President, SLMA
Dr. Priyantha Jayalath, President, Avissawella Clinical Society

Recent global epidemics and outbreaks of emerging and re-emerging infections and their relevance to Sri Lanka
Dr. Hasini Banneheke, Secretary, Expert Committee of Communicable Diseases

Discussion
UTI in Children
Dr. Randula Ranawaka, Consultant Paediatric Nephrologist, LRH

Discussion
Obesity
Dr. Uditha Bulugahapitiya, Consultant Endocrinologist

Discussion
Quiz
Tea

Treatment of blood cancer
Dr. Saman Hewamanna, Consultant Onco Haematologist

Discussion
Evaluation of chest pain
Dr. Wasanatha Kapuwatta, Consultant Cardiologist

Discussion
Osteomyelitis
Dr. Kaushal Karunarathna, Consultant Orthopedic Surgeon

Discussion
Tea
Dr. Phillip Weerasingham, Consultant General Surgeon

Discussion
Vote of thanks
Lunch

JOINT SYMPOSIUM WITH THE WATHUPITIWALA CLINICAL SOCIETY

19th November 2016, Auditorium, Base Hospital, Wathupitiwala

Registration
Inauguration
Dr. Iyanthi Abeyewickreme, President, SLMA
Dr. Champa S. D. Jayamanne, President Clinical Society, Wathupitiwala Base Hospital

Antibiotic Resistance
Dr. Panduka Karunanayake

Discussion
Role of physician on management of cirrhosis
Dr. Anuradha Dassanayake

Discussion
Euthanasia
Prof. Muditha Vidanapathirana
Discussion
Tea
Abdominal Pain in Paediatrics Practice
Dr. E. G. D. S. Rajindrajith
Discussion
Photography as a hobby
Dr. D. T. Gunasena
Discussion
Current surgical management of breast carcinoma, Is it feasible in a peripheral surgical unit?
Dr. Nissanka Jayawardhana,
Discussion
Vote of thanks
Lunch

CME PROGRAMME WITH THE DURDANS HOSPITAL

8th December 2016, Auditorium, Durdans Hospital, Colombo 3

Introduction
Dr. Iyanthi Abeyewickreme, President, SLMA
Responsive Care
Dr. Sugandhika Perera
Medical Ethics
Dr. Panduka Karunanayake
Refreshments
Annex 4: Detailed programme of the Foundation Sessions

Thursday 20th October 2016

INAUGURATION

Lionel Memorial Auditorium, 6, Wijerama Mawatha, Colombo 7

Inauguration
Arrival of Guests
Ceremonial Procession
National Anthem
Traditional Lighting of the Lamp of Learning
Address by the President, Sri Lanka Medical Association
Dr Iyanthi Abeyewickreme
Address by the Guest of Honour
Prof A H Sheriffdeen, Past President, SLMA
Address by the Chief Guest
Prof Jennifer Perera, Immediate Past President, SLMA
Presentation of SLMA Research Prizes and Awards 2016
Presentation of Best Health Journalist Awards 2016
Vote of Thanks
Dr Neelamanie Punchihewa, Honorary Secretary, SLMA
E M Wijerama Endowment Lecture
“Meeting the challenge of Social Responsibility – Role of the SLMA”
Dr Suriyakanthie Amarasekara, Consultant Anaesthetist & Past President, SLMA
MBBS (Cey), DA (Lond), FRCA (Eng)
Reception

Friday 21st October 2016

Sir Marcus Fernando Oration
Etiological agents causing Leptospirosis in Sri Lanka
Dr S B Agampodi, MBBS, MSc, MD, MPH, FRSPH,
Consultant Community Physician, Faculty of Medicine and Allied Sciences, Rajarata University

Safety in Healthcare setting
"Safety in healthcare in ministry of health Sri Lanka- current situation and actions taken"
Director Healthcare Quality
"Healthcare Associated Infections- current situation and way forward"
Dr Kushlani Jayathilleke -
"Safe surgery"
Prof Ranjan Dias
"Risk and Prevention of transmission of HIV infection in healthcare setting"
Dr Weerasinghe
"Nursing care in patient safety"
Ms W. M. Ariyaseeli, Director Nursing Education
Lunch

“Advertisements on Healthcare Products & Cosmetics – are they misleading or not?"

Chairpersons: Prof Gita Fernando and Dr Hemantha Beneragama

Speakers
Dr Jayasundara Bandara (DDGLS)
Dr Chalukya Gunasekere (Dermatologist)
Dr Thushan Beneragama (Cosmetic Surgeon)
Mrs Nayana Karunarathne (Beautician)
Prof Rohini Fernandopulle (Pharmacologist)
Mr Amith Perera (PHI Advertisements)
Saturday 22nd October 2016

Management of Acute Poisoning

Registration
Welcome speech
Dr. Iyanthi Abewickrama Hon President SLMA
Speech by Dr Sunil De Alwis, DDG, ET &R, Ministry of Health
Initial Management of acute poisoning and Management of Pesticides poisoning
Professor Ravindra Fernando
Management of Plant poisoning
Prof Ariaranee Gnanadasan
Common errors in prescribing and responsibility of doctors
Prof Priyadarshanee Galappaththi
Tea
Management of Paracetamol Poisoning
Dr. Arosha Dissanayake
Management of Snakebites
Dr. Kalana Maduwage
Discussion, Q & A
Evaluation and concluding remarks
Lunch
Annex 5: Programme of the Seminars and Workshops

SEMINAR ON “ANTIBIOTICS: A FRIEND TURNING ENEMY"

26th of February 2016 at 8.30 am at the Lionel Memorial Auditorium

Chairpersons: Professor Gita Fernando & Dr Iyanthi Abeyewickreme

Registration
Opening remarks and an overview
Prof Gita Fernando, Chairperson, Medicinal Drugs Committee of the Sri Lanka Medical Association
Rational use of antibiotics - how to reduce antibiotic resistance?
Prof Chandanie Wanigatunge
Antibiotic resistance in children - how to reduce?
Prof Shalini Sri Ranganathan
Antibiotic resistance patterns; what can be done?
Dr Kushlani Jayatillake
Antibiotic resistance in the community; are there solutions?
Dr Eugene Corea
Role of pharmacists in reducing antibiotic resistance
Ms Savini Senadheera
Role of nurses in reducing antibiotic resistance
Ms Sujatha Seneviratne
Role of pharmaceutical industry in overcoming antibiotic resistance
Mr Palitha Jayathilake
Summary in Tamil
Prof Shalini Sri Ranganathan
Discussion
Closing Remarks
Refreshments

SYMPOSIUM ON “ZIKA VIRUS OUTBREAK – NO ZIKA YET KNOW ZIKA !!”

14th of March 2016 at 11.30 at the Lionel Memorial Auditorium

Are we impending a new battle; Zika and Aedes?
Dr. Samitha Ginige, Consultant Epidemiologist, Epidemiology Unit, Ministry of Health, Sri Lanka
Laboratory support to know Zika
Dr. Geethani Galagoda, Consultant Virologist, Medical Research Institute,
How Zika makes us sick
Dr. Ananda Wijewickrama, Consultant Physician, Infectious Diseases Hospital, Angoda
Q & A session
By panel of speakers

WORKSHOP ON “VOLNERABILITY AND RESEARCH ETHICS”

28th March 2016, at 8.30 a.m. at the Lionel Memorial Auditorium

Overview of vulnerability and Ethics
Professor Chandanie Wanigatunge
Chairperson, FERCSL
Research involving those who lack mental capacity to consent
Dr. Jayan Mendis, Consultant Psychiatrist, NIMH
Ethics in Research involving Children
Professor Shalini Sri Ranganathan
Professor in Pharmacology, Faculty of Medicine, University of Colombo
Ethics in Research involving Women
Professor Maithree Wickramasinghe
Professor in English, Department of English, University of Kelaniya
SYMPOSIUM ON “RESURFACING STI IN THE ERA OF HIV”

12th May 2016, at 11.30 am at the Lionel Memorial Auditorium

Sri Lankan face of STI in the era of HIV
Dr. K A M Ariyaratne, Consultant Venereologist, National STD/AIDS Control Programme

Best ways of management and prevention of STI along with HIV
Dr. Jayadari Ranathunga, Consultant Venereologist, Teaching Hospital, Ragama

How best national STI campaign could support diagnosis
Dr. Jayanthi Elvitigala, Consultant Microbiologist, National STD/AIDS Control Programme

Discussion

CAREER GUIDANCE SEMINAR FOR JUNIOR DOCTORS

6th November 2016, at 8.30 am at the Lionel Memorial Auditorium

Session I
Welcome Address - Dr. Iyanthi Abeyewickreme
Introduction & Cadre - Dr. Ruvaiz Haniffa
Post Graduate Training Programme - Dr. Achala Jayathilake
Medical Administration - Dr. Sudath K Dharmaratne
Surgery & Finer Specialities - Dr. Samira Jayasinghe

QUESTIONS

Session II
Obstetrics & Gynaecology - Dr. Sanath Lanerolle
Paediatrics - Dr. LakKumar Fernando
Universities - Prof. Vajira Dissanayake
Venereology - Dr. Himali Perera

QUESTIONS

Session III
Anaesthesiology - Dr. Ramya Amarasena
General Practice - Dr. Maithri Rupasinghe
Radiology - Dr. Prasad de Silva
Community Physicians - Prof. Christhantha Abeyesena
Microbiology - Dr. Shirani Chandrasiri
Medicine & Finer Specialities - Dr. Arosha Dissanayake

QUESTIONS

Session IV
Pathology - Dr. Shanika Fernandopulle
Psychiatry - Dr. Asiri Rodrigo
Dermatology - Dr. Nayan Madarasinghe
Otorhinolaryngology - Dr. Shantha Perera

QUESTIONS

GCP WORKSHOP FOR RESEARCHERS

3rd – 4th November 2016 at 9.00 a.m.at the Lionel Memorial Auditorium

Introduction
Dr Malik Fernando, FERCSL MC

History of research ethics in Clinical Trials
Prof. Chandanie Waniagutunge,
Professor of Pharmacology, FMS USJ, Secretary, ERC SLMA

Tea

Introduction to GCP Principles

What is GCP?

Need for GCP?
Prof Priyadarshani Galappaththy, Professor in Pharmacology, FM, Colombo

Drug Development Process
Dr Channa Ranasinha, Professor in Pharmacology, FM, Kelaniya
Investigational products
Prof Shalini Sri Ranganathan, Senior Lecturer in Pharmacology, FM, Colombo

Lunch

Ethics review committee function with special ref to GCP and Clinical Trials
Dr Panduka Karunanayake, Senior Lecturer in Clinical Medicine, FM, Colombo
Secretary ERC, FM Colombo

Role and Responsibilities of PI
Dr W S Santharaj, Consultant Cardiologist, Institute of Cardiology

Role of the sponsor & CRO
Prof Vajira Dissanayake, Professor in Anatomy, FM, Colombo
Board member, FERCAP

Day 2

Clinical Trial protocol and IB
Dr Nirmala Wijekoone, Senior Lecturer in Pharmacology, FMS, USJ

Participant safety and adverse effects
Prof Rohini Frenandopulle, Senior Professor in Pharmacology, KDU

Tea

Documentation & record keeping
Dr G R Constantine, Senior Lecturer in Clinical Medicine, FM, Colombo

Research misconduct and COI
Dr Malik Fernando ERC, SLMA

Informed consent
Dr Nilakshi Samaranayake, Senior Lecturer, FMS, Colombo

Regulatory requirements for clinical trials and legal frame work
Mr Arjuna Pathmaperuma, Regulatory Pharmacist, NMDRA/ SCOCT

SYMPOSIUM ON “VIRAL ENCEPHALITIS: CURRENT STATUS AND FUTURE PROSPECTS”

24th November 2016 at 11.30 a.m. at the Lionel Memorial Auditorium

Epidemiology: then, now and tomorrow
Dr. Samitha Ginige, Consultant Epidemiologist, Epidemiology Unit, Colombo

Causative viruses: new developments & diagnostics
Dr. Nayomi Danthanarayana, Consultant Virologist, Teaching Hospital, Karapitiya

Viral encephalitis from a paediatric point of view
Dr. Jithangi Wanigasinghe, Consultant Paediatric Neurologist, Faculty of Medicine, Colombo

Viral encephalitis in an adult
Professor Saman Gunatilake, Professor of Medicine, Faculty of Medical Sciences, University of Sri Jayewardenepura

Q & A session
Annex 6: List of Members

Life Members

Dr K D Wijewardana
Dr M. N. Y. F. Wijegunawardena
Dr Anver Hamdani
Dr L. A. B. Abeywickrama
Dr G D K N Karunaratne
Dr U A R S Ranawaka
Dr M N D Peiris
Dr E W W MHN Karaliyadda
Dr M C Wettasinghe
Dr H P D P Luke
Dr Jananie Suntharesan
Dr P D S A N Appuhamy
Dr. M. Murugamoorthy
Dr. H.W.R. Sanjaya
Dr. S.P.U.P. Handi
Dr M. U. Dahanyake
Dr. K. R. Prabath
Dr. K.W.M.P.P. Kumarihamy
Dr. A. Jegavanthan
Dr. P.S.H. Hettiarachchi
Dr. N.N.P.G.K.N. Nanayakkara
Dr. A. Wedamulla
Dr. P.G.A. Hettiarachchi
Dr. L.S. Ratnayeke
Dr. S.P.B.H. Sudasingh
Dr. W.A.S.R. Wickramarachchi
Dr. D.B.D.L. Samararanyak
Dr. V.P.S.D. Pathirana
Dr. G.K.S. De Silva
Dr. H.J.D. Liyanage
Dr. F.H. Azmy
Dr. P. Mayurathan
Dr. A.M.N. Ariyathne
Dr. W.M.L. Anurasiri
Dr. N.L.R. Indika
Dr. I. Dharmasena
Dr. M. Ahilen
Dr. D. H. Liyanage
Dr F N Nawas
Dr S B A S M Rathnayaka
Dr W H A P Senanayake
Dr A S T W M R H P Kadigamuwa
Dr G U Ramadas
Dr A A N De Silva

Dr Dumindu Wijewardana
Dr. K. H. B. Shamawarna
Dr. A. M. P. S. Adikari
Dr. Dammika Gunawardena
Dr G P Samarasinghe
Dr H D Weerasinghe
Dr H U Weerasesha
Dr A Gunawardane
Dr K M P Karunaratne
Dr S D Nanayakkara
Dr S U B Dassanayake
Dr M P M L Gunatilaka
Dr. N.A.W. Munesinghe
Dr. W.H.M.K.J. Wijesinghe
Dr. K.A.P.R. Kumarasinghe
Dr. L.A.N. Prabhath
Dr. A.R. Nihara
Dr. N.R. Warnakula
Dr. R.M.J.K. Dissanayake
Dr. K.P. Jayawickreme
Dr. M.D.M. Priyankara
Dr. A.D. Kapuruge
Dr. V.R. Bataduwaarachchi
Dr. U.S. Perera
Dr. P.S. Ginege
Dr. M.P. Wijeratne
Dr. S.P. Wickramage
Dr. G.L. Pulicherwa
Dr. P.W.M.C.S.B. Wijekoon
Dr. R.M.N.K. Rathnayaka
Dr. A.C.R. Ranasinghe
Dr. K.M.G.K. Bandara
Dr. G.D.A. Samararanyak
Dr. P. Hettiarachchi
Dr. J.D. Ariyananda
Dr. S.W.M.N.S. Wijesinghe
Dr. K.P.S.D.S. Chandrasekara
Dr. A. Hapangama
Dr G Ramanathan
Dr S M M M manoranjana
Dr W M S K Kumari
Dr W J P S Wijetunga
Dr D Ajith Karawita

Dr D T Muthukuda
Dr. W. H. K. Weerasinghe
Dr. B. Sayanthan
Dr I Wickramage
Dr N D Jayaweera Bandara
Dr S Sivarathi
Dr R U Wanigasuriya
Dr W A N D Wickramasinghe
Dr M B M Ratnadurai
Dr H L S Chatthirika
Dr T Shatshanthan
Dr H L P Amarasena
Dr W A N V Luke
Dr. J.A.U. Jayalath
Dr. K.A.K.S.C. Gunatilake
Dr. H.M.U.K. Herath
Dr. A.M.A. Adhikari
Dr. S.M.B.Y. Sathkumara
Dr. D.P. Epasinghe
Dr. K.P. Sumanapala
Dr. S.A. Jauffar
Dr. D.M.C.D. Dissanayake
Dr. A.K.J.M. Wijayaratne
Dr. K.G.K. Ubeysekara
Dr. S.L.M. Rasnayake
Dr. G.H.S. Fernando
Dr. G.D.N. Samaralitake
Dr. S. Wijetunge
Dr. G.G.G.T. Amarakoona
Dr. D.S. Wijesundera
Dr. P.M. Amarakoon
Dr. K. Arulmoly
Dr. H.G.W.A.P.L. Bandara
Dr. M. Krishnapillai
Dr. Y. Dissanayake
Dr. S. Ratnatunga
Dr. B.A. Wijayawickrama
Dr. K.A. Salvin
Dr A N B Sirwardhana
Dr K K M K Gamage
Dr C J Ulgalathenna
Dr H G U A Kumar
Dr M G N Nizamdeen
Dr D S P A H De Silva

Ordinary Members

Dr S S Gunathilaka
Dr W N T Wijesundera
Dr P D Koggala
Dr N H Ayesha Shirmendri
Dr K N S de Silva
Dr T K Kalubowila
Dr S N Waidayalakma
Dr W H D lel de Silva
Dr B S Sebastian
Dr W R V G Y R. Rathnayake
Dr. D. M. Casather
Dr. Y. M. Manikkage
Prof. D.B. Nugegoda
Dr. H. L. R. N Ranwala
Dr. H. M. A. P. Herath

Dr. M. K. D. N. Mallikarachchi
Dr W N C B Wickramasooriya
Dr W I Gankanda
Dr B V D S P Peiris
Ms S Mythily
Dr S N Hettiarachchi
Dr S A I M C Premaratne
Dr P Wiesooorya
Dr R D S S Wickramasinghe
Dr. P. R. R. Sirwardena
Dr. R. S. V. de Silva
Dr. R. H. Hewapathirana
Dr. A I A Ziyad
Dr. D. R. Palangasinghe
Dr. K. W. P. S. Bandaranayake

Dr S M M Niyas
Dr R A K Chinthaka
Dr I A G M P Gunathilake
Dr J C Rajapaksha
Ms T N Wickramarathna
Dr D P Liyanage
Dr A N B Sirwardhana
Dr K K M K Gamage
Dr C J Ulgalathenna
Dr H G U A Kumar
Dr M G N Nizamdeen
Dr D S P A H De Silva
Ordinary to Life Members
Dr. W. A. K. Bandara Dr. M. Z. Badurdeen Dr. M. A. C. S. Jayasumana
Dr. A. W. P. I. Gunatilaka Dr. P. K. B. Mahesh Dr. R. G. M. S. Nandasena
Dr. W. I. Gankanda

Student Members
Miss. D. H. P. Rajaguru Mr. G. K. Rathnayake Mr. S. M. Ruston
Miss. N. Wickramasurendra Mr. I. S. Almeida Miss. C. M. D. Selvarajah
Mr. K. W. T. Semina Mr. A. D. B. Jeewanthana Miss. A. T. I. Werahera
Miss. T. Sivasundaram Miss. Y. B. P. De Silva Mr. N. K. A. S. Nagasinghe
Mrs. M. A. S. R. Gunawardane Mr. H. K. O. S. Chandrasoma Mr. A. K. D. Nadeeshan
Miss. P. D. K. Kumari Mrs. M. S. K. Morawaka Miss. L. U. Gunarathe
Miss. K. D. L. Fernando Miss. B. W. Jayani Miss. G. G. Madushani
Miss. D. A. P. M. Kularathna Mr. Y. Mathangasinghe Mr. A. G. C. M. Angulugaha
Miss. R. H. S. A. Kumarage Miss. K. V. C. Wijegunaratna Miss. C. S. N. Heenatigala
Miss. M. E. Hettiarachchi Mr. K. V. M. Pieris Miss. K. T. M. Silva
Mrs. N. N. Rajapakshe Miss. P. M. N. M. Wijerathne Miss. H. A. G. M. Perera
Miss. A. K. Mudali Mr. A. L. S. Mohamed Mr. N. Muhidydeen
Miss. K. S. Hettiarachchi Miss. F. H. M. Saleem Miss. S. R. Gurusinghe
Mr. B. M. Gunawardana Miss. U. H. D. Hansika Miss. W. A. M. Wijayasuriya
Mr. I. S. Weerasekara Mr. K. C. C. Perera Miss. D. S. K. Dissanayake
Mr. D. W. Colombanththri Mr. T. T. Chathuranga Miss. G. Epasinghe
Mr. N. Senanayake Mr. H. W. T. D. Wijayaratne Mr. M. A. A. Gamage
Mr. M. C. C. Diwakara Mr. W. M. S. Y. Amarasinghe Mr. P. G. N. Danushka
A. W. D. T. Ambagaspiyta Miss. W. A. S. P. Perera Miss. M. H. S. Piumanthi
Mr. A. G. Y. B. Perera Ms. D. H. B. Rajaguru Dr. W. S. Wathurapatha
### DETAILED INCOME & EXPENDITURE STATEMENT
YEAR ENDED 31ST OCTOBER 2015

#### 13. INCOMING RESOURCES

<table>
<thead>
<tr>
<th>For the Year ended 31.10.2016 (Rs.)</th>
<th>For the Year ended 31.10.2015 (Rs.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Subscription and Entrance Fee</td>
<td>1,859,939</td>
</tr>
<tr>
<td>Anniversary International Medical Conference</td>
<td>21,342,310</td>
</tr>
<tr>
<td>Rent Income</td>
<td>5,123,026</td>
</tr>
<tr>
<td>Auditorium and Council Room Hire</td>
<td>330,500</td>
</tr>
<tr>
<td>Career Guidance Seminar</td>
<td>-</td>
</tr>
<tr>
<td>Income from Ceylon Medical Journal (13.1)</td>
<td>351,384</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>29,007,159</td>
</tr>
</tbody>
</table>

#### 13.1 Income from Ceylon Medical Journal

<table>
<thead>
<tr>
<th>For the Year ended 31.10.2016 (Rs.)</th>
<th>For the Year ended 31.10.2015 (Rs.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Library Subscription</td>
<td>1,000</td>
</tr>
<tr>
<td>Sale of Journal</td>
<td>1,500</td>
</tr>
<tr>
<td>Processing Fee</td>
<td>349,884</td>
</tr>
<tr>
<td>Interest Income</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>351,384</td>
</tr>
</tbody>
</table>

#### 14. PROJECT EXPENDITURE

<table>
<thead>
<tr>
<th>For the Year ended 31.10.2016 (Rs.)</th>
<th>For the Year ended 31.10.2015 (Rs.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Operational Expenditure (14.1)</td>
<td>1,825,282</td>
</tr>
<tr>
<td>Annual Academic Session (14.2)</td>
<td>10,349,025</td>
</tr>
<tr>
<td>Ceylon Medical Journal (14.3)</td>
<td>883,504</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>13,057,811</td>
</tr>
</tbody>
</table>

#### 14.1 Operational Expenditure

<table>
<thead>
<tr>
<th>For the Year ended 31.10.2016 (Rs.)</th>
<th>For the Year ended 31.10.2015 (Rs.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Paper Advertisement</td>
<td>44,012</td>
</tr>
<tr>
<td>Auditorium Equipment Repair</td>
<td>157,164</td>
</tr>
<tr>
<td>Lectures and Meetings</td>
<td>328,784</td>
</tr>
<tr>
<td>Foundation Celebration Session</td>
<td>396,502</td>
</tr>
<tr>
<td>Career Guidance Seminar Expenses</td>
<td>-</td>
</tr>
<tr>
<td>Regional Conference Expenses</td>
<td>219,900</td>
</tr>
<tr>
<td>Sessions Co-coordinator Monthly Allowance</td>
<td>462,000</td>
</tr>
<tr>
<td>Medical Writing Workshop</td>
<td>-</td>
</tr>
<tr>
<td>Workshop Expenses</td>
<td>100,675</td>
</tr>
<tr>
<td>Special Event</td>
<td>57,245</td>
</tr>
<tr>
<td>CPD Project Expenses</td>
<td>59,000</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>1,825,282</td>
</tr>
</tbody>
</table>
### 14.2 Annual Academic Sessions

<table>
<thead>
<tr>
<th></th>
<th>For the Year ended</th>
<th>For the Year ended</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>31.10.2016</td>
<td>31.10.2015</td>
</tr>
<tr>
<td>Annual Academic Sessions</td>
<td>Rs. 10,349,025</td>
<td>Rs. 12,322,770</td>
</tr>
<tr>
<td></td>
<td>Rs. 10,349,025</td>
<td>Rs. 12,322,770</td>
</tr>
</tbody>
</table>

### 14.3 Ceylon Medical Journal

<table>
<thead>
<tr>
<th></th>
<th>For the Year ended</th>
<th>For the Year ended</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>31.10.2016</td>
<td>31.10.2015</td>
</tr>
<tr>
<td>Stamp Charges</td>
<td>Rs. 900</td>
<td>Rs. 1,928</td>
</tr>
<tr>
<td>Printing and Stationary</td>
<td>Rs. 3,505</td>
<td>Rs. 1,476</td>
</tr>
<tr>
<td>Computer and Fax Machine Maintenance</td>
<td>418,062</td>
<td>-</td>
</tr>
<tr>
<td>Salaries and Bonus</td>
<td>Rs. 299,100</td>
<td>Rs. 275,800</td>
</tr>
<tr>
<td>EPF and ETF</td>
<td>Rs. 44,855</td>
<td>Rs. 46,090</td>
</tr>
<tr>
<td>Bank Charges</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Telephone and Fax</td>
<td>Rs. 40,233</td>
<td>Rs. 38,153</td>
</tr>
<tr>
<td>Monthly Allowance</td>
<td>Rs. 13,600</td>
<td>Rs. 12,000</td>
</tr>
<tr>
<td>Bonus</td>
<td>Rs. 23,900</td>
<td>Rs. 21,200</td>
</tr>
<tr>
<td>Sundry expense</td>
<td>Rs. 4,000</td>
<td>Rs. 3,600</td>
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<tr>
<td>Web Site expense</td>
<td>Rs. 35,000</td>
<td>-</td>
</tr>
<tr>
<td>Travelling &amp; Hiring</td>
<td>Rs. 349</td>
<td>-</td>
</tr>
<tr>
<td></td>
<td>Rs. 883,504</td>
<td>Rs. 400,247</td>
</tr>
</tbody>
</table>

### 15. OTHER INCOME

<table>
<thead>
<tr>
<th></th>
<th>For the Year ended</th>
<th>For the Year ended</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>31.10.2016</td>
<td>31.10.2015</td>
</tr>
<tr>
<td>Sale of Books</td>
<td>Rs. 68,627</td>
<td>Rs. 77,483</td>
</tr>
<tr>
<td>Interest Income</td>
<td>Rs. 969,498</td>
<td>Rs. 1,352,472</td>
</tr>
<tr>
<td>Sponsorship and Other Donations</td>
<td>Rs. 5,360,706</td>
<td>Rs. 3,813,444</td>
</tr>
<tr>
<td>Sundry Income</td>
<td>Rs. 816,847</td>
<td>Rs. 275,452</td>
</tr>
<tr>
<td>Electricity Income</td>
<td>Rs. 842,885</td>
<td>Rs. 833,853</td>
</tr>
<tr>
<td>Amortization of Grants</td>
<td>Rs. 134,683</td>
<td>Rs. 143,254</td>
</tr>
<tr>
<td>Clinical Trial Registry Proposal</td>
<td>Rs. 243,696</td>
<td>Rs. 246,798</td>
</tr>
<tr>
<td>Income from Annual Medical Dance</td>
<td>Rs. 1,202,870</td>
<td>-</td>
</tr>
<tr>
<td>Income from FERCSL Conference</td>
<td>Rs. 64,400</td>
<td>Rs. 261,310</td>
</tr>
<tr>
<td>ERC Income</td>
<td>-</td>
<td>Rs. 154,515</td>
</tr>
<tr>
<td>Workshop Registration</td>
<td>Rs. 8,625</td>
<td>Rs. 165,691</td>
</tr>
<tr>
<td>Dr.BDJS Fernando Lecture</td>
<td>-</td>
<td>Rs. 992,050</td>
</tr>
<tr>
<td>Clinical Nutrition Meeing 2015</td>
<td>-</td>
<td>Rs. 472,405</td>
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<tr>
<td></td>
<td>Rs. 9,712,837</td>
<td>Rs. 8,788,727</td>
</tr>
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</table>
## ADMINISTRATIVE EXPENSES

<table>
<thead>
<tr>
<th>Category</th>
<th>For the Year ended 31.10.2016</th>
<th>For the Year ended 31.10.2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salary and Overtime</td>
<td>4,423,562</td>
<td>3,610,755</td>
</tr>
<tr>
<td>E.P.F and E.T.F</td>
<td>582,859</td>
<td>474,306</td>
</tr>
<tr>
<td>Bonus</td>
<td>509,931</td>
<td>225,118</td>
</tr>
<tr>
<td>Electricity</td>
<td>1,849,618</td>
<td>1,355,354</td>
</tr>
<tr>
<td>Printing and Stationery</td>
<td>548,088</td>
<td>346,167</td>
</tr>
<tr>
<td>Postage</td>
<td>52,875</td>
<td>32,000</td>
</tr>
<tr>
<td>Staff Welfare</td>
<td>151,946</td>
<td>175,415</td>
</tr>
<tr>
<td>Repair and Maintenance</td>
<td>1,421,867</td>
<td>2,882,920</td>
</tr>
<tr>
<td>Water</td>
<td>163,511</td>
<td>178,393</td>
</tr>
<tr>
<td>Depreciation</td>
<td>1,476,012</td>
<td>1,123,428</td>
</tr>
<tr>
<td>OPA Membership Fee</td>
<td>21,090</td>
<td>21,280</td>
</tr>
<tr>
<td>Travelling and Hiring</td>
<td>68,064</td>
<td>243,159</td>
</tr>
<tr>
<td>President Induction Ceremony</td>
<td>439,901</td>
<td>408,076</td>
</tr>
<tr>
<td>Fax and Telephone</td>
<td>553,826</td>
<td>590,141</td>
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<tr>
<td>Rates and Taxes</td>
<td>123,585</td>
<td>148,302</td>
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<tr>
<td>Internet Charges</td>
<td>187,609</td>
<td>533,636</td>
</tr>
<tr>
<td>Audit Fees</td>
<td>389,351</td>
<td>154,000</td>
</tr>
<tr>
<td>Gratuity</td>
<td>145,027</td>
<td>(363,807)</td>
</tr>
<tr>
<td>Franking Machine</td>
<td>679,872</td>
<td>778,100</td>
</tr>
<tr>
<td>Council Group Photograph</td>
<td>109,000</td>
<td>53,500</td>
</tr>
<tr>
<td>Annual Return Expenses</td>
<td>86,035</td>
<td>105,230</td>
</tr>
<tr>
<td>Security Charges</td>
<td>236,327</td>
<td>185,206</td>
</tr>
<tr>
<td>Research Promotion Grant</td>
<td>364,330</td>
<td>300,000</td>
</tr>
<tr>
<td>Bank Charges</td>
<td>71,967</td>
<td>74,284</td>
</tr>
<tr>
<td>Sundry Expenses</td>
<td>399,990</td>
<td>179,178</td>
</tr>
<tr>
<td>Daily News Publication Expenses</td>
<td>9,360</td>
<td>9,360</td>
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<td><strong>Net Expense</strong></td>
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