



# **Sri Lanka Medical Association**

## **Annual Report - 2016**

**Wijerama House  
6, Wijerama Mawatha  
Colombo 7**

## 1. ANNUAL GENERAL MEETING 2015

The Annual General Meeting of the Sri Lanka Medical Association was held on the 20<sup>th</sup> 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 in 20<sup>th</sup> 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.

<b>President</b>	Dr Iyanthi Abeyewickreme
<b>President Elect</b>	Prof Chandrika Wijeyaratne
<b>Vice Presidents</b>	Dr Ruvaiz Haniffa Dr G Weerasinghe
<b>Secretary</b>	Dr Neelamanie Punchihewa
<b>Assistant Secretaries</b>	Dr Manisha Abeyewickreme Dr B M H A Banneheke Dr Kushlani Jayatillake Dr Sumithra Tissera
<b>Treasurer</b>	Dr Samantha de Silva
<b>Assistant Treasurer</b>	Dr Priyantha Batagalla
<b>Public Relations Officer</b>	Dr Kalyani Guruge
<b>Social Secretaries</b>	Dr Christo Fernando Dr B J C Perera
<b>Past President Representative</b>	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 16<sup>th</sup> January 2016, at HNB Towers, Colombo 10. The induction took place amidst a large and distinguished gathering which packed the hall to capacity.

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

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



*Prof Jennifer Perera inducting Dr Iyanthi Abeyewickreme as SLMA 2016*



*Dr Iyanthi Abeyewickreme delivering the President Address Presidential*

### 3. COUNCIL MEETINGS

There were 12 Council meetings held in 2016. The attendance of members at the Council meetings is given below:

Name	No.	Excuses	Name	No.	Excuses
Dr Iyanthi Abeyewickreme	12	(-)	Dr Sarath Gamini de Silva	08	(2)
Prof Jeniffer Perera	09	(2)	Prof Vajira HW Dissanayake	10	(2)
Prof Chandrika Wijeyaratne	08	(4)	Prof S D Dharmaratne	06	(6)
Dr Neelamanie Punchihewa	11	(1)	Dr Amaya Ellawala	10	(2)
Dr Ruvaiz Haniffa	11	(1)	Dr E A Sajith Edirisinghe	11	(0)
Dr G Weerasinghe	08	(4)	Dr T R Fernando	01	(1)
Dr Y M Abeyewickreme	09	(3)	Dr N R Hewageegana	07	(3)
Dr B M H A Banneheke	11	(1)	Dr Lucian Jayasuriya	09	(3)
Dr Sumithra Tissera	11	(1)	Dr Kapila Jayaratne	05	(5)
Dr S Kushlani Jayatilleke	11	(1)	Dr Pradeepa Jayawardane	06	(5)
Dr Samanthi de Silva	10	(2)	Prof Saroj Jayasinghe	06	(3)
Dr Priyantha Batagalla	09	(3)	Dr W M A U Jayatilleke	12	(-)
Dr Kalyani Guruge	11	(1)	Dr Ranil Jayawardena	05	(5)
Dr Christo Fernando	11	(1)	Prof Indika Karunathilake	11	(-)
Dr B J C Perera	11	(1)	Dr U C P Perera	10	(2)
Dr J B Peiris	10	(1)	Dr P S M J U Samarakoon	09	(3)
Dr A M Abeygunasekera	04	(7)	Dr Sunil Seneviratne Epa	10	(2)
Prof Varuni de Silva	05	(3)	Dr Pramilla Senanayake	09	(2)
Dr Dennis J Aloysius	12	(0)	Dr D Anula Wijesundere	10	(2)
Dr Shihan Azeez	04	(3)	Dr Gamini Walgampaya	09	(-)

### 4. 129<sup>TH</sup> ANNIVERSARY SCIENTIFIC MEDICAL CONGRESS

The inauguration of the 129<sup>th</sup> Anniversary Scientific Medical Congress was held at Cinnamon Grand Hotel on 24<sup>th</sup> July 2016 and the Scientific Sessions were held at the Hotel Galadari from 25<sup>th</sup> July – 27<sup>th</sup> July. The Chief Guest was Emeritus Professor 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 a very productive discussion. 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”. All were relatively 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 Enoke 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), MChemC, MPhil (Ruhuna), PhD (ANU), Senior Lecturer, Department of Biochemistry Faculty of Medicine, University of Ruhuna and Dr S Ramachandran memorial oration titled “Alleviating the inequity in providing renal replacement therapy for children in Sri Lanka” by Dr Prof Asiri Abeyagunawardena, MBBS, MD, DCH, MRCP, FRCPCH, Professor of Paediatrics, Department of Paediatrics, Faculty of Medicine, University of Peradeniya.



Introducing the Past Presidents to the chief guest



Ceremonial Procession



Audience





Lighting of the oil lamp



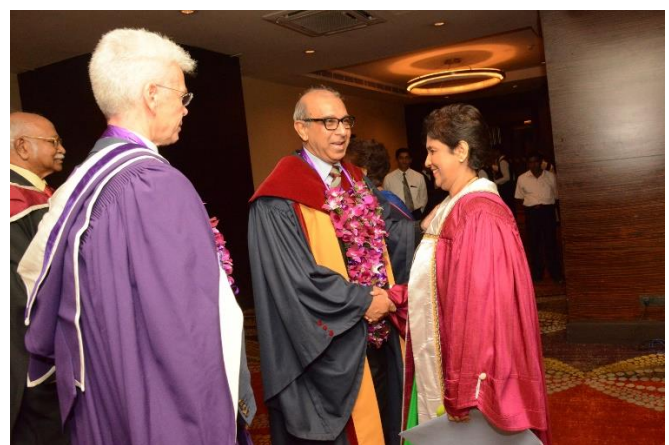
Head table



















Doctors' Concert

## **5. SLMA ORATIONS AND AWARDS**

### **ORATIONS**

All SLMA Orations was advertised, excluding the E M Wijerama Endowment Lecture, Dr S Ramachandran Memorial Oration and Professor NDW Lionel Memorial Oration. The E M Wijerama Endowment Lecture was awarded to a person who has contributed to the SLMA and the topic of the oration was decided by the Orator. The decisions regarding the E M Wijerama Lecture are made by the honours committee. The Dr S Ramachandran Memorial Oration and the Prof. NDW Lionel Memorial Oration were awarded by Council decision. Other Orations were selected by a panel of appropriate experts who constituted the Orations Committee. The following orations were awarded and delivered in 2016.

#### **THE SLMA ORATION**

***Sunday 24<sup>th</sup> 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 25<sup>th</sup> July 2016***

“Hepatoprotective effect 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

#### **S C PAUL ORATION**

***Tuesday 26<sup>th</sup> 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 27<sup>th</sup> 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 20<sup>th</sup> October 2016***

“Meeting the challenge of Social Responsibility

The role of the SLMA”

Dr Suriyakanthie Amarasekera MBBS (Cey), DA (Lond), FRCA (Eng),

Consultant Anaesthetist & Past President SLMA

#### **SIR MARCUS FERNANDO ORATION**

***Thursday 21<sup>st</sup> 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 25<sup>th</sup> November 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



Dr Enoca Corea Orator, SLMA Oration being congratulated by the President



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



Dr R P Hewawasam delivering NDW Lionel Memorial Oration



Prof Asiri Abeygunawardhana delivering Dr S Ramachandran  
Oration



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

#### **E M Wijerama Prize**

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

De Silva AP1, Nandamuni Y1, Rajapakshe NN1, Nanayakkara S1, Perera KR2, Kodisinghe SK2, Subasinghe SKC2, Niriella M. A1, Dassanayake AS1, Pathmeswaran A1, De Silva HJ1  
1Faculty of Medicine, University of Kelaniya, Ragama, Sri Lanka  
2University Medical Unit, Colombo North Teaching Hospital, Ragama, Sri Lanka

#### **S E Seneviratna Prize**

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

Jayasinghe VPKK1, Perera KMN2, Guruge GND1  
1Health Promotion Division, Biological Department, Faculty of Applied Sciences, Rajarata University of Sri Lanka  
2Department of Public Health, Faculty of Medicine, University of Kelaniya

#### **H K T Fernando Prize**

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

Kothalawala M1, Subasinghe SMA2, Hewavitharana SP3, Kannangara KMM4, Pathirage MVSC5  
1Teaching Hospital Kandy, Sri Lanka,  
2District General Hospital Polonnaruwa, Sri Lanka  
3MOH Hingurakgoda, Sri Lanka  
4Military Hospital, Sri Lanka  
5Medical Research Institute, Sri Lanka

#### **Sir Nicholas Attygalle Prize**

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

Waidyatilaka PHIU<sup>1</sup>, de Silva A<sup>2</sup>, Lanerolle P<sup>1</sup>, Wickremasinghe R<sup>3</sup>, Atukorala S<sup>1</sup>  
<sup>1</sup>Department of Biochemistry and Molecular Biology, Faculty of Medicine, University of Colombo, Sri Lanka  
<sup>2</sup>Department of Physiology, Faculty of Medicine, University of Colombo, Sri Lanka  
<sup>3</sup>Department of Public Health, Faculty of Medicine, University of Kelaniya, Ragama, Sri Lanka

#### **Wilson Peiris Prize**

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

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

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

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

Dhilhani MFF<sup>1</sup>, De Zoysa MIM<sup>2</sup>, Chandrasekharam NV<sup>1</sup>, Gunawardene YINS<sup>4</sup>, Lokuhetti MDS<sup>3</sup>, Dassanayake RS<sup>1</sup>  
<sup>1</sup>Department of Chemistry, Faculty of Science, University of Colombo, Sri Lanka  
<sup>2</sup>Department of Surgery, Faculty of Medicine, University of Colombo, Sri Lanka  
<sup>3</sup>Department of Pathology, Faculty of Medicine, University of Colombo, Sri Lanka



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

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

None qualify

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

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

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

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

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

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

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

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

#### **Special Prize in Cardiology**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

#### **CNAPT Award**

**“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  
Gangodawila, 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 Paliawadana, 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 2015**

**“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

#### **Dr. Thistle Jayawardena Research Grant for Intensive Care 2016**

**“Antimicrobial activity of selected oral disinfectants against Acinetobacter causing ventilator associated pneumonia”**

Bimal Prabodha Kudavidanage

#### **Prof. Wilfred S E Perera Travel Award in Bioethics 2016**

Dr. 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 3<sup>rd</sup> Tuesday of the month. We are grateful to Dr Kushlani Jayatilake, Honorary Assistant Secretary who organized this programme.

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

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

## **7. REGIONAL MEETINGS**

Ten meetings were held with clinical societies and medical associations in outstations in 2016. These meetings were well attended by the regional members. Dr Sumithra Tissera organized the regional meetings with much diligence. The participation from the SLMA however needs to be improved. The academic programmes of these meetings are given in **Annex 3**. These meetings were meticulously organized by the Assistant Secretary Dr Sumithra Tissera with her team. The Ministry of Health provides transport for these regional meetings.



This year 2 meetings were held at Private Hospitals (Hemas, Thalawatugoda and Durdan's, Colombo) and 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 need to be revisited.

These programmes were also supported by the Ministry of Health with financial assistance and provision of the ministry vehicle for transport of SLMA delegates for outstation programmes.

**Joint Clinical Meeting with the Homagama Clinical Society**  
*18<sup>th</sup> February 2016 at the Auditorium, Base Hospital, Homagama*

**Joint Continuous Medical Education Programme with Hemas Hospital**  
*30<sup>th</sup> March 2016 at Hemas Hospital Auditorium, Thalawathugoda*

**Joint Continuous Medical Education Programme with Kotelawala Defence University**  
*1<sup>st</sup> June 2016 at Auditorium, FGS, KDU, Ratmalana*

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

**Joint Regional Clinical Meeting with Faculty of Medical Sciences, University of Sri Jayawardenepura**  
*13<sup>th</sup> October 2016 at the Anatomy Auditorium, University of Sri Jayawardenepura*

**Joint Academic Session with Ruhunu Clinical Society**  
*16<sup>th</sup> November 2016 at the Hotel Sanaya Mansion, Matara*

**Joint Academic Session with Avissawella Clinical Society**  
*18<sup>th</sup> November 2016 at the Auditorium, Seethawaka Export Zone*

**Joint Clinical Meeting with Wathupitiwala Base Hospital Clinical Society**  
*19<sup>th</sup> November 2016 at the Hotel Sanol, Wathupitiwala*

**Joint Continuous Medical Education Programme with Durdans Hospital, Colombo**  
*8<sup>th</sup> December 2016 at the Auditorium, Durdans Hospital, Colombo 3*

## **8. SLMA FOUNDATION SESSIONS**

The Foundation Sessions 2016 of the SLMA was organised took place from 20<sup>th</sup> – 22<sup>nd</sup> October 2016 in the Lionel Memorial Auditorium, Wijerama Mawatha, 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 20<sup>th</sup> 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, the 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**.



Awarding the medal to the E M Wijerama Endowment Lecturer,  
Dr Suriyakanthie Amarasekera



Participants

Lighting of the oil lamp



Awarding the medal to the Sir Marcus Fernando Orator,  
Prof Suneth Agampodi





## 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

29<sup>th</sup> 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

3<sup>rd</sup> February, 2016 from 12.30 – 1.00 p.m. at the Lionel Memorial Auditorium, 6, Colombo 7

### **History of Medicine Lecture 2016**

#### **“Evolution of Orthopaedics in Sri Lanka: Wisdom of the Past and Marvels of Today”**

*Dr. Upali Banagala, MS, FRCS, FCSSL*

*Consultant Orthopaedic Surgeon*

26<sup>th</sup> 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*

2<sup>nd</sup> 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 Vervan Medical,*

*Radiologist iGene, London (Digital Autopsy)*

1<sup>st</sup> April, 2016 from 12.30 to 1.30 pm at the Lionel Memorial Auditorium, 6, Wijerama Mawatha, Colombo 7

### **Therapeutic Update Lecture Series on “Anaphylaxis: the Killer Allergy”**

#### **An Interactive Workshop**

*Dr Nirmala Wijekoon MBBS, MD, MRCP (UK), FRCP (Lond), FRCP (Edin)*

*Dr Chandimani Undugodage MBBS, MD, MRCP (UK)*

*Education, Training and Research Committee of the Ceylon College of Physicians*

29<sup>th</sup> January, 2016 from 12.00 noon – 1.30 p.m. at the Lionel Memorial Auditorium, 6, Wijerama Mawatha, Colombo 7

Organised by the Medicinal Drugs Committee of SLMA

### **Guest Lecture**

#### **Meeting on “Discussion on a successful career in International Health”**

*Dr. Paranietharan Navaratnasamy*

*WHO Representative for Bangladesh*

3<sup>rd</sup> May, 2016 1.30 – 4.00 pm Lionel Memorial Auditorium, 6, Wijerama Mawatha, Colombo 7

(In Collaboration with the College of Community Physicians of Sri Lanka & College of Medical Administrators)

### **Guest Lecture**

#### **“Common Allergic Disorders: diagnosis and treatment”**

*Professor Suranjith Seneviratne (DPhil (Oxon), MBBS, MD, FRCP, FRCPath, FCCP)*

*Consultant and Professor in Clinical Immunology and Allergy Royal Free Hospital, University College London*

3<sup>rd</sup> June, 2016 from 12.00 noon to 1.00 p.m. at the Lionel Memorial Auditorium, 6, Wijerama Mawatha, Colombo 7

#### **Therapeutic Update on “Infective Endocarditis: What is new?”**

*Dr Panduka Karunanayake MBBS (NCMC), MD (Col), MRCP (UK), PgDipApplSociol (Col)*

*Senior Lecturer in Clinical Medicine Specialist Physician*

24<sup>th</sup> June, 2016 from 12.00 noon – 1.30 p.m. at the Auditorium of the Department of Clinical Medicine,

*Organised by the Medicinal Drugs Committee of SLMA*

#### **Therapeutic Update on “What is new in Dementia”**

*Professor Samudra Kathriarachchi*

*Professor of Psychiatry, Faculty of Medical Sciences, University of Sri Jayewardenepura*

5<sup>th</sup> August, 2016 from 12.00 noon – 1.00 p.m. at the Lionel Memorial Auditorium, SLMA

*Organised by the Medicinal Drugs Committee of SLMA*

#### **Therapeutic Update on “What is new in Gastro-Oesophageal Reflux Disease?”**

*Dr Madunil Niriella, MBBS (Col). MD (Col), MRCP (Lon), MRCP (UK)*

*Senior Lecturer (Grade II), Dept. of Medicine, Faculty of Medicine, University of Kelaniya*

28<sup>th</sup> October, 2016 from 12.00 noon – 1.00 p.m. at the Lionel Memorial Auditorium, SLMA

*Organised by the Medicinal Drugs Committee of SLMA*

### **Desmond Fernando Lecture 2016**

#### **“Health and Diplomacy”**

*Dr Ruvaiz Haniffa, MBBS, DFM, MSc, PgDip, MD, FCCP, MRCP*

*Family Physician, Head, Family Medicine Unit, Faculty of Medicine, Colombo*

17<sup>th</sup> December, 2016 from 11.00 a.m. at the Banquet Hall, Blue Waters Hotel, Wadduwa

## **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”**

14<sup>th</sup> of February 2016 at 8.30 am at the Lionel Memorial Auditorium

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

14<sup>th</sup> of March 2016 at 11.30 at the Lionel Memorial Auditorium

### **WORKSHOP ON “VOLNERABILITY AND RESEARCH ETHICS”**

28<sup>th</sup> March 2015, at 8.30 a.m. at the Lionel Memorial Auditorium

### **SYMPOSIUM ON “RESURFACING STI IN THE ERA OF HIV”**

12<sup>th</sup> May 2016, at 11.30 am at the Lionel Memorial Auditorium

### **CAREER GUIDANCE SEMINAR**



6<sup>th</sup> November 2016, at 8.30 am at the Lionel Memorial Auditorium

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

24<sup>th</sup> 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 SLMA. DCSL enjoyed a very successful year in 2016. They have 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. This year Doctors' team is led by Dr Rajiv Nirmalasingham. Prof. Indika Karunathilake serves as the patron of DCSL.

### 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 Abeyewickrama	Dr. Shalindra Ranasinghe
Dr. Thushari Dissnayake	Dr. Yamuna Siriwardene	Dr. Neelamanie Punchihewa

#### New members joined in 2015

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 neighboring countries. The book on “100 cases of leprosy” was published as a collaborative effort with Sri Lanka college of Dermatologists and distributed to medical libraries, health care institutions on the government sector and private sector and all members interested in. Vaccine 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

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**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. Benefits 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"
3. Viral encephalitis: current status and future prospects.

**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 many health care libraries, institutions and members of the Ministry of Health.

**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**

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**

the committee will

Will attend to this objective in 2017.

### Any other comments on activities of your committee

Future symposia on dengue diagnosis, tuberculosis and microbiota are being 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.

Name	Attended	Excused	Name	Attended	Excused
Dr. Ranjith Perera	04	-	Dr. Hasini Banneheke	04	-
Dr. Lucian Jayasuriya	03	02	Dr. Maxie Fernandopulle	02	01
Prof. Jennifer Perera	04	-	Dr. Dennis Aloysius	04	00
Dr. N.P.S.Gunaratna	03	01	Dr. Kalyani Guruge	03	01
Dr. Deepa Gamage	00	03	Dr. Rsintha Premarathna	00	01
Dr. Janani Kottahachchi	02	02	Dr. Samitha Ginige	01	03
Dr. Rohini Wadanambi	04	00	Dr. Iyanthi Abeyewickrema	00	01
Dr. Shalindra Ranasinghe	02	01	Dr. Neelamanie Punchihewa	00	02
Dr. Yamuna Siriwardene	03	01	Dr. Thushari Disnayake	00	00

## MEDICINAL DRUGS

**Chairperson:** Emeritus Professor Gita Fernando

**Convenor:** Dr. Pradeepa Jayawardane

### Members:

Prof. Priyadarashani Galappathy  
Prof. Chandanie Wanigatunga  
Prof. Shalini Sri Ranganathan  
Dr. Shyamalee Samaranayake

Dr. Lucian Jayasuriya  
Dr. Sarath Gamini de Silva  
Dr. Maxie Fernandopulle  
Mr. Mahanama Dodampagame

Dr. M C Weerasinghe  
Dr. Srimathie Jayaratne  
Miss Chinta Abeywardana

**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:**

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

**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 15<sup>th</sup> November 2016 is 7. The last meeting for the year will be held on 2<sup>nd</sup> December 2016.

Name	Number of meetings attended	Number of meetings excused
Prof Gita Fernando	7/7	0/7
Dr Pradeepa Jayawardane	5/7	1/7
Prof Priyadarashani Galappathy	1/7	1/7
Prof Shalini Sri Ranganathan	4/7	2/7
Prof ChandanieWanigatunge	2/7	3/7
Dr Sarath Gamini de Silva	3/7	3/7
Dr Maxie Fernandopulle	1/7	1/7
Dr Lucian Jayasuriya	1/7	3/7
Dr Shayamalee Samaranayake	0/7	2/7
Dr Srimathie Jayaratne	1/7	3/7
Dr M C Weerasinghe	2/7	3/7
Mr Mahanama Dodampagame	4/7	1/7
Miss Chinta Abayawardana	3/7	0/7

**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 well attended. The following 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

**2. Antibiotics - Open Day: "Antibiotics: a friend turning enemy"**

A symposium to promote rational use of antibiotics titled '*Antibiotics: a friend turning enemy*' was held on 26<sup>th</sup> 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 Jayatileke – Consultant Microbiologist, Sri Jayewardenepura General Hospital*
- **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 Galappaththy  
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 launching of booklets is scheduled for 28<sup>th</sup> November at a ceremony to be held at Nelumpokuna auditorium. Chief Guest will be the HE President Maithripala Sirisena and Guest of Honour Dr Rajitha Senaratne, Minister of Health, Nutrition and Indigenous Medicine.

### 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<sup>st</sup> 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 Benereagama, 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 Fernando 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<sup>th</sup> October 2016. The resource persons/ topics presented were as follows: Dr Kushlani Jayatileka – The current situation and practical problems; Prof Gita Fernando – Regulatory problems and future remedies; Ms Savinee Senadheera – Inappropriate use of antibiotics and community resistance.

#### 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 Secretary**

Dr Eugene Corea  
Dr Ruvaiz Haniffa

#### **Members**

Prof Anoja Fernando	Dr Enoke Corea	Dr Christo Fernando
Dr Preethi Wijegoonewardene	Dr Panduka Karunanayake	

#### **Report prepared by Dr Ruvaiz Haniffa**

The following activities were undertaken during the year

1. SLMA's 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 in the process of gathering comments from 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 Sujeewa Rajapakse  
 Dr Naazima Kamardeen  
 Ms Chitra Ranasinghe

**Report presented by** Prof. Chandanie Wanigatunge



Receiving the SIDCER Recognition Plaque at the 16<sup>th</sup> FERCAP International Conference held in Bangkok, Thailand, in November 2016. From L to R, Prof Chandanie Wanigatunga (Secretary, ERC), Prof Anoja Fernando (Chairperson, ERC), Prof Kenji Hirayama (Chairman, FERCAP), and Prof Juntra Laothavorn (SIDCER Coordinator)

### Objectives of the committee

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

### Committee meetings

**Total number of meetings in 2016: 11**

Name	Number of meetings attended	Number of meetings excused	% Attendance
Prof Anoja Fernando	11	0	100%
Prof Chandanie Wanigatunge	10	1	91%
Dr Malik Fernando	11	0	100%
Prof Shalini Sri Ranganathan	10	1	91%
Dr Carukshi Arambepola	9	2	82%
Dr Sumal Nandasena	4	7 (4 special leave)	57%
Dr Jayanie Weeratna	8	2	73%
Dr Mayuri Thammitiyagodage	6	4	55%
Dr Kamal Weerapperuma	8	3	73%
Prof Amala de Silva	9	1	82%
Mr Sujeewa Rajapakse	4	0	36%



Dr Naazima Kamardeen (from April)	4	3	50%
Ms Chitra Ranasinghe (from October)	2	0	100%

#### 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 Karunaratna, Additional Medical Officer of Health, Boralesgamuwa
4. ERC/15-37  
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  
Inactivated Polio Vaccine (IPV) Mucosal Immunity Boosting Trial Kalutara District, Sri Lanka, 2016  
Dr Paba Paliawadana, 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  
Mr. Owen Smith, Senior Economist, Health, Nutrition & Population Global Practice, The World Bank, 73/5 Galle Rd, Colombo 3, 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  
Analysis of Human Epidermal Growth Factor Receptor 2 (HER2) expression in breast cancer in a tertiary care centre in Sri Lanka  
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 FERSL 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 Specialities, Obstetrics & Gynaecology, Paediatrics, Universities, Venereology, Anaesthesiology, General Practice, Radiology, Community Physicians, Psychiatry, Medicine & Finer Specialities, 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.

## 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 13<sup>th</sup> 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 20<sup>th</sup> October 2016.

### Sinhala Medium

“හාට් ඇටැක් කියලා භිතාගෙන වැඩියෙන්ම එන්නේ ගැස්ට්‍රයිටිස් රෝගීන්”

by **Ms. Ayanthi Udugampala** - “**Tharunee**”

Associated Newspapers of Ceylon Ltd

### Tamil Medium

(“செல்போன் அடிக்கும் அபாய மணி”)

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 Physican (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.

## MEDICAL EDUCATION

**Chairperson  
Convenor**

Dr. Palitha Abeykoon  
Dr. Madawa Chandratilake

### Members

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

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

Dr. Asela Olupeliyawa  
Dr. Anuradhani Kasturiratne

## 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. Dilhara Samaraweera	Dr. Suresh Shanmuganathan
Dr. Virginie Mallawarachchi	Dr. Carmel Fernandopulle	Dr. Chathuranga Ranasinghe
Dr. V.T.S.K. Siriwardene	Dr. Daminda Attanayake	Dr. Nirmala Wijekoon
Dr. P.K. Sandaruwanie	Dr. Sampatha Goonawardene	Dr. Naomal Perera
Dr. Eranga Colombage	Dr. Sankha Randenikumara	Dr. Buddhika Gunawardena

**New members joined in 2015**

**Report presented by**

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 Paadha & NIROGI Diviya) that ran concurrently with active participation of relevant members of the NCD subcommittee 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. 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 be handed over to President Hon Maithreepala sirisena and 10TH of March declared as GDM day. detailed report as a 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 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.

### **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

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 GDM 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 web site 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 SAIDP programme.

The final programme had a highly extensive scope that required much liaison and coordination to ensure an efficient International Conference of high caliber. 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 Senarathne 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 Carmeline 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 change 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

## ROAD TRAFFIC CRASHES ACCIDENTS PREVENTION

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

### Members

Ms. Fathima Razik Cader	Mr. A W Dissanayake	Dr. S A Premaratne
Dr. Lanka Dissanayake	Dr. Ranjith Sarath Jayasekera	Dr. Tamara Kalubowila
Dr. Kumari Navaratne	Dr. Lakshmi Somatunga	Mr. Abdul Majid Nilamudeen
Mr. S D Dissanayaka	Mr. J A Jayaweera	Prof. Clay Gabler
Mr. G D A K Senaratne	Dr Achala Jyatilleke	

**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 Siritunga, 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. Thilakarathna Banda, Additional Secretary, Ministry of Transport and Civil Aviation, 7th Floor, Sethsripaya Stage II, Battaramulla
  - Mr. Lakshman Jayasekera, Project Director/Team Leader, Western Region Megapolis Planning Project, Ministry of Megapolis and Western Development, 10th Floor, C Wing, Sethsripaya 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
    - 2.1 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
    - 2.2 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
    - 2.3 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
    - 2.4 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
  3. 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.
  4. 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 Honorary Secretary**

Dr. Kolitha Sellahewa and Prof. SAM Kularatne  
Dr Y M Abeyewickreme

##### **Members**

Dr Malik Fernando	Dr. Vinya Ariyaratne	Prof. Ariaranee Gnanathanan
Dr. Shantha de Silva	Dr. Udaya de Silva	Mr. Anslem de Silva
Dr. Anjana Silva	Prof. Indika Gawarammana	Dr. Christo Fernando
Dr. S. Sivansuthan	Dr. Kalana Maduwage (overseas)	Dr Shantha Indralal

Four meetings were held during the year.

##### **Activities:**

1. Training programmes conducted
  - A. Acute management of snake bites - around 460 nursing officers participated in three groups

- B. Community awareness on prevention of snakebites and pre hospital care – 380 community members participated in four programmes
- C. Provided advice on acute management from the SBC telephone service
- D. E IMMR- SBC recommended to Medical Statistics Division to include sub classification of snake bites to enable to obtain more details of the offending snakes. It is progressing now.

## SOCIAL ACTIVITIES

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

### Members

Dr Iyanthi Abeyewickreme	Dr Neelamanie Punchihewa	Dr Ruvaiz Haniffa
Dr Pramilla Senanayake	Dr Manisha Abeyewickreme	Dr Gamini Walgampaya
Dr Dennis J Aloysius	Dr Parakrama Dharmaratne	Dr J B Peiris
Prof Vajira HW Dissanayake	Dr Preethi Wijegoonewardene	Dr Kalyani Guruge
Dr. Sajith Edirisinghe	Dr. Lasantha Malavige	Dr Samantha De Silva

### REPORT

*(Report Presented by Dr Christo Fernando and Dr B J C Perera)*

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 crowd. 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 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 is listed below.

#### 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 the opinion of many who attended the Dance was that it had been the best ever Medical Dance held so far.

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

## **SRI LANKAN CLINICAL TRIALS REGISTRY**

**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. Neelamanie 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 objective1.1**

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

Not applicable.

#### **Specific objective1.2**

**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 objective1.3**

**Develop strategies to attract more doctors to join the SLMA**

Not applicable.

#### **Specific objective 1.4**

**Develop a mechanism to respond rapidly to important current issues**

Not applicable.

#### **Specific objective1.5**

**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.
<b>Specific objective 2.2</b> <b>Develop a review mechanism for monitoring and evaluation of the performance SLMA Committees ever six months</b>
Not applicable.
<b>Specific objective 2.3</b> <b>Make optimal use of the media to address curative and preventive healthcare services delivery to the people</b>
Not applicable.
<b>General Objective 3</b> <b>Promote professionalism, good medical practice and ethical conduct among doctors.</b>
<b>Specific objective 3.1</b> <b>Enhance opportunities for Continuous Professional Development and to include professionalism and ethics as a substantive part of Continuous Professional Development</b>
Not applicable.
<b>Specific objective 3.2</b> <b>Develop mechanisms to increase ethical funding of SLMA activities</b>
N/A
<b>General Objective 4</b> <b>Disseminate state-of the art knowledge, clinical practice, technology and emerging concepts in medical sciences among medical professionals.</b>
<b>Specific objective 4.1</b> <b>Develop a news-sheet with up-to-date developments in medicine and allied health sciences to public and private sector healthcare institutions and societies</b>
Not applicable.
<b>Specific objective 4.2</b> <b>Make available in-depth information of the summaries in the news-sheet electronically through the SLMA website and other useful web-links</b>
Not applicable.
<b>Specific objective 4.3</b> <b>Collaborate with Colleges in the above activities</b>
Not applicable.
<b>Specific objective 4.4</b> <b>Transmit the proceedings of scientific sessions of the SLMA on CD to public and private sector healthcare institutions and societies, especially in the outstations</b>
Not applicable.
<b>Specific objective 4.5</b> <b>Influence policy makers to contribute to the dissemination of health information through allocation of resources</b>
Not applicable.
<b>General Objective 5</b> <b>Provide opportunities for continuous professional development with particular emphasis on the National CPD programme.</b>
<b>Specific Objective 5.1</b> <b>Establish a National Centre for Continuous Professional Development CPD in Medicine (NCCPDIM)</b>
Not applicable.
<b>Specific objective 5.2</b> <b>Award a Continuous Development Certificate based on a common point scheme acceptable to both specialist and non specialist doctors</b>
<b>Specific Objective 5.3</b> <b>Motivate doctors to participate in the National CPD Programme</b>
Not applicable.



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**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.

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

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 6<sup>th</sup> 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.

- |  |
|--|
| <ul style="list-style-type: none"> <li>b. Expanding the scope of the SLCTR to include non-interventional research with WHO guidance</li> <li>c. Carrying out awareness programmes regarding clinical trial registration</li> </ul> |
|--|

## TOBACCO, ALCOHOL AND ILLICIT DRUGS

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

### Members

Dr. Hemantha Amarasinghe	Dr. Nadeeka Chandraratne	Dr. Nayana Dhanapala
Dr. Jayamal De Silva	Dr. Manoj Fernando (Secretary)	Dr. Sameera Hewage
Dr. Z. Jamaldeen	Dr. Mahesh Rajasuriya	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 Adaraneeya 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. This 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 activates, identifying themselves as members of this SLMA Expert Committee.

## **WOMEN'S HEALTH**

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

**Members**

Dr Nadeeka Chandraratne  
 Dr. Sampatha Gunawardena  
 Ms. Sepali Kottegoda  
 Dr. Sudharshani Wasalathanthri

Ms. Leisha de Silva  
 Ms Sumudu Hewage  
 Prof Jennifer Perera

Prof Nalika Gunawardena  
 Dr. Thioma Munasingha  
 Dr. Shamini Prathapan

**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 work place 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 Perera, 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  
Convenor**

Dr Sunil Seneviratne Epa  
 Dr V Murali

**Members**

Prof Lalitha Mendis  
 Dr Nalin Rajakaruna  
 Dr Lalindra Gooneratne  
 Dr Suresh Shanmuganathan  
 Dr Ananda Hapugoda  
 Dr G A Harischandra

Prof Colvin Goonaratna  
 Dr Joe Fernando  
 Dr Pubudu de Silva  
 Dr Jayantha Jayasuriya  
 Dr R P Dayasena  
 Dr Indira Wijesiriwardene

Dr Rabindra R Abeyasinghe  
 Dr H R U Indrasiri  
 Dr Harshalal de Silva  
 Dr Eugene Corea  
 Dr M P Seneviratne

**REPORT**

*(Presented by Dr Sunil Seneviratne Epa)*

National Centre for CPD in Medicine (NCCPDIM) of the SLMA functions under the Central CPD committee and continues to issue the National CPD Certificates (NCPDC) to doctors who wish to get the same upon submission of duly completed CPD portfolio as per the guidance given in the Information and Guidance Book. Most of such applications were received from doctors who are to go abroad for training. Lack of interest in NCPDC among other doctors is due either to lack of incentive or compulsion to do so. This was taken up with 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, Zulfiqar Ahmed Bhutta, Barbara Gastel, S Arulkumaran, Anita KM Zaidi, Ian Pearce, Kalle Hoppu
Assistant Editors	:	Carukshi Arambepola, Chandu de Silva, Samath Dharmaratne, Malik Goonewardene, Tiran Dias, Ranil Fernando, Prasad Katulanda, Renuka Jayatissa, Sarath Lekamwasam, Senaka Rajapakse, Sisira Siribaddana, Udaya K Ranawaka

Compiled by: Dr Anuruddha Abeygunasekera, Co-editor, Ceylon Medical Journal (CMJ)

Period covered: 1 January 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 cmj@slma@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 Oceania (CMAAO), and is being continued successfully.

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

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

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

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

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

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

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

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 Jayewardanepura

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:

Institution and Member		Jan	April	July	Sep	Total	
						N	%
ERC/ SL College of Paediatricians	Dr. G N Lucas	-	-	-	-	0	0
	Dr. B J C Perera	-	-	-	-	0	0
	Dr. Rasika Gunapala	-	-	-	-	0	0
ERC/FMColombo	Dr. Panduka Karunanayake	P	-	-	-	1	25
	Dr. Enoke Corea	-	-	-	-	0	0
	Dr. N. Samaranayake	-	-	-	-	0	0
ERC - IIM	Dr.WMSJ Kumari	P	-	P	-	2	50
	Dr. Kamal Perera	P	-	-	-	1	25
	Dr.AHM Mawjood	P	-	-	P	2	50
ERC/FM Jaffna	Prof. K. Sivapalan	P	-	-	-	1	25
	Dr. T. S. Navaratinaraja	P	P	P	-	3	75
	Dr. R. Surenthirakumaran	P	-	-	-	1	25
ERC/FM KDU	Prof. J.Jayawardena	P	-	P	-	2/3	-
	Dr. A. Balasuriya	P	P	P	P	4	100
	Dr. Varuna Navaratne	P	-	-	-	1	25
ERC/FMS Kelaniya	Prof.A.Pathmeswaran	P	-	P	-	2	50
	Dr Madawa Chandrathilake	P	-	-	-	1	25
	Dr.C.W.S.Subasinghe	P	P	-	-	2	50
ERC/PGH Kurunagela	Dr. Prasad Ranatunga	P	P	-	-	2	50
	Dr.K.W.C.U.Kendangamuwa	-	-	-	-	0	0
	Dr.M.S.D.K.Ranatunga	-	-	-	-	0	0
ERC/MRI	Mr. R. Ramesh	P	-	-	-	1	25
	Ms. Devika Perera	P	-	-	-	1	25
	Dr Geethani Galagoda	P	P	-	-	2/2	-
ERC/NIMH	Dr. H. Gambheera	-	P	P	-	2	50
	Dr. C. Abeywickema	-	P	P	P	3	75
	Dr. J.Mendis	-	-	P	P	2/2	-
ERC/FMPeradeniya	Dr. Sampath Thennakoon	P	-	P	P	3	75
	Dr. J.K. Dissanayake	P	-	P	-	2	50
	Prof. P.V.R. Kumarasiri	P	P	-	-	2	50
ERC/FM Rajarata	Prof. Sisira Siribaddana	-	-	-	-	0	0
	Dr.Asantha Jayawardena	P	-	P	-	2	50
	Dr.PHGJ.Pushphakumara	-	-	-	-	0	0
ERC/ Faculty of App Sciences, Rajarata	Dr. Lalith Senarathna	P	-	-	P	2	50
	Dr. C. Bamunuarachchige	-	-	-	-	0	0
	Dr. Manoj Fernando	-	-	-	-	0	0
ERC/SLMA	Dr. Chandanie Wanigatunge	P	P	P	P	4	100
	Dr. Malik Fernando	P	P	P	-	3	75
	Prof. S. Sri Ranganathan	P	P	P	-	3	75
ERC/FMS –SJP	Prof. R.Wickremasinghe	P	P	-	-	2	50
	Dr. Manori Gamage	-	-	P	-	1	25
	Dr. Shamini Prathapan	P	P	P	P	4	100

### 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:

Topic	Speaker
Evaluation of protocols by the ERC	Prof. Shalini Sri Ranganathan Professor in Pharmacology, Faculty of Medicine University of Colombo
Evaluation of Information sheets, consent forms and assent forms	Dr. Malik Fernando Member, ERC, Sri Lanka Medical Association
Sociological issues in research proposal evaluation	Dr. Chandani Liyanage Senior Lecturer, Department of Sociology University of Colombo

### 3.2 Workshop on Vulnerability and Research Ethics

This was conducted on the 28th of March 2016 as a half a day session at the Lionel Memorial Auditorium of the Sri Lanka Medical Association.

The presentations and their respective speakers are as follows:

Title	Resource Person
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

### 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:

Topic	Speaker
History of research ethics in Clinical Trials	Prof. Chandanie Wanigatunge Professor of Pharmacology, FMS USJ Secretary, ERC SLMA
Drug development process	Dr Channa Ranasinha Senior Lecturer in Pharmacology, FM, Kelaniya
Introduction to GCP, Principles, What is GCP? Need for GCP?	Prof Priyadarshani Galappaththy Professor in Pharmacology, FM, Colombo
Investigational products	Prof Shalini Sri Ranganathan Professor in Pharmacology, FM, Colombo
Role and Responsibilities of PI	Dr W S Santharaj Consultant Cardiologist, Institute of Cardiology
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 of the sponsor & CRO	Prof Vajira Dissanayake Professor in Anatomy, FM, Colombo Board member, FERCAP

#### Day 2 – 4th November 2016

Topic	Speaker
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
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 Secretary, ERC FM Colombo
Regulatory requirements for clinical trials and legal frame work	Mr Arjuna Pathmaperuma Regulatory Pharmacist, NMDRA Member – SCOCT

### 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. NEW MEMBERS

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

Life	140
Ordinary	125
Student	68
Ordinary to Life	7

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

## 17. 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 activity of the SLMA.

The interior refurbishment of the SLMA office, 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.

SLMA refurbishment of interior 2016		
Gross profit from Annual Congress		9,538,022.82
Refurbishment work & new Furniture	7,643,983.11	
Balance		1,894,039.71

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 activity. Details of the income sources is given below

Activity	Income	Expenses	Gross Profit
Total Income from Annual Congress	17,488,979.49		
Total Expenses		9,388,838.67	8,100,140.82
Income from Run & walk	2,650,000.00		
Expenses of Run & walk		1,212,118.00	1,437,882.00
Income from Annual Dinner Dance	4,955,200.00		
Expenses of annual Dinner Dance		3,999,175.90	956,024.10
<b>Gross Profit from Annual events</b>			<b>10,494,046.92</b>
	25,094,179.49	14,600,132.57	10,494,046.92

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 Abeywickreme 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.

## 18. AUDITORS' REPORT 2015/2016

Report of the auditors is given in the Annex 7.

## 19. NEWSLETTER

The SLMA newsletter (SLMANEWS) renewed its contract with the publisher, This Source Pvt Ltd, effective from January through December 2015. Revenue generated from advertisements on 8 of those pages was received by the SLMA, thus contributing significantly to increase the income of the SLMA. The newsletter was published regularly each month since January 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 gave committed leadership to organize a timely and a high quality newsletter.

## 20. ADVOCACY

### 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."

The following letter was submitted 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)."

### **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](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 8<sup>th</sup> 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.”

## 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 29<sup>th</sup> March 2016 at the SLMA. Following this meeting the SLMA met the Director General of Health Services (DGHS) on 1<sup>st</sup> 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.

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

The  
SLM  
A

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 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 fulfil 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.

### RENOVATIONS AND REFURBISHMENT OF ADMINISTRATIVE OFFICE OF THE SLMA AND OTHER AREAS OF WIJERAMA HOUSE

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.

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

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

## 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

**Wednesday 20<sup>th</sup> July 2016**

### **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

<b>Saturday 23<sup>rd</sup> July 2016</b>
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**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 129<sup>TH</sup> ANNIVERSARY SCIENTIFIC 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

<b>Monday 25<sup>th</sup> July 2016</b>
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Keynote address  
Chairperson: Dr. Iyanthi Abeyewickreme  
Rise and fall of clinical guidelines – the current status  
Dr. Ruwan 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

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 Priyadarshan

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 Illeperuma

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 26<sup>th</sup> July 2016**

**Registration**

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

CKDU: An extraordinary challenge  
Prof. Georgi Abraham  
Professor of Medicine, Pondyicherry 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 Weeraratna

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 Malariologist

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*

<b>Wednesday 27<sup>th</sup> July 2016</b>
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**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, SEARO/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

Debate (Hall AC)

Social media do more harm than good

Chairpersons: Dr. Ruvaiz Haniffa and Dr. Samanthi de Silva

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 and poster viewing

Symposium 13: Are we moving to a post-antibiotic era?

Chairpersons: Dr. Amitha Fernando and Dr. Kushlani Jayatileke

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

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**

<b>Saturday 30<sup>th</sup> July 2016</b>
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**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. Piyanjali 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. Richard Cracknell

Prof. Philip Eng

Dr. Gagan Gupta

Prof. Suchitra Pandit

Dr. Prakash Priyadarshan

Dr. S. S. Vasan

Prof. Georgi Abraham

Prof. Colin Dayan

Prof. Devaka Fernando

Dr. Ranjababu Kulasegaram

Prof. Sellappa Prahalath

Dr. Teo Wee Siong

Dr. Sirenda Vong

Prof AS Alherbish

Prof. Uri Elkayam

Dr. Alan Giles

Dr. Sangeeta Madhok

Dr. L. D. Premawardhana

Prof. Graham Taylor

Dr. Lesley Onyon

## **RESOURCE PERSONS SRI LANKA**

Dr. Naomali Amarasena

Dr. Uthpala Attygalle

Prof. Vajira Dissanayake

Dr. Ranjith Ellawala

Dr. Chaminda Garusinghe

Dr. Kirithi Gunasekera

Dr. Channa Jayasumana

Dr. Suresh Kottegoda

Dr. Sumal Nandasena

Dr. Lilani Rajapaksa

Vidyajyothi Prof. Rezvi Sheriff

Dr. G. Weerasinghe

Deshabandu Dr. Lalith Nimal Senaweera

Dr. Charles Antonypillai

Dr. Parakrama Dharmaratne

Dr. Ruwan A.I. Ekanayaka

Dr. Jayanthi Elwitigala

Dr. Pabasari Ginige

Dr. Ruwan J Illeperuma

Dr. Ranil Jayawardena

Dr. Lasantha Malavige

Prof. Selva Niranjana

Dr. Chathuranga Ranasinghe

Dr. Parami W. Wakista

Prof. Pujitha Wickramasinghe

Dr. Navoda Atapattu

Dr. Tiran Dias

Prof. Ranil Fernando

Prof. Ravindra Fernando

Dr. Prasanna Gunasena

Dr. Kapila Jayaratne

Dr. Panduka Karunanayake

Prof. Kamini Mendis

Dr. Paba Paliawadana

Prof. Diyanath Samarasinghe

Prof. Thilak Weeraratna

Dr. Ajita Wijesundere

## **Annexe 2: Detailed programmes of the Monthly Clinical Meetings**

### **Tuesday 19<sup>th</sup> 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 16<sup>th</sup> 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 15<sup>th</sup> 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 17<sup>th</sup> 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 & Picuter Quiz**

Dr Ganaka Senaratne, Consultant Physician, Base Hospital, Wellawaya

### **Tuesday 16<sup>th</sup> 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 20<sup>th</sup> 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 18<sup>th</sup> 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 15<sup>th</sup> 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 20<sup>th</sup> 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**

*18<sup>th</sup> 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 – IDH Hospital  
 Dr. Damayanthi Idampitiya- Consultant Physician – IDH 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

*30<sup>th</sup> 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, NCTH, 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

*1<sup>st</sup> 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

### Object

*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

## JOINT REGIONAL MEETING WITH THE SRI JAYAWARDENEPURA CLINICAL SOCIETY

Kandy

Dr.  
 Hamdani Anvar,  
 Deputy PD,

13<sup>th</sup> October 2016 at the Anatomy Auditorium, SJU, Gangodawila, Nugegoda

### Registration

Welcome Address by Dr Iyanthi Abeyewickreme, President, SLMA and 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. Bimalaka 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 by Prof. Neluka Fernando, Chairperson, Research Committee

Lunch

## JOINT REGIONAL MEETING WITH THE RUHUNA CLINICAL SOCIETY

16<sup>th</sup> 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 Abeyewickreme, 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

Symposium on Cardiology

1. Structural heart disease what can we do

Dr. Duminda Samarasinghe, Consultant Paediatric Cardiologist, Lady Ridgeway Hospital for Children, Colombo

2. Pearls in heart failure management

Dr. Tania Pereira, Consultant Cardiologist, North Colombo Teaching Hospital

3. 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

18<sup>th</sup> 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 Karunaratna, Consultant Orthopedic Surgeon  
Discussion  
History of Tea  
Dr. Phillip Veerasingham, 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

8<sup>th</sup> 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

### INAGURATION

***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 Sherifdeen, 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 Suriyakanthi Amarasekara, Consultant Anaesthetist & Past President, SLMA  
MBBS (Cey), DA (Lond), FRCA (Eng)  
Reception

**Friday 21<sup>st</sup> 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

1. "Safety in healthcare in ministry of health Sri Lanka- current situation and actions taken"  
Dr IA will speak to Dr Sridharan regarding the MO
2. Dr Kushlani Jayathilleke - "Healthcare Associated Infections- current situation and way forward"
3. Prof Ranjan Dias - "Safe surgery"
4. Dr Weerasinghe - "Risk and Prevention of transmission of HIV infection in healthcare setting"
5. Ms W. M. Ariyaseeli; Director Nursing Education - "Nursing care in patient safety"

Lunch



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

Chairpersons: Prof Gita Fernando and Dr Hemantha Beneragama

1. NMRA – Dr Asitha
2. Dr Chalukya Gunasekera (Dermatologist)
3. Dr Thushan Beneragama (Cosmetic Surgeon)
4. Mrs Nayana Karunaratne (Beautician)
5. Prof Rohini Fernandopulle (Pharmacologist)

Audience to include

- Ayesha Jinasena – Deputy Solicitor General
- Mr Kumarasinghe (Chairman of Nature's Beauty Creations Ltd., Chairman of the Cosmetics Advisory Committee of the Ministry of Industry & Commerce that advises the Minister on steps to be taken to uplift the cosmetics industry in Sri Lanka. Immediate Past-President of the Cosmetics Manufacturers Association of Sri Lanka (CMAS) which comprises of manufacturers of Sri Lankan brands of cosmetics.)
- Advertising Fraternity- (List to be provided by Dr Sumithra Tissera – AA, Gants, JWT, Leo Burnett)
- Media
- Govt. advertising committee members
- Beauty product manufacturers – Seri, Janet, Forever, Spa Ceylon

Tea

**Saturday 22<sup>nd</sup> 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”**

26<sup>th</sup> of February 2016 at 8.30 am at the Lionel Memorial Auditorium

Chairpersons: Professor Gita Fernando and 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 !!”**

14<sup>th</sup> 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,  
Ministry of Health, Sri Lanka

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”**

28<sup>th</sup> 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

#### **SYMPOSIUM ON “RESURFACING STI IN THE ERA OF HIV”**

12<sup>th</sup> 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

6<sup>th</sup> 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. Chrishantha Abeysena
Microbiology	-	Dr. Shirani Chandrasiri
Medicine & Finer Specialities	-	Dr. Arosha Dissanayake

### QUESTIONS

### Session IV

Pathology	-	Dr. Shanika Fernandopulle
Psychiatry	-	Dr. Asiri Rodrigo
Dermatology	-	Dr. Nayani Madarasinghe
Otorhinolaryngology	-	Dr. Shantha Perera

### QUESTIONS

## WORKSHOP ON “GCP WORKSHOP” FOR RESEARCHERS

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

Introduction

Dr Malik Fernando, FERC SL MC

History of research ethics in Clinical Trials

Prof. Chandanie Wanigatunge,

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 Wijekoonne, 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”

24<sup>th</sup> 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

By panel of speakers

## Annex 6: List of Members

### Life Members

#### Life Members

Dr K D Wijewardana

Dr. M. N. Y. F. Wijegoonewardene

Dr. Anver Hamdani

Dr. L. A. B. Abeywickrama

Dr G D K N Karunaratna

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 L W G R Alwis

Dr P D S A N Appuhamy

Dr. M. Murugamoorthy

Dr. H.W.R. Sanjaya

Dr. S.P.U.P. Handi

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 Weerasekara

Dr D A Gunawardane

Dr K M P Karunaratne

Dr S D Nanayakkara

Dr S U B Dassanayake

Dr S P M L R Piyaarathne

Dr M P M L Gunathilaka

Dr. N.A.W. Munesinghe

Dr. W.H.M.K.J. Wijesinghe

Dr. K.A.P.R. Kumarasinghe

Dr D T Muthukuda

Dr. W. H. K. Weerasinghe

Dr. B. Sayanthan

Dr I Wickramage

Dr N D Jayaweeraabandara

Dr S Sivarathi

Dr R U Wanigasuriya

Dr W A N D Wickramasinghe

Dr M B M Ratnadurai

Dr H L S Chathurika

Dr T Shatshananth

Dr H L P Amaraseena

Dr W A N V Luke

Dr. J.A.J.U. Jayalath

Dr. K.A.K.S.C. Gunatilake

Dr. H.M.U.K. Herath

Dr. M.U. Dahanayake  
 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. Sudasinghe  
 Dr. W.A.S.R. Wickramarachchi  
 Dr. D.B.D.L. Samaranayake  
 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. Ariyaratne  
 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. 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. Ginige  
 Dr. M.P. Wijeratne  
 Dr. S.P. Wickramage  
 Dr. G.L. Punchihewa  
 Dr. P.W.M.C.S.B. Wijekoon  
 Dr. R.M.N.N.K. Rathnayaka  
 Dr. A.C.R. Ranasinghe  
 Dr. K.M.G.K. Bandara  
 Dr. G.D.A. Samaranayaka  
 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 manoranjan  
 Dr W M S K Kumari  
 Dr W J P S Wijetunga  
 Dr D Ajith Karawita

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. Wijayarathne  
 Dr. K.G.K. Ubeysekera  
 Dr. S.L.M. Rasnayake  
 Dr. G.H.S. Fernando  
 Dr. G.D.N. Samarutillake  
 Dr. S. Wijetunge  
 Dr. G.G.G.T. Amarakoon  
 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 Siriwardhana  
 Dr KK M K Gamage  
 Dr C J Ulugalathenna  
 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 Koggalage  
 Dr N H Ayesha Shirmendi  
 Dr K N S de Silva  
 Dr T K Kalubowila  
 Dr S N Waidyatilaka  
 Dr W D H de Mel  
 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. N.S.W. Pathirana  
 Dr. K.W.S.T. Wijayawardena  
 Dr. R.D. Wijesinghe  
 Dr. J.A.S. Rupasinghe  
 Dr. W.S. Pannala  
 Dr. Y.P.G.N.S. Suraweera  
 Dr. A.A.D.M. Amarathunga  
 Dr. M.E. Nanayakkara  
 Dr. C.J.S. Jayamaha  
 Dr. U.M.C.S. Wijesinghe  
 Dr. A.N.W. Karunaratna  
 Dr. K.W.P.S. Bandaranayake  
 Dr. W.N.A. Sriyani  
 Dr. S. Gunaratne  
 Dr. T.G.S.U. Gamage  
 Dr. M. Sathiyaseelan  
 Dr. S.M.D.N. Upasena  
 Dr. W.D.M.H. Jayatissa  
 Dr. M.D.R. Ranathunga

Dr. M. K. D. N. Mallikarachchi  
 Dr W N C B Wickramasooriya  
 Dr W I Gankanda  
 Dr B V D S P Abeywardana  
 Ms S Mythily  
 Dr S N Hettiarachchi  
 Dr S A I M C Premaratne  
 Dr C P Wijesooriya  
 Dr R D S S Wickramasinghe  
 Dr. P.P.R. Siriwardena  
 Dr. S.V. De Silva  
 Dr. R.H. Hewapathirana  
 Dr. A.I.A. Ziyad  
 Dr. D.R. Palangasinghe  
 Dr. K.W.P.S. Bandaranayake  
 Dr. M.H.S. Sumanadasa  
 Dr. M. P. Samarasinghe  
 Dr. E.K.G.D.D. Eritakaduwa  
 Dr. D.L.D.C.L. Liyanage  
 Dr. D.N. Abeygunathilaka  
 Dr. W.D.T. Silva  
 Dr. A.D.P.P. Chandradasa  
 Dr. I.O.K.K. Nanayakkara  
 Dr. A.M.A. Nasar  
 Dr. L.P.K. Godakandarachchi  
 Dr. W.A.U.K. Withanarachchi  
 Dr. L. Alagiah  
 Dr. P.M. Kumarasingha  
 Dr. N.P. Nanayakkara  
 Dr. P.I.K. Ranwala  
 Dr. N.S. Wickramasinghe  
 Dr. H.P.R. Dharmawardena  
 Dr. B.V.S. Ruwanpriya  
 Dr. J. Kumarasiri

Dr S M M Niyas  
 Dr R A K Chinthaka  
 Dr I A G M P Gunathilake  
 Dr J C Rajapaksha  
 Ms T N Wickramaratna  
 Dr D P Liyanage  
 Dr D S V Mallawarachchi  
 Dr P M Ajantha  
 Dr. W.A.P. Lakmal  
 Dr. B. Balasingam  
 Dr. M.D.P. Pinto  
 Dr. M.N. Ganewatta  
 Dr. B.L.P.P. Balasooriya  
 Dr. B.B. Samarajeewa  
 Dr. N.W. Kodithuwakku  
 Dr. R.A.P.S. Ranaweera  
 Dr. Y.G.T. Priyawansa  
 Dr. D.R.D. Rathnayake  
 Dr. P.A.D.M.P. Perera  
 Dr. K.M. Athukorala  
 Dr. W.A.S. Mendis  
 Dr. H.E. Talagala  
 Dr. A.S. De Silva  
 Dr. K.D.C.U. Wijayasiri  
 Dr. W.D.M.S.D. Bandara  
 Dr. R.R.G.C.S.B. Herath  
 Dr. A Uthayasothy  
 Dr. D.P. Yasira  
 Dr. S.D.W. Siriwardena  
 Dr. I.Y. Amarasinghe  
 Dr. J.A.T.S. Jayasinghe  
 Dr. K.P.G.D. Thusitha  
 Dr. D A P S Perera  
 Dr. T.D.C.E. Wijesekera

Dr. S.C. Premasinghe  
 Dr. A.R. Rikarz  
 Dr. S.D.S. Illangatilaka  
 Dr. P.D. Idampitiya  
 Dr. E.J.F. De Silva  
 Dr. W.A.S. Weerasinghe  
 Dr U P Puvanasundaram  
 Dr C Hathalahawattha

Dr. V. Jeyathash  
 Dr. K.M.I.C. Perera  
 Dr. P.H. Nimalka  
 Dr. V. Vithanage  
 Dr. E.M.S.S. Ekanayake  
 Dr. A.W. Ranasinghe  
 Dr A Gerlad Jeevathasan

Dr. S. Prasath  
 Dr. D.D. Weerasekera  
 Dr. G.G. Aberatne  
 Dr. N.D.P.D. Chandrasiri  
 Dr. P.G.M.P.T. Pilapitiya  
 Dr K M Nimalasuriya  
 Dr T T L Abeywardena

#### Ordinary to Life Members

Dr W A K Bandara  
 Dr A W P I Gunatilake  
 Dr W I Gankanda

Dr. M. Z. Badurdeen  
 Dr P K B Mahesh

Dr M A C S Jayasumana  
 Dr R G MS Nandasena

#### Student Members

Miss. D.H.P. Rajaguru  
 Miss. N. Wickramasurendra  
 Mr. K.W.T. Semina  
 Miss. T. Sivasundaram  
 Mrs. M.A.S.R. Gunawardane  
 Miss. P.D.K. Kumari  
 Miss. K.D.L. Fernando  
 Miss. D.A.P.M. Kularathna  
 Miss. R.H.S.A. Kumarage  
 Miss. M.E. Hettiarachchi  
 Mrs. N.N. Rajapakshe  
 Miss. A.K. Mudali  
 Miss. K.S. Hettiarachchi  
 Mr. B.M. Gunawardana  
 Mr. I.S. Weerasekara  
 Mr. D.W. Colombathanthri  
 Mr. N. Senanayake  
 Mr. M.C.C. Diwakara  
 A.W.D.T. Ambagaspitiya  
 Mr. A.G.Y.B. Perera

Mr. G.K. Rathnayake  
 Mr. I.S. Almeida  
 Mr. A.D.B. Jeewantha  
 Miss. Y.B.P. De Silva  
 Mr. H.K.O.S. Chandrasoma  
 Mrs. M.S.K. Morawaka  
 Miss. B.W. Jayani  
 Mr. Y. Mathangasinghe  
 Miss. K.V.C. Wijegunaratna  
 Mr. K.V.M. Pieris  
 Miss. P.M.N.M. Wijerathne  
 Mr. A.L.S. Mohamed  
 Miss. F.H.M. Saleem  
 Miss. U.H.D. Hansika  
 Mr. K.C.C. Perera  
 Mr. T.T. Chathuranga  
 Mr. H.W.T.D. Wijayarathne  
 Mr. W.M.S.Y. Amarasinghe  
 Miss. W.A.S.P. Perera  
 Ms D H B Rajaguru

Mr. S.M. Ruston  
 Miss. C.M.D. Selvarajah  
 Miss. A.T.I. Werahera  
 Mr. N.K.A.S. Nagasinghe  
 Mr. A.K.D. Nadeeshani  
 Miss. L.U. Gunarathne  
 Miss. G.G. Madushani  
 Mr. A.G.C.M. Angulugaha  
 Miss. C.S.N. Heenatigala  
 Miss. K.T.M. Silva  
 Miss. H.A.G.M. Perera  
 Mr. N. Muhyideen  
 Miss. S.R. Gurusinghe  
 Miss. W.A.M. Wijayasuriya  
 Miss. D.S.K. Dissanayake  
 Miss. G. Epasinghe  
 Mr. M.A.A. Gamage  
 Mr. P.G.N. DanushkaMiss.  
 Miss. M.H.S. Piumanthi  
 Dr. W.S. Wathurapatha

### Annex 7: Audit Report

#### DETAILED INCOME & EXPENDITURE STATEMENT YEAR ENDED 31<sup>ST</sup> OCTOBER 2015

#### 13. INCOMING RESOURCES

	For the Year ended 31.10.2016 Rs.	For the Year ended 31.10.2015 Rs.
Subscription and Entrance Fee	1,859,939	1,497,420
Anniversary International Medical Conference	21,342,310	19,520,953
Rent Income	5,123,026	3,823,650
Auditorium and Council Room Hire	330,500	444,900
Career Guidance Seminar	-	123,000
Income from Ceylon Medical Journal (13.1)	351,384	172,166
	<u>29,007,159</u>	<u>25,582,089</u>

	For the Year ended 31.10.2016 Rs.	For the Year ended 31.10.2015 Rs.
<b>13.1 Income from Ceylon Medical Journal</b>		
Library Subscription		1,000
Sale of Journal	1,500	3,500
Processing Fee	349,884	157,555
Interest Income	-	10,111
	<u>351,384</u>	<u>172,166</u>
<b>14. PROJECT EXPENDITURE</b>		
	For the Year ended 31.10.2016 Rs.	For the Year ended 31.10.2015 Rs.
Operational Expenditure (14.1)	1,825,282	2,720,722
Annual Academic Session (14.2)	10,349,025	12,322,770
Ceylon Medical Journal (14.3)	883,504	400,247
	<u>13,057,811</u>	<u>15,443,739</u>
<b>14.1 Operational Expenditure</b>		
	For the Year ended 31.10.2016 Rs.	For the Year ended 31.10.2015 Rs.
Paper Advertisement	44,012	155,955
Auditorium Equipment Repair	157,164	524,099
Lectures and Meetings	328,784	268,704
Foundation Celebration Session	396,502	187,925
Career Guidance Seminar Expenses	-	81,298
Regional Conference Expenses	219,900	337,329
Sessions Co-coordinator Monthly Allowance	462,000	479,857
Medical Writing Workshop	-	83,445
Workshop Expenses	100,675	602,111
Special Event	57,245	-
CPD Project Expenses	59,000	-
	<u>1,825,282</u>	<u>2,720,722</u>
<b>14.2 Annual Academic Session</b>		
	For the Year ended 31.10.2016 Rs.	For the Year ended 31.10.2015 Rs.
Annual Academic Session	10,349,025	12,322,770
	<u>10,349,025</u>	<u>12,322,770</u>
<b>14.3 Ceylon Medical Journal</b>		
	For the Year ended 31.10.2016 Rs.	For the Year ended 31.10.2015 Rs.
Stamp Charges	900	1,928
Printing and Stationary	3,505	1,476
Computer and Fax Machine Maintenance	418,062	-
Salaries and Bonus	299,100	275,800
EPF and ETF	44,855	46,090
Bank Charges	-	-
Telephone and Fax	40,233	38,153
Monthly Allowance	13,600	12,000



Bonus	23,900	21,200
Sundry expense	4,000	3,600
Web Site expense	35,000	-
Travelling & Hiring	349	
	<u>883,504</u>	<u>400,247</u>

#### 15. OTHER INCOME

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

#### ADMINISTRATIVE EXPENSES

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

Research Promotion Grant	364,330	300,000
Bank Charges	71,967	74,284
Sundry Expenses	399,990	179,178
Daily News Publication Expenses	9,360	9,360
News Letter Advertisement Collection Expenses	167,000	109,500
AGM Meeting Expenses	12,188	59,255
Law and Medical Cricket Match Expenses	110,000	373,234
Membership Fees	122,063	80,346
Consultancy Fees	16,650	15,120
FERCAP Expenses	-	118,260
Quik book expense	17,595	16,983
Annual Medical Dance- Net Expense	-	13,509
ERC Expense	505,034	-
Clinical Nutrition Meeing 2015	33,493	-
Libry Subscription	6,000	-
	<u>16,055,626</u>	<u>14,609,706</u>