



SRI LANKA MEDICAL ASSOCIATION

137th Anniversary International Medical Congress

“Ensuring Equity in Healthcare During Challenging Times”

16th, 17th & 18th August 2024 at Galadari Hotel, Colombo 01



PROCEEDINGS BOOK



THE SRI LANKA MEDICAL ASSOCIATION

**137th Anniversary International
Medical Congress**

'Ensuring Equity in Healthcare During Challenging Times'

**16th August – 18th August 2024
Hotel Galadari, Colombo**

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Social Secretaries	Dr Pramilla Senanayake Dr Nilanka Wickramasinghe
Co-Editors (CMJ)	Professor Senaka Rajapakse Professor Athula Sumathipala

SLMA Council Photograph 2024



Seated Left – Right: Dr Manilka Sumanatilleke (Honorary Treasurer), Dr Anula Wijesundere, Dr Iyanthi Abeyewickreme, Professor Jennifer Perera, Dr Lucian Jayasuriya (Past President Representative), Dr Vinya Ariyaratne (Immediate Past President), Dr Ananda Wijewickrama (President, SLMA), Dr Surantha Perera (President Elect), Professor BMHA Banneheke (Vice President), Dr Sajith T Edirisinghe (Vice President), Dr BJC Perera, Dr Padma Gunaratne, Dr Lahiru Kodithuwakku (Honorary Secretary, SLMA)

Standing Left – Right (first row): Dr Ashwini de Abrew, Dr Kaushi Attanayakage, Professor Anuja Abayadeera, Professor Samath D Dharmaratne, Dr Nilanka Wickramasinghe (Social Secretary), Dr M Sarath Gamini De Silva, Professor Kumara Mendis (Honorary Assistant Secretary), Dr Christo Fernando, Professor Athula Sumathipala (Co-Editor, Ceylon Medical Journal), Dr UCP Perera, Dr Kalyani Guruge, Dr Nimani De Lanerolle (Honorary Assistant Secretary)

Standing Left – Right (Second row) : Dr Chandana Atapattu (Honorary Assistant Treasurer), Dr Pramilla Senanayake (Social Secretary), Dr NGGD Pramitha Mahanama, Professor Dakshitha P Wickramasinghe (Honorary Assistant Secretary), Dr PDO Seneeth Dilanka, Dr Rameshkumar Thevarajah, Dr Saveen N Semage, Dr Anver M Hamdani, Dr Harini Fernando (Honorary Assistant Secretary)

Absent – Dr Sumithra Tissera, Professor Indika Karunathilake (Public Relations Officer), Professor Senaka Rajapakse (Co-Editor, Ceylon Medical Journal), Professor Ishan De Zoysa, Dr HSRP De Silva, Dr Ruvaiz Haniffa, Professor Saroj Jayasinghe, Dr VMurali, Dr NGS Panditharathne, Dr RMM Namal Rathnayake, Professor Rajendra Surenthiramumaran, Professor KT Sundaresan, Dr Asitha Kosala Thannippuli Arachchi

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Professor Hasini Banneheke – Vice President & Academic Chair

Dr Lahiru Kodithuwakku – Honorary Secretary, SLMA

Dr Kaushi S Attanayakege - Conference Co – Secretary

Dr MNGGD Pramitha - Conference Co – Secretary

Dr LMS Alwis - Conference Co – Secretary

Professor Jennifer Perera

Dr BJC Perera

Dr M Sarath Gamini de Silva

Professor Anuja Abayadeera

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Professor Hasini Banneheke

Dr Lahiru Kodithuwakku

Dr Kaushi S Attanayakege

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1890/1891	Sir William Kynsey	1936/37	Prof John R Blaze
1891/1892	Dr James Loos	1937/38	Sir Nicholas Attygalle
1892/1893	Dr J L Vanderstraaten	1938/39	Dr J H F Jayasuriya
1893 -1895	Sir William Kynsey	1939/40	Dr G A W Wickramasuriya
1895/96	Sir J D Macdonald	1940/41	Dr S V Gabriel
1896 – 1898	Sir William Kynsey	1941/42	Dr Gunaratnam Cooke
1898 – 1900	Sir Allan Perry	1942/43	Dr S F Chellappah
1900 – 1903	Dr W G VanDort	1943/44	Dr May Ratnayake
1903/04	Dr T F Garvin	1944/45	Dr R L Spittel
1904/05	Hon W G Rockwood	1945/46	Dr V P de Zoysa
1905/06	Sir Marcus Fernando	1946/47	Dr G S Sinnatamby
1906/07	Dr C T Griffin	1947/48	Dr E M Wijerama
1907/08	Dr A J Chalmers	1948/49	Dr Cyril F Fernando
1908/09	Dr M Sinnetamby	1949/50	Professor C C de Silva
1909/10	Dr H G Thomasz	1950/51	Professor Milroy Paul
1910/11	Sir Aldo Castellani	1951/52	Professor M V P Peiris
1911/12	Sir Allan Perry	1952/53	Dr A S Rajasingham/ Professor P B Fernando
1912/13	Dr S C Paul		Professor P B Fernando
1913/14	Dr G J Rutherford	1953/54	Dr L O Abeyratne
1914/15	Sir Marcus Fernando	1954/55	Prof. Gerald H Cooray
1915/16	Dr Frank Grenier	1955/56	Dr M C M Kaleel
1916/17	Dr M Sinnetamby	1956/57	Professor O E R Abhayaratna
1917/18	Dr E V Ratnam	1957/58	Dr Richard Caldera
1918/19	Dr R L Brohier	1958/59	Professor V Sivalingam
1919/20	Dr Lucian de Zilwa	1959/60	Dr W A Karunaratna
1920/21	Dr L D Parsons	1960/61	Dr P R Thiagarajah
1921/22	Dr S D Boylan Smith	1961/62	Dr A D P A Wijegonawardena
1922/23	Dr E Garvin Mack	1962/63	Dr G R Handy
1923/24	Dr I David	1963/64	Dr Stanley de Silva
1924/25	Dr Andreas Nell	1964/65	Dr F de S Goonawardena
1925/26	Dr P J Chissell	1965/66	Dr P R Anthonis
1926/27	Dr H M Peiris	1966/67	Dr W D L Fernando
1927/28	Dr J H G Bridger	1967/68	Dr M P M Cooray
1928/29	Dr Vanlangenberg	1968/69	Dr E H Mirando
1929/30	Dr S Muttiah	1969/70	Dr W D Ratnavale
1930/31	Dr S T Gunasekera	1970/71	Dr L D C Austin
1931/32	Sir Frank Gunasekera	1971/72	Dr O R Medonza
1932/33	Professor W A E Karunaratne	1972/73	Dr S Rajanayagam
1933/34	Dr H O Gunewardena	1973/74	Dr S A Cabraal
1934/35	Dr S L Navaratnam	1974/75	

1975/76	Dr P Sivasubramaniam	2017	Professor Chandrika N Wijeyaratne
1976/77	Professor Daphne Attygale	2018	Dr Ruvaiz Haniffa
1977/78	Dr H B Perera	2019	Dr Anula Wijesundere
1978/79	Dr S E Wijetilake	2020	Professor Indika Karunathilake
1979/80	Dr B A V Perera	2021	Dr Padma S Gunaratne
1980/81	Dr N J Wallooppillai	2022	Professor Samath D Dharmaratne
1981/82	Dr Stella de Silva	2023	Dr Vinya Ariyaratne
1982/83	Dr Dennis J Aloysius		
1983/84	Dr C G Uragoda		
1984/85	Dr Lakshman Ranasinghe		
1986	Dr S J Stephen		
1987	Dr G W Karunaratne		
1988	Dr Nihal Perera		
1989	Professor Priyani Soysa		
1990	Professor W A S de Silva		
1991	Dr A T W P Jayawardene		
1992	Dr Malik Fernando		
1993	Professor W S E Perera		
1994	Dr J B Peiris		
1995	Dr Lucian Jayasuriya		
1996	Professor Colvin Goonaratna		
1997	Dr S Ramachandran		
1998	Dr D N Atukorala		
1999	Professor Nimal Senanayake		
2000	Dr Kumar Weerasekera		
2001	Professor Anoja Fernando		
2002	Dr Preethi Wijegoonewardene		
2003	Dr Sunil Seneviratne Epa		
2004	Professor Ravindra Fernando		
2005	Professor A H Sherifdeen		
2006	Dr Suriyakanthie Amarasekera		
2007	Professor Gita Fernando		
2008	Professor Lalitha Mendis		
2009	Professor Rezvi Sheriff		
2010	Professor Narada Warnasuriya		
2011	Professor Sanath P Lamabadusuriya		
2012	Professor Vajira H W Dissanayake		
2013	Dr B J C Perera		
2014	Dr Palitha Abeykoon		
2015	Professor Jennifer Perera		
2016	Dr Iyanthi Abeywickreme		



Message from the Chief Guest

I am greatly privileged and truly honoured to be invited as the Chief Guest for the 137th Anniversary International Medical Congress of the Sri Lanka Medical Association (SLMA), the premier professional medical association in Sri Lanka. Throughout its rich history and heritage dating back to the late 1800s, the SLMA has been the flagbearer for our noble profession, developing the human capital for Sri Lanka's much acclaimed health system. Sustaining such a pedigree and the traditions associated with it, is not a simple task, and SLMA has done it to perfection through utmost professionalism.

Despite our gains and achievements in health, the future path for Sri Lanka's health system will be a challenging one. Sustaining our hard-earned accomplishments and maintaining the quality of care at the optimum level, amidst an environment replete with many constraints, will be somewhat difficult. With the demographic transition and an aging population, Sri Lanka's health system will have to make a paradigm shift from our traditional areas of operation, towards an initiative with more of a focus on prevention of Non-Communicable Diseases, Elderly Care, Palliative Care and Rehabilitation etc. Towards that end, reaching the unreached through further expansion in Universal Health Care will be a top priority for our entire nation.

Restructuring the time-honoured methods of health care delivery and guiding it towards a more patient centric, people oriented and clustered health care system with multiple layers of referral pathways to utilize the resources to the maximum, will be the way forward. Retaining our most treasured asset, the healthcare workforce within the country, is proving to be a daunting challenge, yet an essential undertaking we should be prepared to secure at any cost.

Therefore, I find this year's theme for the SLMA Congress 'Ensuring Equity in Healthcare During Challenging Times' as a timely and appropriate initiative, envisioning the essential but rather uphill task at hand. No doubt deliberations during this year's congress will provide evidence, new knowledge, and skills for the medical fraternity to face these challenges confidently and safeguard the health and wellbeing of all fellow Sri Lankans.

I wish to congratulate the President, the Council, and the Membership of the SLMA for going through all the hardship to champion the cause of equitable health care for all citizens of this country and wish them all success in this year's medical congress.

Dr P G Mahipala
Secretary Health
Ministry of Health



Message from the Guest of Honour

Ensuring Equity in Healthcare During Challenging Times: strengthening policies to safeguard health equity in economic recovery

The focus on Ensuring Equity in Healthcare During Challenging Times by the SLMA Congress is most timely and highly commended.

Sri Lanka's exemplary health outcomes are a result of a primary health care (PHC) approach based on public investment, dating back to 1926. This has been key for equitable access to quality health services - a successful social protection effort. The challenges of the unprecedented pandemic and economic crises now require re-engineering of PHC to sustain achievements and make further progress on universal health coverage (UHC).

Sri Lanka's evolving epidemiology and demography has meant an increasing burden of NCDs and an aging population. The underlying health determinants are complex, requiring a shift in PHC from a programmatic structure to an integrated, multisectoral and multidisciplinary approach.

COVID-19 further emphasized the need to rethink PHC. Three important policy considerations emerged: mental health as a growing public health issue; the critical role of engagement at community level for PHC; and the potential of technology and digital health.

The economic crisis of 2022 caused non-essential procedures to be suspended almost immediately due to shortages of medicines and supplies. Soon, both push and pull factors caused a substantial migration of health professionals. Further, domestic financing, the cornerstone of equity, has been severely constrained and created an urgent need for improved systems efficiency.

The new National Health Policy 2026-35 is an opportunity to recalibrate PHC towards efficient, integrated service delivery anchored at community level with referrals, matched by an appropriate workforce and affordable medicines, and supported by technology. Further, in challenging times, evidence-based monitoring and evaluation for progress and corrective action shall be crucial.

WHO looks forward to the deliberations of this Congress as key policy inputs to strengthen PHC and safeguard health equity in Sri Lanka.

Dr Alaka Singh

WHO Country Representative for Sri Lanka



Message from the Director General of Health Services

It is with great pleasure and honour that I send this message for the 137th Annual International Medical Congress of the Sri Lanka Medical Association (SLMA). This organization, the SLMA, has been in the forefront of uplifting the standards of the medical profession in this country, through their pioneering programmes in the continuous professional development of doctors. Further, SLMA's role in advocating for health rights has been instrumental in establishing important initiatives to safeguard the health and wellbeing of the general public of our nation.

In this background, SLMA has chosen a timely theme for this year's congress, 'Ensuring Equity in Healthcare During Challenging Times', which reiterates their steadfast commitment to uphold the standards in accessible, affordable, and healthcare of superior quality for all citizens.

Even despite considerable challenges, I trust that the deliberations from this year's congress, will further augment our collective efforts to strengthen the health system of Sri Lanka. I am sure that the SLMA will continue to collaborate, support, and guide the Ministry of Health in treading this somewhat challenging path to ensure health for all.

I congratulate the President, the Council and the Membership of the SLMA on the occasion of this annual academic initiative and I am ever so pleased to wish all success for this 137th Annual International Medical Congress.

Dr Asela Gunawardena
Director General of Health Services
Ministry of Health



Message from the President of SLMA

It gives me immense pleasure to pen this message as President, Sri Lanka Medical Association (SLMA) for the 137th Anniversary International Medical Congress. The International Medical Congress organised annually by the Association is the pinnacle of the annual calendar and is much anticipated by all medical professionals. The SLMA is the foremost organization for medical professionals in Sri Lanka to obtain academic development and medical education, one of the main objectives of the association is to identify the needs in continuous professional development in the field of medicine and ensure that it is fulfilled. Whilst this process of medical education and development is a yearlong process of the SLMA, the annual congress is the central event in the calendar. It gives an opportunity for medical professionals and medical students to gain new knowledge in an open forum and disseminate knowledge they have obtained.

It also provides a platform to discuss and understand the current health and medical backdrop of Sri Lanka. The recent pandemic and economic difficulties have created a new and more difficult terrain in the field of health. Navigating this terrain has proven to be an arduous task for the health sector. The SLMA has been one of the foremost organizations providing support for this venture in numerous ways, extending support, knowledge and expertise to the government of Sri Lanka to steer this course.

It is evident that the Sri Lankan health sector is facing trying and challenging times. Therefore, it is imperative that we focus on equity despite the difficult situation. It is with this in mind that we have opted for the congress theme to be 'Ensuring Equity in Healthcare During Challenging Times'. Equity in health is under considerable scrutiny. The propensity and probability of inequity during such trying times mean that it is

essential that we bring the need for and importance of equity to light. Universal Health Coverage strives to achieve equity, but the attainment of Universal Health Coverage has been a difficult prospect. The achievement of Sustainable Development Goals would also drive forward this attainment of equity.

With the dearth of drugs, supplies, equipment, and health personnel discrepancies in health can take place based on location, wealth, education, and many other ways. It is necessary to eliminate or at least minimize these inequities. The congress hopes to be a source of knowledge and guidance in this matter.

The conference will be held from the 16th to the 18th of August 2024 at Hotel Galadari, Colombo. It is expected to cover a multitude of facets related to health & healthcare. It was preceded by several pre-congress sessions, which were well attended and covered significant and critical issues.

The conference, which covers a myriad of topics, will discuss diseases and conditions seen in daily practice such as non-communicable diseases, infections, intensive care, and common respiratory conditions. It will also discuss varying interesting and pertinent topics such as vaping, sexual health, vaccines, and Artificial Intelligence in medicine.

The main congress will have eleven symposia featuring these topics, it will also have a keynote address and four orations. There will also be eight plenaries and, as always, an opportunity to present your findings and opinions in the free papers and posters. The debate will give the members of the medical community an opportunity to discuss and disagree and bring to light other skills they surely possess. The academic program rich in these components of knowledge and ideas will

finally end with the Doctors' concert that will indeed be the perfect lively and entertaining end we need for such a programme.

The final product of this 137th International Medical Congress is the hard work and labor of a wonderful team that came together to bring these sessions to life. I would like to extend my heartfelt gratitude to the congress chair and vice president of SLMA Professor Hasini Banneheke. She was well and ably supported in this vast endeavor by the co-secretaries of the congress Dr Pramitha Mahanama, Dr Kaushi Attanayakage and Dr Sasangi De Alwis, Honorary Secretary, Dr Lahiru Kodituwakku and others in the steering committee.

The members of the council supported this event by serving as chairs and members of the various subcommittees and ensured the smooth conduct of the programme, for which I am truly grateful. I would also like to extend my thanks to the talented Dr Nilanka Wickramasinghe who with the guidance of Dr Christo Fernando and Dr Pramilla Senanayake will ensure that the stage is well and truly enlivened on the 18th of August at the Doctors' Concert to be held at the Main Auditorium, Faculty of Medicine, Colombo.

I would like to express my gratitude to everyone involved, including participants, experts, moderators, speakers, supporters, sponsors, and particularly the dedicated members of The Academic Committee 2024, as well as the hardworking staff of the SLMA, for their unwavering support, encouragement, and inspiration. I extend a heartfelt appreciation to the Members of the Council. The wisdom and counsel from former Presidents have been immensely valuable and are deeply cherished.

I extend my best wishes to all participants attending the Congress. My sincere hope is that it will be an incredibly successful and memorable event, making substantial contributions not only to tackling the challenges encountered by the health sector and medical community in Sri Lanka but also in demonstrating a fresh direction towards equitable healthcare practices, both within Sri Lanka and globally.

Dr Ananda Wijewickrama
President – SLMA



Message from the Honorary Secretary of the SLMA

It is with great pleasure I warmly welcome you to the 137th Anniversary International Medical Congress 2024 of the Sri Lanka Medical Association (SLMA). SLMA being the most prestigious professional body for doctors of all genres in Sri Lanka, continues its pioneering legacy of empowering doctors with up to date knowledge and essential skills in line with the global best practices, equipping them to encounter any challenge. Annual Medical Congress is the pinnacle of such efforts, designed to showcase the best of local and global research, providing a platform for doctors to further their professional goals and ambitions.

In line with the SLMA's theme for 2024, 'Ensuring Equity in Healthcare During Challenging Times', this year's programme has been designed to cater for the most essential and timely topics, including health policy, clinical medicine, public health, innovations in health, and ethics. The programme consists of a keynote address, four scientific orations, eleven symposia, eight plenaries, two panel discussions and six pre congress sessions, providing an unparalleled experience to the audience.

An event of this magnitude would not have been possible without the dedication and commitment of the members of the Scientific Committee and all subcommittees of the medical congress. My heartfelt gratitude to all the members of the Scientific Committee and subcommittees, aptly led by the Conference Chair Professor Hasini Banneheke. My appreciation to the Conference Co- Secretaries for being a pillar of strength, shouldering much of the burden in organizing the event. Moreover, I am deeply humbled to receive the valued guidance of the members of the council of the SLMA to make this event a success. Without the untiring efforts of the staff of SLMA, this would not have been a reality. I

would like to extend my thanks to the SLMA staff for their continued assistance. At last but not least I would like to acknowledge the contributions of all our well-wishers and sponsors, Ministry of Health, UN agencies and all our partners for their tremendous support, amidst these challenging times.

I wish you all a very productive and memorable congress.

Dr Lahiru Kodituwakku
Honorary Secretary, SLMA



Message from the Chair of the Academic Sessions Organizing Committee

It is with immense pleasure that I welcome you to the 137th Anniversary International Medical Congress of the Sri Lanka Medical Association (SLMA), taking place from the 16th to 18th August 2024 at the Galadari Hotel in Colombo, Sri Lanka. This annual gathering has been a cornerstone of medical advancement and professional development, bringing together a diverse group of healthcare professionals dedicated to improving patient care and outcomes.

This year, we introduced a series of highly successful pre-congress workshops, starting in January and culminating in August. These workshops were crafted in collaboration with esteemed organizations such as the Accident Service of the National Hospital of Sri Lanka, the Sri Lanka College of Emergency Physicians, the Sri Lanka College of Cardiologists, Paediatric Intensive care Chapter of the Sri Lanka College of Paediatricians, the Sri Lanka Orthopedic Association, and the Sri Lanka College of Surgeons. Each session focused on critical areas such as Trauma Management in the Emergency Department, Point of Care Ultrasound (POCUS), Cardiology and Cardiac Arrhythmias, Pediatric Emergencies, Non-operative Management of Fractures & Dislocations, and Wound Care. Our August workshop on Academic Publications and Manuscript Writing provided invaluable insights into scholarly communication, rounding off our comprehensive pre-congress educational offerings.

The main academic programme of the congress is robust and diverse, featuring seven pre-congresses, a keynote address, four orations, twelve symposia, eight plenaries, a panel discussion, an interactive case-based discussion, a debate, and a workshop. Each session has been meticulously designed to provide practical tips and updates relevant to daily clinical practice, encompassing the management of diabetes, hypertension, thyroid diseases, cardiology, intensive care unit practices, infections, and respiratory diseases. Additionally, we will explore contemporary

issues such as the use of CT Coronary Angiogram, Lasik eye surgery, the impact of vaping, the indiscriminate use of medicines, advertising in healthcare, the health implications of whitening treatments, and the application of AI in routine practice. Special attention will also be given to sexual health issues in the LGBTQI population and techniques in enhanced medical education.

Our programme is structured to facilitate the sharing of knowledge and experience, encouraging interactive discussions and networking opportunities. The sessions are not only academically enriching but also designed to be directly applicable to clinical practice, ensuring that participants can integrate new insights into their work with immediate effect.

We are also thrilled to host the SLMA Doctors' Concert at the Faculty of Medicine, Colombo, which promises an evening of camaraderie and celebration of our shared commitment to healthcare.

On behalf of the organizing committee, I extend my heartfelt thanks to all speakers, collaborators, participants, sponsors, organizing committee members, sub-committee chairs and members, SLMA office bearers, Council members, SLMA office staff and all others who helped us in numerous ways. Your engagement and contributions are what make this congress a beacon of medical excellence. I am confident that together, we will advance our collective knowledge and improve patient care in Sri Lanka and beyond.

I look forward to welcoming you to Colombo and to a congress filled with learning, inspiration, and professional growth.

Professor Hasini Banneheke

*Vice President SLMA & Academic Chair, 137th Anniversary International Medical Congress
Sri Lanka Medical Association (SLMA)*

Programme at a Glance

Pre-Congress

Monday 15th January 2024

Workshop 1	8.00 am – 1.00 pm	Initial Management of Trauma at the Emergency Department	Neurotrauma Auditorium, NHSL
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Friday 23rd February 2024

Workshop 2	7.15 am – 5.00 pm	Emergency Point of Care Ultrasound (Em PoCUS) (In collaboration with the Sri Lanka College of Emergency Physicians)	Auditorium, Infectious Disease Hospital, Angoda
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Monday 25th March 2024

Workshop 3	7.30 am – 12.10 pm	Cardiology & Cardiac Arrhythmias: Essence of Cardiology for Emergency Department Doctors (In collaboration with the Sri Lanka College of Cardiology)	Lionel Memorial Auditorium, SLMA
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Friday 10th May 2024

Workshop 4	8.00 am – 03.45 pm	Management of Common Paediatric Emergencies (In collaboration with Paediatric Intensive Care Chapter of the Sri Lanka College of Paediatricians)	Lionel Memorial Auditorium, SLMA
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Sunday 12th May 2024

Workshop 5	7.30 am – 05.00 pm	Non-operative management of fractures & dislocations with hands on training on casting techniques (In collaboration with the Sri Lanka Orthopaedic Association & National Hospital Sri Lanka)	Epilepsy Building Auditorium, NHSL
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Monday 29th July 2024

Workshop 6	8.30 am – 1.00 pm	Colombo Wound Meeting 2024 (In collaboration with the College of Surgeons of Sri Lanka)	College of Surgeons Auditorium
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Thursday 13th August 2024

Workshop 7	8.30 am – 1.00 pm	Academic Writing and Manuscript Writing	Lionel Memorial Auditorium, SLMA
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Main Congress – 16th – 18th August 2024

Day 1: Friday, 16th August 2024

09.00 am – 12.00 noon Inauguration of the 137th Anniversary International Medical Congress

09.30 am Inauguration ceremony

11. 15 am **SLMA Oration**
Global divide in health and research; ethical and governance challenges for low and middle-income countries

12.00 pm Lunch

01.00 pm **Keynote Address**
Food security challenges: navigating through crises

01.30 pm **Professor NDW Lionel Memorial Oration**
Availability, affordability and indicators of medicines use in Sri Lanka: status prior to the crises and an analysis to address the challenges

Venue

Hall A

Hall B

Hall C

02.15 pm

Plenary 1
The scope of laser treatment in keeping the glasses away?

Plenary 2
Indiscriminate use of medicines

Poster presentation

02.45 pm

Symposium 1
Respiratory medicine

Plenary 3
The ageing brain: understanding and preventing cognitive decline

03.15 pm

Plenary 4
Fast-tracking antimalarial drug discovery

03.45 pm

Symposium 2
Mitigating the influence of Commercial Determinants of Health (CDoH)

Symposium 3
Social protection for management of undernutrition

04.15 pm

04.45 pm

Tea & End of day 1

Day 2: Saturday, 17th August 2024

08.30 am Registration

09.00 am **Dr S Ramachandran Memorial Oration**
The FibroScan: the stethoscope of the hepatologist

Venue	Hall A	Hall B	Hall C	VIP Room
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09.45 am	Plenary 5 <i>Coronary artery disease assessment</i>	Plenary 6 <i>Critical care: don't forget the patient'</i>	Poster presentation	Guidance clinic for overseas placement of doctors
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10.15 am Tea/ Photography exhibition

10.30 am	Symposium 4 <i>Cardiology: case-based discussion</i>	Panel Discussion <i>The health impact by media advertising of cosmetics, nutritional supplements & food targeting children</i>
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11.30 am **Debate**
Modern medical innovations are primarily profit oriented

12.30 pm Lunch/ Photography exhibition

01.30 pm	Symposium 5 <i>Intricacies of managing diabetes</i>	Symposium 6 <i>Comprehensive Sexuality Education (CSE): advocating & exploring strategies for influencing policy & creating public awareness</i>
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02.30 pm	Symposium 7 <i>Barriers to good hypertension control: beyond medication</i>	Free Paper Session
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03.30 pm **Interactive case-based discussion**
From coma to storm - mastering thyroid disorders

04.00 pm **Tea & End of day 2**

Day 3: Sunday, 18th August 2024

08.30 am Registration

09.00 am **Dr SC Paul Memorial Oration**
Colorectal cancer: important aspects of aetiology, diagnosis, staging and diagnosis

Venue	Hall A	Hall B	Hall C	VIP Room
09.45 am	Plenary 7 <i>Hippocrates' touch to algorithmic insight: AI for medical professionals</i>	Symposium 8 <i>Enabling a healthy food environment for school children & advocacy for implementation of the food marketing regulations</i>	Poster presentation	Guidance clinic for overseas placement of doctors

10.15 am Tea/ Photography exhibition

10.30 am	Plenary 8 <i>Addressing the concerns of the LGBTIQ persons and their families</i>	Free paper session
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11.00 am **Symposium 9**
A fresh look at vaccines

12.00 pm Lunch/ Photography exhibition

01.00 pm	Symposium 10 <i>Medical Humanities: 'Memento mori'</i>	Free paper session
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02.00 pm	Workshop <i>Airway, ventilation & renal support for the critically ill patient</i>	Symposium 11 <i>Technology enhanced medical education</i>
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03.00 pm		Symposium 12 <i>Infectious diseases: the new line of attack</i>
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04.00 pm **Closing ceremony & Tea**

07.00 pm **Doctors' Concert**
Main Auditorium, UCFM Tower, Colombo

Programme in Detail

Pre-congress

Pre-Congress Workshop 1

**Initial Management of Trauma at the Emergency Department in collaboration with the
Accident and Orthopaedic Service of
National Hospital of Sri Lanka (NHSL)
Monday 15th January 2024
Neurotrauma Auditorium, NHSL**

Professor Uma Anushka Bagga
Assistant Professor of Surgery at the Department of Trauma Acute Care Surgery & Critical Care,
Loma Linda University, California

Dr Viraj Rohana Abeykoon
Consultant General Surgeon with Special interest in Colorectal Surgery, Accident Service, NHSL

Dr Mihira Bandara
Consultant General Surgeon, Accident & Orthopaedic Trauma Unit, CSTH

Dr Sajith Ranatunga
Consultant General Surgeon & Colorectal Surgeon, NHSL

Dr W N Nidhan Perera
Acting Consultant Orthopaedic Surgeon, NHSL

Pre-Congress Workshop 2
Emergency Point of Care Ultrasound (Em PoCUS) in collaboration with
the Sri Lanka College of Emergency Physicians (SLCEP)
Friday 23rd February 2024
Auditorium, Infectious Disease Hospital, Angoda

Dr Nandana K Jayatillake, Consultant Emergency Physician/ President SLCEP

Dr Madurangi Ariyasinghe, Consultant Emergency Physician/ Chair Ultrasound Chapter/ Scientific Secretary SLCEP

Dr Thushinie Goonewardene, Acting Consultant Emergency Physician

Dr R Rajavarman, Honorary Emergency Physician, Accident & Emergency Unit, Teaching Hospital Batticaloa

Dr AG Thanuja Darshani, Consultant Emergency Physician/ General Secretary SLCEP

Dr GA Dinesh Weerasinghe, Consultant Emergency Physician,

Dr Thilina Ariyasinghe, Registrar in Emergency Medicine

Dr MDM Priyankara, Registrar in Emergency Medicine

Dr EU de Silva Jayawarna, Registrar in Emergency Medicine

EFAST demonstration & KNOBOLOGY

EFAST - Hands on skill

Lung demonstration – Pneumothorax/ Pleural effusion

Lung – Hands on skill

Volume resuscitation in shock – Demonstration

Volume resuscitation in shock – Hands on skill

EFAST – Quiz

Lung Sonography – Quiz

Shock – Quiz

Joint Effusion

Ultrasound guided IV cannulation

Pre-Congress Workshop 3

**Cardiology & Cardiac Arrhythmias: Essence of Cardiology for Emergency Department Doctors
in collaboration
with the Sri Lanka College of Cardiology
Monday 25th March 2024
Lionel Memorial Auditorium, SLMA**

Basics of ECG Interpretation

Dr Ruvan Ekanayaka

Acute Coronary Syndrome & its mimics

Dr Chamara Ratnayaka

Identifying the many faces of Bradycardia & Device Therapy

Dr Rohan Gunawardena

Syncope: Evaluation & Management

Dr Manura Lekamwattage

Atrial Fibrillation: What is new?

Dr Nishan de Vas Gunawardena

Arrhythmias you cannot miss

Dr Suresh Kottegoda

Pre-Congress Workshop 4
Management of Common Paediatric Emergencies in collaboration with
Paediatric Intensive Care Chapter
of the Sri Lanka College of Paediatricians
Friday 10th May 2024
Lionel Memorial Auditorium, SLMA

Snake Bite

Dr Udaya de Silva

Acute severe asthma

Dr Deshan Adihetti

Overview of sleep disorders

Dr Manjula Hewageegana

Diarrhoea & Dehydration

Dr Deshan Adihetti

Electrolyte imbalance

Dr Deshan Adihetti

Shock & anaphylaxis

Dr Nalin Kitulwatte

Septic shock & meningococcal sepsis

Dr Manjula Hewageegana

Sick neonate

Dr Nimesha Gamhewage

Acute kidney injury

Dr Lakshitha Samaranayaka

Hypertensive emergencies

Dr Manjula Hewageegana

Status epilepticus & raised intra cranial pressure

Dr Nalin Kitulwatte

Cardiac arrhythmias

Dr Duminda Samarasinghe

Pre-Congress Workshop 5

**Non-operative management of fractures & dislocations with hands on training
on casting techniques
in collaboration with the Sri Lanka Orthopaedic Association & National Hospital Sri Lanka
Sunday 12th May 2024
Epilepsy Building Auditorium, NHSL**

Fracture healing & non-operative treatment

Dr Upali Banagala

Clavicle fracture

Dr Sundaralinga Sutharshan

Proximal humerus fractures

Dr Kanapathipillai Umapathy

Humeral shaft fracture

Dr Shivantha Fernandopulle

Supracondylar fracture

Dr Kanagaratnam Kandeepan

Colles fracture

Dr Udai de Silva

Extra-capsular neck of femur fracture

Dr Nanda K Amarasinghe

Patellar fracture

Dr Jeyakumar Janaarthan

Tibia fibula fracture

Dr Eshan Jayaweera

Hip dislocation

Dr Rajeswaran Vimalaranjan

AC joint dislocation

Dr Parakrama Dharmaratne

Shoulder joint dislocation

Dr Dilshan Munidasa

Elbow joint dislocation

Dr Velayutham Swarnakumaar

Ankle fracture

Dr Pradeep Amarasinghe

Paediatric fractures

Dr Sunil Wijayasinghe

Practical rotation 1

Application of plaster U slab

Practical rotation 2

Dorso radial slab

Practical rotation 3

Above knee POP back slab

Practical rotation 4

Below knee plaster full cast

Practical rotation 5

Joint reduction maneuvers: hip, knee, shoulder, elbow & application of useful splints

Pre-Congress Workshop 6
Colombo Wound Meeting
In collaboration with the College of Surgeons of Sri Lanka
Monday 29th July 2024
College of Surgeons Auditorium, Colombo

Registration

Burden of wounds & wound healing

Dr Duminda Ariyaratne

Wound assessment and wound bed preparation

Dr Rezni Caseem

Acute post traumatic and post-surgical wound care - Concepts

Dr Shashanka Rathnayake

Wound dressings - correct application and myths

Dr Gayan Ekanayaka

Wound cover & reconstruction

Dr Kolitha Karunadasa

Diabetic foot

Professor Mandika Wijeyaratne

Varicose veins & venous ulcers

Dr Ranjuka Ubayasiri

Diabetic foot assessment (demo video)

Dr Thushan Gunarathne

Amputations and rehabilitation in wound care

Dr Chandana Karunathilaka

Optimizing nutrition in wound care

Dr Renuka Jayatissa

Battling difficult infections

Dr Shirani Chandrasiri

Caution! Not just ulcers

Dr Indira Kahawita

Lymphoedema reduction surgery

Dr Arunajith Peiris

Lymphoedema drainage surgery

Dr Kavinda Rajapaksa

Pressure ulcer prevention and treatment

Dr Yasas Abeywickrama

Pre-Congress Workshop 7
Academic Writing and Manuscript Writing
Tuesday 13th August 2024
Lionel Memorial Auditorium, SLMA

Introduction to Scientific Writing

Professor Athula Sumathipala/Professor Mahesh Nirmalan

Understanding the Publication Process

Professor Shamini Prathapan

Structure of a Manuscript

Dr BJC Perera /Professor Mahesh Nirmalan

Writing Techniques and Style

Dr Buddhika Fernando/ Dr BJC Perera

Data Presentation and Statistical Considerations

Professor A Pathmeswaran

Ethical Considerations in Research and Publication

Professor Athula Sumathipala/ Dr Buddhika Fernaando

Artificial Intelligence in Medical Publishing: The good, the bad, and the ugly

Dr BJC Perera

Tips for Effective Literature Review

Ms Sameeha Jabeer

Writing the Discussion and Conclusion

Professor Shamini Prathapan

Preparing a Quality Submission

Professor Shamini Prathapan

Hands-on Exercises and Peer Review

Resources and Tools for Manuscript Writing

Professor Shamini Prathapan

Sri Lanka Medical Association
137th Anniversary International Medical Congress 2024
'Ensuring Equity in Healthcare During Challenging Times'
Hotel Galadari, Colombo

Main Congress – 16th – 18th August 2024

Day 1: Friday, 16th July 2024

09.00 am **Inauguration ceremony**
Chief Guest - Dr Palitha G Mahipala, Secretary Health, Ministry of Health
Guest of Honour - Dr Alaka Singh, WHO Country Representative for Sri Lanka

Session 1 **SLMA Oration**
*Global divide in health and research; ethical and governance challenges
for low and middle-income countries*
Professor Athula Sumathipala

Day 1: Friday, 16th August 2024

12.00 pm Registration & Lunch

01.00 pm **Keynote Address**
Food security challenges: navigating through crises
Professor Buddhi Marambe

01.30 pm **Professor NDW Lionel Memorial Oration**
Availability, affordability and indicators of medicines use in Sri Lanka: status prior to the crises and an analysis to address the challenges
Professor Priyadarshani Galappatthy

Venue	Hall A	Hall B	Hall C
02.15 pm	Plenary 1 <i>The scope of laser treatment in keeping the glasses away?</i> Dr Charith Fonseka	Plenary 2 <i>Indiscriminate use of medicines</i> Professor Chandanie Wanigatunga	Poster presentation
02.45 pm	Symposium 1 <i>Respiratory Medicine</i> <i>Management of common respiratory emergencies: a guideline based approach</i> Dr Sachini Seneviratne	Plenary 3 <i>The ageing brain: understanding and preventing cognitive decline</i> Professor Varuni de Silva	
03.15 pm	<i>A window into the lung: interpreting chest x-rays confidentially</i> Dr Upul Pathirana <i>Vaping and E-cigarettes: unravelling the unknown</i> Dr Neranjan Dissanayake	Plenary 4 <i>Fast-tracking antimalarial drug discovery</i> Professor Niroshini Nirmalan	

Day 1: Friday, 16th August 2024

Venue	Hall A	Hall B	Hall C
03.45 pm	<p>Symposium 2 <i>Mitigating the influence of Commercial Determinants of Health (CDoH)</i></p> <p><i>Addressing the Commercial Determinants of Health: WHO approach</i> Dr Suvajee Good Dr Monica Kosinska</p> <p><i>Navigating health challenges: turning evidence into policy</i> Dr Nisha Arunatilake</p> <p><i>Significance of social determinants and social participation in tackling CDoH</i> Dr Diyanath Samarasinghe</p> <p><u>Panel Discussion:</u> Dr Palitha Abeykoon (Moderator) <u>Panelists</u> Dr S Sridharan Dr Susie Perera Professor Saroj Jayasinghe</p>	<p>Symposium 3 <i>Social protection for management of undernutrition</i></p> <p><i>Cost of the nutritious diet for a child with MAM</i> Dr Kalana Peiris</p> <p><i>Efficacy trial for MAM children in Nuwara Eliya</i> Professor Guwani Liyanage</p> <p><i>Access to fortified rice through social protection</i> Dr Arvind Bettigeri</p>	<p>Poster presentation</p>
04.45 pm	Tea & End of day 1		

Day 2: Saturday, 17th August 2024

08.30 am Registration

09.00 am **Dr S Ramachandran Memorial Oration**
The FibroScan: the stethoscope of the hepatologist
 Professor Arjuna de Silva

Venue	Hall A	Hall B	Hall C	VIP Room
09.45 am	Plenary 5 <i>Coronary artery disease assessment</i> Dr Wasantha Kapuwatte	Plenary 6 <i>Critical care: don't forget the patient'</i> Dr Dilshan Priyankara	Poster presentation	Guidance clinic for overseas placement of doctors
10.15 am	Tea/ Photographic exhibition			
10.30 am	Symposium 5 <i>Cardiology - case-based discussion</i> <i>Update on Unstable Angina & Non-ST elevation myocardial infarction (NSTEMI)</i> Dr Tanya Pereira <i>ST-elevation myocardial infarction management update (STEMI)</i> Dr Disna Amaratunga <i>Syncope: points & pearls</i> Dr Mevan Wijetunga	Panel Discussion 1 <i>The health impact by media advertising of cosmetics, nutritional supplements & food targeting children</i> Mini-plenaries <i>The bitter side of 'fair skin'</i> Dr Nayani Madarasinghe <i>Sports nutrition supplements - Do they really work?</i> Dr Hashan Amaratunga <i>Regulations pertaining to media advertising</i> Mr Asoka Dias <u>Panel discussion</u> <i>Impact of adverting on the public</i> Professor Asita de Silva (Moderator) <u>Panelists</u> Dr Angela De Silva Dr Nayani Madarasinghe Dr Hashan Amaratunga Mr Asoka Dias		
11.30 am	Debate <i>Modern medical innovations are primarily profit oriented</i>			

Day 2: Saturday, 17th August 2024

Venue	Hall A	Hall B	Hall C	VIP Room
12.30 pm	Lunch/ Photography exhibition		Poster presentation	Guidance clinic for overseas placement of doctors
01.30 pm	<p>Symposium 5 <i>Intricacies of managing Diabetes</i> <i>In the emergency department</i> Dr Niranjala Meegoda Widanage <i>In hospitalized surgical patients</i> Dr Uditha Bulugahapitiya <i>In family practice</i> Dr Manilka Sumanathilake</p>	<p>Symposium 6 <i>Comprehensive Sexuality Education (CSE): advocating & exploring strategies for influencing policy & creating public awareness</i> <i>Global/ regional advocacy efforts, policies & frameworks available for formalization of CSE, how can Sri Lanka adapt to accelerate?</i> Ms Arushi Singh <i>Realities of not having access to accurate information & services for young people, what are the implications?</i> Dr Santhushya Fernando <i>Implementing & formalizing CSE in Sri Lanka</i> Mr Hans Bilimoria</p>		
02.30 pm	<p>Symposium 7 <i>Barriers to good hypertension control: beyond medication</i> <i>Understanding the social hurdles in hypertension management</i> Professor Rifdy Mohideen <i>Optimizing lifestyle measures in hypertension management: what is new?</i> Professor Udaya Ralapanawa <i>Improving adherence in hypertension: a practical approach</i> Professor Thushara Matthias</p>	Free Paper Session		
03.30 pm	<p>Interactive case-based discussion <i>From coma to storm - mastering thyroid disorders</i> Dr Supun Wijewardena</p>			
04.00 pm	Tea & End of day 2			

Day 3: Sunday, 18th August 2024

08.30 am Registration

09.00 am **Dr SC Paul Memorial Oration**
Colorectal cancer: important aspects of aetiology, diagnosis, staging and diagnosis
 Professor Ishan De Zoyza

Venue	Hall A	Hall B	Hall C	VIP Room
09.45 am	Plenary 7 <i>Hippocrates' touch to algorithmic insight: AI for medical professionals</i> Professor Pandula Siribaddana	Symposium 8 <i>Enabling healthy food environment for school children & advocacy for implementation of the food marketing regulations</i> <i>Global context on healthy food environment for school children & implemented regulations</i> Dr Abner Daniel <i>Healthy canteen promotion and supportive food regulations</i> Dr Bhanuja Wijayatilaka <i>Assessing nutrition environments for school age children</i> Professor Kathryn Backholer	Poster presentation	Guidance clinic for overseas placement of doctors
10.15 am	Tea/ Photography exhibition			
10.30 am	Plenary 8 <i>Addressing the concerns of the LGBTIQ persons and families</i> Dr Kapila Ranasinghe	Free paper session		
11.00 am	Symposium 9 <i>A fresh look at vaccines</i> <i>Vaccines for people with diabetes</i> Dr Suneet Verma <i>Immunization of the elderly</i> Dr Kanthi Nanayakkara <i>Vaccine hesitancy: Impact on herd immunity & disease outbreaks</i> Professor Jennifer Perera			

Venue	Hall A	Hall B	Hall C	VIP Room
12.00 pm	Lunch/ Photography exhibition		Poster presentation	Guidance clinic for overseas placement of doctors
01.00 pm	Symposium 10 <i>Medical humanities: 'Memento mori'</i> Professor Mahesh Nirmalan Professor Dinithi Fernando Dr Santhushya Fernando	Free paper session		
02.00 pm	Workshop <i>Airway, ventilation & renal support for the critically ill patient</i> <i>Oxygen therapy & continuous Positive Airway Pressure (CPAP)</i> Dr Dakshi T Jayawickrama <i>Ventilators & ventilation</i> Dr Haritha Dharmakirthi <i>Continuous Renal Replacement Therapy (CRRT)</i> Dr Rasanee Wanigasuriya	Symposium 11 <i>Technology enhanced medical education</i> <i>Anatome: Integration of anatomy, histopathology & radiology</i> Dr Mona Arafa & Dr Leah Jones <i>Integrated Structured Clinical Examination (ISCE)</i> Dr James Burston <i>Paper free exams with safe exam browsing</i> Dr Mahab Aljannat & Dr Victoria Gray		
03.00 pm		Symposium 12 <i>Infectious Diseases: The new line of attack</i> <i>Nanopore sequencing for clinical applications in low resource settings</i> Dr Lakmal Jayasinghe <i>Influence of innate lymphocytes on dengue disease outcomes</i> Professor Ashley St John		
04.00 pm	Closing Ceremony & Evening Tea			
07.00 pm	Doctors' Concert Main Auditorium, UCFM Tower, Colombo			

List of Orations

SLMA Oration

Global divide in health and research; ethical and governance challenges for low and middle-income countries

Professor Athula Sumathipala

MBBS, DFM, MD (Family Medicine), MRCPsych (UK), FSLCGP Sri Lanka, FRCPsych, CCST(UK), PhD (London)
Director, Institute for Research and Development in Health and Social Care, Colombo, Chairman, National Institute of Fundamental Studies, Kandy

Professor NDW Lionel Memorial Oration

Availability, affordability and indicators of medicines use in Sri Lanka: status prior to the crises and an analysis to address the challenges

Senior Professor Priyadarshani Galappatthy

MBBS (Col), MD (Col), MRCP (UK), DipMedTox (Cardiff), FCCP(SL), FRCP(Lond) fied

Specialist in General Medicine and Senior Professor and Chair Professor of Pharmacology Faculty of Medicine University of Colombo, Sri Lanka

Dr S Ramachandran Memorial Oration

The FibroScan: the stethoscope of the hepatologist

Vidya Jyothi Professor Arjuna Priyadarsin De Silva

MBBS, MD, MSc (Oxon), FRCP (Lond), FCCP, AGAF, FNASSL

Consultant Physician and Senior Professor in Medicine, Faculty of Medicine University of Kelaniya, Sri Lanka

Dr SC Paul Memorial Oration

Colorectal cancer: important aspects of aetiology, diagnosis, staging and diagnosis

Professor Ishan De Zoysa

MBBS (Colombo), DM (Colombo), MS (Colombo), FRCS (England), FRCS (Edinburgh)

Professor in Surgery, Department of Surgery, Faculty of Medicine, University of Colombo

Abstracts of the Orations

SLMA Oration



Global divide in health and research; ethical and governance challenges for low and middle-income countries

Professor Athula Sumathipala

Global divide in health and research; ethical and governance challenges for low- and middle-income countries

There exists a profound global disparity: the division between the affluent nations of the global North (High-Income Countries - HICs) and the less affluent nations of the global South (Low- and Middle-Income Countries - LMICs). This disparity spans across various facets including health resources, healthcare accessibility, research funding, research publications, and authorship. Such a division gives rise to numerous ethical quandaries and dilemmas.

Traditionally, bioethics has predominantly employed philosophical analysis and ethical theory to grapple with moral issues in these domains. However, empirical bioethics seeks to enrich this approach by integrating empirical data—such as surveys, interviews, observational studies, and experiments—into ethical deliberations. Through the collection and analysis of empirical data, empirical bioethics aims to gain deeper insights into the perspectives, values, and experiences of stakeholders entangled in ethical quandaries.

This discourse presents research findings from studies focusing on the global disparities in research publications, highlighting the underrepresentation of LMICs in the research literature. It examines research on disaster-related topics, issues surrounding informed consent, governance in data sharing and biobanking, and public comprehension of research, particularly in genomic studies. Furthermore, it outlines initiatives in building research ethics capacity, particularly from the perspective of LMICs, aimed at enhancing research ethics and governance in Sri Lanka and across South Asia. It also discusses the broader impacts stemming from these efforts, which extend beyond mere publication outputs.

Professor NDW Lionel Memorial Oration



Availability, affordability and indicators of medicines use in Sri Lanka: status prior to the crises and an analysis to address the challenges

Senior Professor Priyadarshani Galappaththy

This oration presents the indicators and data on the pharmaceutical sector in Sri Lanka, based studies conducted at national level, covering all 25 districts in the country and reported international literature. WHO/International Network on Rational Use of Drugs (INRUD) indicators on Sri Lanka on prescribing, dispensing and patient care indicators and index of rational use of drugs in government outpatient departments in the country, private sector three categories of pharmacies in the country and in the inpatient setting of the main specialties in Colombo group of hospitals is presented. The availability and affordability of 100 essential medicines used for both communicable and non-communicable diseases, their prices as per the WHO/Health Action International (WHO/HAI) methodology in government hospitals and private sector pharmacies in the country, the most prescribed medicines in government and private sector in Sri Lanka and patient's knowledge on dispensed medicines, which is a patient care indicator is also included.

The oration also covers an extensive situation analysis conducted in 2023, following the economic crisis, using

quantitative and qualitative methodology, including an analysis of spending on pharmaceutical supplies from 2018-2022, contributory factors for the crisis in the pharmaceutical sector, identification of challenges and barriers and the recommendations. If we address these and implement at least some of the recommendations, we would be able to not only get back to the indicators described but improve on these significantly in the country. These data presented, some for the first time, have made advances to the knowledge on the pharmaceutical sector in Sri Lanka.

Dr S Ramachandran Memorial Oration



The FibroScan: the stethoscope of the hepatologist

Vidya Jyothi Professor Arjuna Priyadarsin De Silva

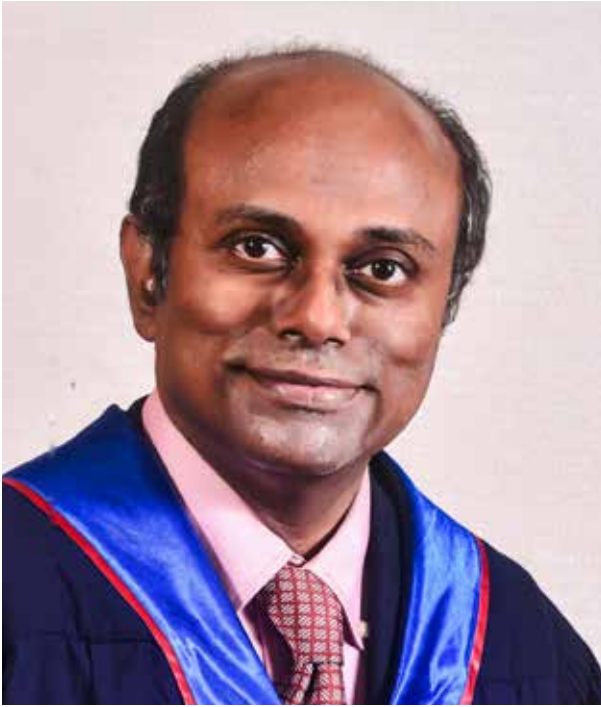
For over a hundred- and forty-years liver biopsy has remained the 'gold standard' for diagnosing liver fibrosis and cirrhosis. However, since it is an invasive procedure with a significant mortality and morbidity there was always the need for a new 'gold standard' to diagnose liver fibrosis. Of the plethora of noninvasive tests available, FibroScan is one of the most widely accepted.

We will discuss seven studies focusing on liver fibrosis, varices prediction and the utility of noninvasive techniques like FibroScan in diagnosing liver conditions. One study evaluated the Baveno VII criteria and splenic stiffness measurements in predicting varices in patients with compensated advanced liver cell disease. Another compared the FASTTM score with Baveno VII criteria in detecting varices. A mobile app was developed to assist in excluding varices, utilizing liver transaminase levels and transient elastography. Additionally, research explored the association between steatosis and liver damage in transfusion-dependent beta-thalassemia patients and the reversibility of liver fibrosis with intensive chelation therapy. Probiotics' effects on metabolic derangement in obese children with NAFLD/NASH and the influence of Gilbert's syndrome on patients with MASLD were also investigated.

The studies highlight the importance of noninvasive methods like FibroScan in diagnosing liver conditions, aiding in predicting varices, assessing liver damage, and guiding treatment decisions.

These advancements offer a less invasive and more precise approach to managing liver diseases, potentially revolutionizing hepatology practice. Further research is suggested to validate these findings and enhance patient care strategies.

Dr SC Paul Memorial Oration



Colorectal cancer: important aspects of aetiology, diagnosis, staging and diagnosis

Professor Ishan De Zoysa

Colorectal Carcinoma (CRC) is one of the commonest tumours and its incidence is rising worldwide and also in Sri Lanka. This oration is based on 5 studies on aetiology, screening staging and prognosis of CRC. In the first study, consumption of six or more cups of brown tea per day and beef consumption was found to be associated with CRC.

In the second study, we systematically reviewed studies on CRC-related autoantibodies and critically analyzed the role of these autoantibodies in CRC. Autoantibodies against CCD83, carcinoembryonic antigen, MAPKAPK3, RPH 3AL, SEC61b, and SPAG9 showed high sensitivity and specificity when tested alone. When tested in combination, autoantibodies against three antigens (PIM1, MAPKAPK3, and ACVR2B) showed high sensitivity and specificity.

Current guidelines on rectal cancer (RC) management recommend pre-operative MRI for loco-regional staging and CT for staging of metastases for appropriate selection of patients for chemo-radiotherapy (CRT). This study showed that CT alone (as practiced by the vast majority of surgeons in Sri Lanka) leads to over-staging of tumours and patients may thus receive unnecessary chemo-radiotherapy prior to surgery resulting in unwanted side effects.

In the fourth study, the value of modified mismatch polymerase chain reaction-restriction fragment length polymorphism (PCR-RFLP) assay to detect mutation in K-ras codons of CRC patients was investigated and the mutational status was correlated with the occurrence of liver metastasis. K-ras mutations of codons 12 and/or 13 of exon 2 were detected in 47% of patients. Of the patients, 43% developed liver metastases. There was a significant association between the presence of the K-ras mutation in codon 12 and the occurrence of liver metastasis.

There are concerns about adequate lymph node dissection and safe resection margins in laparoscopic colorectal cancer surgery. The fifth study was aimed at comparing the lymph node (LN) clearance, Circumferential Resection Margins (CRM) and 3-year survival for open and laparoscopic colorectal cancer surgery. The CRM was found comparable in the two groups. The laparoscopic group had a significantly higher LN harvest. Three-year survival rates were similar in the two groups.

SLMA Awards for free papers and posters

The following prizes will be awarded for free papers and posters accepted for presentation at the 137th Anniversary International Medical Congress 2024

1. Dr E M Wijerama
2. Dr S E Seneviratna
3. Dr H K T Fernando
4. Sir Nicholas Attygalle
5. Dr Wilson Peiris
6. Professor Daphne Attygalle (Cancer)
7. Sir Frank Gunasekera (Community Medicine and Tuberculosis)
8. Dr Kumaradasa Rajasuriya (Tropical Medicine)
9. Special prize in cardiology
10. The SLMA prize for the best poster
11. Dr S Ramachandran (Nephrology)
12. Best presentation in pharmacology

Resource Persons

Local Faculty



Professor Buddhi Marambe
*Senior Professor Department of Crop Science
Faculty of Agriculture,
University of Peradeniya*



Dr Charith Fonseka
*Consultant Vitreoretinal Surgeon
National Eye Hospital, Colombo*



Professor Chandanie Wanigatunga
*Senior Professor and Chair of
Pharmacology
Faculty of Medical Sciences
University of Sri Jayewardenepura*



Dr Sachini Seneviratne
*Consultant Respiratory Physician
District General Hospital
Vavuniya*



Dr Upul Pathirana
*Consultant Respiratory Physician
District General Hospital Trincomalee*



Dr Neranjan Dissanayake
*Consultant Respiratory Physician
Teaching Hospital & District Chest
Clinic
Kaluthara*



Professor Guwani Liyanage
Professor in Paediatrics
University of Sri Jayawardenapura



Dr Kalana Peiris
Head, School based & Nutrition
Programme
WFP, Sri Lanka



Dr Nisha Arunatileke
Director Research
Institute of Policy Studies (IPS)



Professor Diyanath Samarasinghe
Consultant Psychiatrist



Professor Saroj Jayasinghe
Emeritus Professor of Medicine
University of Colombo



Dr Susie Perera De Silva
Public Health Specialist
Consultant, WHO Country office
Sri Lanka



Dr S Sridharan
Deputy Director General (Planning)
Ministry of Health



Dr Wasantha Kapuwatte
Consultant Interventional Cardiologist
National Hospital of Sri Lanka
Colombo



Dr Dilshan Priyankara
Consultant in critical care Medicine
National Hospital Sri Lanka



Dr Tanya Pereira
President of the Sri Lanka College of Cardiology



Dr Disna Amaratunga
*Consultant Cardiologist
 Institute of Cardiology
 National Hospital Sri Lanka*



Dr Nayani Madarasinghe
*Consultant Dermatologist
 Base Hospital Homagama*



Dr Hashan Amarathunga
*Sports Nutrition Physician - Sri Lanka Cricket
 Clinical Nutrition Physician
 Ministry of Health*



Mr Asoka Dias
*Director MTV & MBC
 MTV Channel Pvt Ltd
 MBC Networks Pvt Ltd*



Dr Niranjala Meegoda Widanage
*President Sri Lanka College of Endocrinologists
 Consultant Endocrinologist
 Colombo South Teaching Hospital (CSTH)*



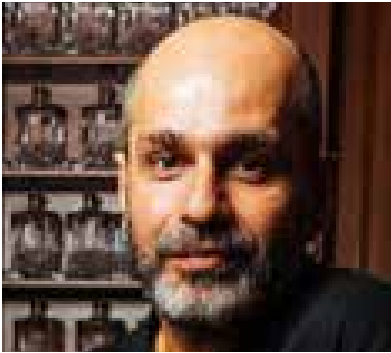
Dr Uditha Bulugahapitiya
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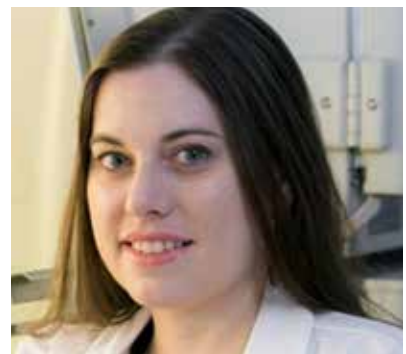
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Abstracts of keynote, plenaries, panel discussion, workshop and symposia

Keynote address:

Food security challenges: Navigating through crises

Professor Buddhi Marambe

Agriculture in Sri Lanka, a sector that has evolved over centuries, is currently a key player in the economy of the country. It has significantly contributed to food and nutrition security, primarily through increased primary production, export earnings, and the provision of nutritious food, while ensuring sustainable use of natural resources. Notably, in 2023, amidst an overall GDP contraction of 2.3%, the agriculture sector demonstrated a growth of 2.6%, showcasing its resilience and potential for further development. In 2022, the overall economy showed a negative growth of 7.8%, with agriculture contracted by 4.6%, Industry by 16.0% and Services by 2%.

Through investments in research and development, Sri Lanka has shown progress in many sub-sectors of agriculture. For example, the new high-yielding varieties developed through breeding by Sri Lankan scientists have helped increase the average yield from 650 kg/hectare in the 1940s to more than 4,700 kg per hectares in 2020. In response to the greater demand by the farming community for planting material of crop hybrids, the Department of Agriculture (DOA) has developed five maize hybrids that perform as well as the imported hybrids and introduced chilli hybrids that have high yields and the ability to produce dry chilli. The DOA has released two drought-tolerant rice varieties (Bg251 and Bg314) to adapt to a changing climate. Tea Research Institute (TRI) of Sri Lanka has also released the first drought-tolerant tea cultivar (TRI 5000 series) to tackle the threats of climate change.

Despite many achievements, the irrational policy decision taken by the government of Sri Lanka in 2021 to impose a complete ban on the importation of synthetic fertilizers and pesticides for agricultural purposes, has negatively affected the agriculture sector. Availability, affordability, accessibility, and stability while ensuring safe and nutritious food at all times, based on people's preferences, encompasses the concept of food security. The economic crisis and poor policy-making in relation to agriculture have increased the cost of production of raw materials for food (human consumption), feed (animal consumption), and other export-oriented crops. They further reduced paddy production by 34%, maize production by 50% and tea production by 17% in 2022. The country is still struggling to recover from the destroyed agricultural economy and provide raw materials for agro-based industries, e.g., food, feed, and beverages.

Climate change and policy changes are two such human-induced challenges resulting in significant negative impacts on the progress of the sector. The DOA and many other state and private sector organizations have formally introduced the certification programme on Good Agricultural Practices (GAP), which would no doubt avoid misuse of agricultural inputs, reduce the cost of production, increase yield, and ensure the availability of the produce to consumers at affordable prices. Moreover, integrating Climate-Smart Agriculture (CSA) coupled with shrewd and precise agricultural technologies into GAP will be the key to further modernizing the agriculture sector, tackling dangerous climate change, improving farmer profits, and providing consumers with safe and nutritious food. Such measures would also help to retain knowledgeable youth to drive the sector forward. Sri Lanka needs to focus on the progressive evolution of agriculture, counteracting the myths, and relying on scientific facts to achieve national food security goals.

Plenary 1:

The scope of laser treatment in keeping the glasses away

Dr Charith Fonseka

LASIK (Laser-Assisted in Situ Keratomileusis) is a popular refractive surgery that corrects vision by reshaping the cornea using an excimer laser. This segment will explore the fundamentals of LASIK, covering its history, technological advancements, and procedural steps. Attendees will gain insights into patient selection criteria, pre-operative evaluations, and post-operative care. The presentation will highlight the benefits of LASIK, such as reduced dependence on glasses or contact lenses, and discuss potential risks and complications. The impact of LASIK on patients' quality of life will be illustrated. This session aims to provide an understanding of LASIK, equipping attendees with the knowledge to make informed decisions about this vision correction option.

Plenary 2:

Indiscriminate use of medicines

Professor Chandani Wanigatunga

Indiscriminate use of medicines occurs when medicines are prescribed or taken randomly and without careful judgment. Such use negates the beneficial effects expected from medicines while increasing healthcare costs. Three stakeholders are involved in this problem – viz. prescribers, pharmacists, patients and/or their caregivers.

Prescribers are expected to analyse the problems the patients have, using available evidence and tools and prescribe medicines appropriate to alleviate the conditions. However, there are many instances where medicines with no proven benefits are prescribed. There are also instances where medicines of proven benefit are prescribed to patients who will not benefit from them. Dispensing medicines without a valid prescription and “prescribing medicines” by pharmacists and self-medication and demanding unnecessary medicines from prescribers by patients contribute towards indiscriminate use of medicines, thereby negating the benefits that can be obtained.

Plenary 3:

The ageing brain: understanding and preventing cognitive decline

Professor Varuni de Silva

As we age, the brain undergoes several transformations, including reduced brain volume, particularly in the hippocampus and prefrontal cortex, decreased synaptic density, and alterations in neurotransmitter systems. These changes contribute to declines in memory, executive function, and processing speed. Additionally, increased amyloid-beta accumulation and tau pathology are linked to neurodegenerative diseases like Alzheimer's. There is increasing evidence that vascular changes, such as reduced cerebral blood flow and increased blood-brain barrier permeability, may play a major role in conditions such as Alzheimer's dementia and hippocampal sclerosis. The importance of cardiovascular health in preventing cognitive impairment is well known, and recent evidence also links multicomponent exercise including aerobic, strength, balance and flexibility training to prevent cognitive decline in older adults.

Plenary 4:

Fast tracking antimalarial drug discovery

Professor Niroshini Nirmalan

Malaria continues to be a leading infectious disease killer globally, with sub-Saharan Africa bearing 90% of the annual mortality burden of approximately 700,000 deaths. In addition to this, the substantial disease burden of 3 million cases per year, impacts significantly on the fragile economies of the endemic countries. The reports of frontline artemisinin-resistant malaria in the Greater Mekong Subregion (GMS) in 2007 has now, predictably, spread to North India and East Africa with very significant implications for effective control of this diseases (Zhou et al, 2022). More recent African foci for the Pfk13-propeller domain mutation include Rwanda, Ethiopia, Kenya and Ghana.

Drug repositioning is the use of existing drugs for conditions other than which they were originally designed for. Since the bio-availabilities, safety profiles, mechanisms of action etc. are already known for these drugs, the drug development pathway is significantly shortened. The work presented here will summarize 13 years of research from the Malaria Research Group led by Prof Nirmalan at the University of Salford and focus on Drug Re-positioning (Re-purposing) as an alternative route to fast-tracking anti-malarial drug discovery.

Plenary 5:

Coronary artery disease assessment

Dr Wasantha Kapuwatta

Coronary artery disease is the number one cause of mortality worldwide, with southeast Asia showing an alarming rise in prevalence at a very young age. Primordial prevention is of uttermost importance and primary prevention will give a greater impact on mortality, morbidity as well as health of the country.

Coronary artery disease is a spectrum of clinical presentation. Starting from normal coronary arteries, Minor coronary plaque disease (Non flow limiting), coronary artery disease with positive or negative remodeling, Coronary plaque causing stable angina, Coronary plaque causing acute coronary syndrome to Chronic ischemia causing Ischemic dilated cardiomyopathy (Without myocardial infraction).

Exercise ECG has very low sensitivity (50%) to detect CAD and is 100% insensitive to diagnose non flow limiting disease even though they manifest as ACS. EX ECG is misleading in life threatening Left main disease. All other functional tests (Stress Echocardiogram, Stress MRI, nuclear scans) detect flow limiting CAD with more sensitivity compared to EX ECG.

ACS can occur at any stage of CAD and CT coronary angiogram is the only screening test tha detects it with sensitivity of 95%-99% and specificity of 80% and most importantly negative predictive valve of 99% in trained eyes.

Cardiac MRI (CMR) is a new addition to Sri Lanka, and its main use is to detect myocardial disease. It is the only test that can differentiate ischemic dilated cardiomyopathy from other forms of dilated cardiomyopathy. Most importantly CMR detects death myocardium for revascularization decisions. CMR is the only test that transmurally diagnoses an infraction which can predict the reversibility of NSTEMI revascularization.

Plenary 6:

Don't forget the patient

Dr Dilshan Priyankara

The traditional approach in medicine often prioritizes investigations and diagnostic procedures over a comprehensive understanding of the patient as an individual. This advocates for a paradigm shift towards treating the patient as a whole rather than merely treating test results. By focusing on holistic care, clinicians can better address the interconnected aspects of physical, psychological, and social well-being that contribute to overall health. This approach emphasizes patient-centered care, where medical decisions are informed not only by clinical data but also by the patient's values, preferences, and quality of life. These concepts illustrate the benefits of integrating holistic principles into medical practice, promoting more effective and compassionate healthcare delivery.

Plenary 7:

Hippocrates' touch to algorithmic insight: AI for medical professionals

Professor Pandula Siribaddana

AI has the potential to revolutionize healthcare by enhancing diagnostic accuracy, improving treatment decisions, and optimizing patient outcomes. However, its integration into medical practice raises profound ethical, legal, and practical challenges. This plenary will discuss the transformative impact of artificial intelligence (AI) on the medical profession, drawing parallels between the traditional wisdom of Hippocrates and the modern capabilities of algorithmic insight. In doing so, the plenary will first explore the relevance of Hippocratic principles in the age of AI before discussing how AI has been transforming routine practice and professional life for medical professionals. Applications of AI will be critically looked at as the plenary emphasizes on the importance of maintaining human oversight and compassion in the face of technological advancement. The plenary will outline a path that would allow medical professionals both to harness the potential of AI while upholding the principles of patient-centered care and ethical practice.

Plenary 8:

Addressing the concerns of LGBTQI persons and their families as a doctor

Dr Kapila Ranasinghe

Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex (LGBTQI+) individuals encounter structural and interpersonal discrimination that significantly affect their well-being and health. Virtually no progress in laws or regulations protecting the rights of this marginalized group of the society has been made since independence of the country from Colonial rulers. In addition, gaps in nondiscrimination laws adopted by the country leave many LGBTQI+ people vulnerable. At the same time health providers in Sri Lanka have received no or minimal training about the health care needs of this special group of health care seekers. In this context, addressing the concerns of LGBTQI+ persons and their families becomes crucial.

LGBTQI+ youth often experience isolation, rejection, and phobia. In addition, they face marginalization due to societal norms. Mental health challenges disproportionately affect LGBTQI+ populations. Easily accessible user-friendly mental health services and unbiased support networks are rare in Sri Lanka.

Efforts to address the concerns of LGBTQI+ persons and their families should focus on giving essential information about the needs and services available to this marginalized group in the society, guiding them to access health care services, providing legal protection, mental health support, and fostering inclusive environments. By promoting acceptance, resilience, and connectedness, we can create a more equitable and supportive society for all.

Symposium 1:

Respiratory medicine

Abstracts of the session

Management of common respiratory emergencies: a guideline-based approach

Dr Sachini Seneviratne

Successful and timely management of medical emergencies is a necessary and mandatory skill for all doctors. The need for rapid assessment, quick analysis and action gives little time for referring doubts. It is an area where attempts are made to give clear cut guidance, As on many occasions these dire situations are managed out of hours by the junior most members of the medical team. Globally, professional medical colleges and medical bodies recognize this as an issue and guidelines are regularly rolled out to avoid a situation where “too little, too late” is done.

The aim of this symposia is to shed light on what’s new in the management of common respiratory emergencies such as exacerbations of asthma and COPD and conditions like pneumothorax, all in which timely intervention provides a successful outcome. Despite the guidelines Sri Lanka is at presenting facing many challenges due to resource limitation and this too will be discussed.

A window into the lung: interpreting Chest X-rays confidently

Dr Upul Pathirana

The chest radiograph is a simple and common first-line imaging tool for the assessment of thoracic structures globally. The complex mediastinum and air in the lungs provide us with natural contrasting agents. Furthermore, the techniques of different views, like lateral imaging, facilitate the accurate identification of anatomical structures and involved sites. It supports clinicians for rapid diagnosis and confirmation of clinical findings. Therefore, confidence in interpreting chest X-rays is pivotal to not miss a life-threatening diagnosis. The chest radiographs are also increasingly used for screening purposes prior to employment. Hence, overdiagnosis of normal appearances results in rejecting the medical assessment and further advanced investigations. Thus, I mainly focus on the identification of red flag radiological signs and their interpretation, along with clinical findings while paying some attention to pathological mimics.

Vaping & E-cigarettes: unravelling the unknown

Dr Neranjan Dissanayake

There is growing evidence which strongly indicates that e-cigarettes and similar inhaler devices are unsafe and harmful.

Like cigarette smoking, these devices cause lung irritation and damage to the lungs sometimes culminating in fatal injuries such as E cigarette and Vaping associated Acute Lung Injury (EVALI) that caused almost 2500 deaths in the USA.

They also contain nicotine, and sometimes cannabinoids, which are highly addictive, increasing the trend for continuous nicotine use and poses risks of damaging the developing brains of children and adolescents. Despite all the proven harmful effects of smoking and vaping (use of e cigarettes and similar devices), the deliberate promotion and marketing of these products, unfortunately, with a specific focus on minors, adolescents, and women, is carried out by various interested parties.

Through both academic and non-academic initiatives, and through advocacy, we are committed to educating, advocating, and implementing measures that safeguard the respiratory health of our communities, especially the younger generations. As the College of professionals, dealing on a day-to-day basis in preserving the respiratory health and general wellbeing of our fellow countrymen, we emphasize the need for strong legislation to hinder the use and the promotion of Tobacco and non-tobacco containing harmful inhalation devices and to build up a network to support smoking and vaping cessation with medicinal prescription therapies.

Most countries have taken strong and decisive legislative measures well supported with public health interventions. We strongly urge the policy making bodies of Sri Lanka, to devise a mechanism to study and implement these strategies in Sri Lanka to help Sri Lanka be a “Smoking and Vaping Free Country”.

This discussion is to facilitate this goal and to Unravel the harmful effects of Vaping and other inhalation devices.

Symposium 2:

Commercial Determinants of Health (CDoH)

Addressing Commercial Determinants of Health: WHO's Approach

Dr Suvajee Good & Dr Monica Kosinska

Navigating Health Challenges: Turning Evidence into Policy

Dr Nisha Arunatileke

Significance of Social Determinants and Social Participation in Tackling CDoH

Professor Diyanath Samarasinghe

Abstract of the session

The social determinants of health encompass the circumstances into which individuals are born, grow, work, live, and age. They also include the healthcare systems available and the broader set of influences and structures that shape everyday life. These influences include economic policies, development plans, social norms, social policies, and political systems. Addressing social determinants is crucial as it helps not only to prevent illnesses but also to enhance overall well-being and promote fairness within society.

Commercial determinants of health (CDoH) are a significant aspect of social determinants and pertain to the conditions, actions, and inactions by commercial entities that impact health. These determinants emerge from the exchange of goods and services for payment and include both the commercial activities themselves and the environment in which they occur. They can have either positive or negative effects on health.

Public health and medical professionals are increasingly recognizing the influence of commercial systems and products on population health behaviors. Non-communicable diseases (NCDs), often referred to as 'lifestyle diseases', are closely associated with behaviors such as tobacco use, alcohol consumption, unhealthy diets, and physical inactivity. These behaviors and consumption patterns are socially constructed and heavily influenced by large-scale production, marketing, and distribution of products, making them easily accessible and appealing to various population groups.

Recently, the World Health Organization (WHO) attempted to define CDoH as the conditions, actions, and omissions by corporate actors that affect health. These factors arise in the context of providing goods or services for payment, encompassing commercial activities and the environment in which commerce occurs. CDoH significantly impacts health at local and global levels, spanning various sectors and populations.

Challenges also arise from business structures, regulatory regimes, and tax systems that allow profits to flow away from the regions where health impacts and costs occur. These profits often result from the exploitation of populations and natural environments, exacerbated by inadequate labor laws and social protection systems. While consumer protections are effective in most South-East Asian countries, the influence of international trade and economic developments poses challenges. Experiences related to tobacco prevention and corporate interference underscore the critical role of organizations like the World Trade Organization (WTO) in trade agreements. Additionally, Trade-related Aspects of Intellectual Property (TRIPS) influence product content disclosure and labeling policies.

The 152nd Session of the WHO Executive Board, held in December 2022, addressed the topic of Social Determinants of Health. In paragraph 22, the Director-General highlighted the WHO Secretariat's commitment to supporting countries in enhancing their understanding of commercial determinants of health. While significant efforts have been made to examine the impact of specific private sector products—most notably the tobacco industry—on public health outcomes, there is a growing call for a systematic approach.

Key areas of focus include tobacco, alcohol, ultra-processed foods, and fossil fuels, which significantly impact mortality rates. It is crucial to engage in cross-sectoral dialogues to understand both the positive and negative effects of CDoH. This involves considering power dynamics, systematic pathways, and public health interventions, including upstream policies that promote health across all sectors.

To address commercial determinants of health comprehensively, collaboration is essential among public health communities, professional associations, economic sectors, finance institutions, and national and local governments responsible for regulating international and domestic trade. This timely meeting aims to raise awareness and deepen understanding of CDoH in the region.

Symposium 3:

Social protection for management of undernutrition

Cost of the nutritious diet for a child with Moderate Acute Malnutrition (MAM)

Dr Kalana Peiris

Efficiency trial for MAM children in Nuwaraeliya

Professor Guwani Liyanage

Access to fortified rice through social protection

Dr Arvind Bettigeri

Abstract of the session

Undernutrition remains a significant public health challenge, particularly among children in low- and middle-income countries. Addressing this issue requires a multifaceted approach, integrating nutritional interventions with social protection measures to ensure sustainable improvements in child health and development. This symposium brings together leading experts in the field to discuss innovative strategies and evidence-based solutions for managing undernutrition through social protection mechanisms.

Dr. Kalana Peiris, Head of Nutrition and School Based Programmes, World Food Programme, will present on '*Cost of the Nutritious Diet for a Child with Moderate Acute Malnutrition (MAM)*'. Dr. Peiris will explore the economic aspects of providing a nutritious diet to children suffering from MAM, highlighting the financial barriers and potential solutions to making nutritious diets more accessible and affordable. This presentation will delve into cost analyses and budget considerations crucial for policymakers and program implementers.

Professor Guvani Liyanage, Chair/Professor of Pediatrics, University of Sri Jayawardenapura, will discuss the '*Efficacy Trial for MAM Children in Nuwara Eliya*'. Professor Liyanage will share findings from a recent efficacy trial conducted in the Nuwara Eliya district, assessing the impact of targeted nutritional interventions on the recovery and health outcomes of children with MAM. The trial's results will provide valuable insights into the effectiveness of various treatment modalities and their implementation in real-world settings.

Dr. Arvind Bettigeri, Regional Advisor, Regional Bureau of Asia and the Pacific, World Food Programme, will join online and focus on '*Access to Fortified Rice through Social Protection*'. Dr. Bettigeri will examine the role of fortified rice as a critical component of nutritional interventions and how social protection programs can enhance access to this vital resource. The presentation will cover successful case studies, logistical challenges, and policy recommendations for integrating fortified foods into social protection frameworks to combat undernutrition effectively.

Symposium 4:

Cardiology: Case-based discussion

Abstracts of the session

Update on Unstable angina & Non-ST elevation myocardial infarction (NSTEMI)

Dr Tanya Pereira

ST-elevation myocardial infarction management update (STEMI)

Dr Disna Amaratunga

Acute coronary syndrome comprises of STEMI, NSTEMI and UA, responsible for 35% of global adult deaths and is the number one killer worldwide. Over 3/4 of CVD deaths take place in low- and middle- income countries and Incidence of coronary events are rapidly increasing among young populations.

The latest guidelines considered ACS as a disease spectrum and substantial progress in the prevention, diagnosis, and management of patients with ACS has been accomplished in recent years.

These two lectures will review and emphasize the important updates on recently published guidelines in prevention, diagnosis and the management of acute coronary syndrome.

Syncope: points and pearls

Dr Mevan Wijetunga

Syncope is a common clinical diagnosis. In some patients, it could be a benign symptom whilst in others, it could lead to significant morbidity or could present as the only warning sign before sudden cardiac death.

An extensive list of causes of syncope can leave the clinician with a diagnostic conundrum. Ascertaining the prognosis in many cases of syncope can be a challenging task.

Even today, the determination of the etiopathology of syncope remains an art that primarily relies on clinical history, physical examination, and basic investigations. The primary care physician can manage most cases of syncope with low-risk features. Once an initial assessment is completed, patients with high-risk features can be referred to an appropriate medical specialist for further investigation and management.

In this presentation, we discuss the clinical features and tools that help stratify syncope patients into risk groups.

Symposium 5:

Intricacies of managing diabetes

Abstracts of the session

In the emergency department

Dr Niranjala Meegoda Widanage

Diabetic ketoacidosis (DKA) and hyperosmolar hyperglycemic (HHS) state are life-threatening acute decompensated diabetic emergencies that occur in patients with diabetes mellitus. DKA is characterized by the triad of uncontrolled hyperglycemia, metabolic acidosis and increased total body ketone concentration whereas HHS is characterized by severe hyperglycemia and dehydration in the absence of significant ketoacidosis. Undoubtedly, they carry a substantially high risk of morbidity and mortality leading to prolonged hospital stay. However, HHS tends to develop over many days to weeks therefore, dehydration and metabolic consequences are more extreme with increased mortality rate compared to DKA.

Timely identification as well as addressing the precipitating cause, aggressive hydration with intravenous fluids and administration of intravenous insulin along with proper replacement of electrolytes specially potassium remains the mainstay of treatment strategies of both the DKA and HHS. Importantly, in diabetic ketoacidosis, administration of intravenous insulin infusion should be continued until the resolution of ketonemia. Moreover, meticulous monitoring of not only the clinical parameters but also the metabolic parameters including the blood pH value, electrolytes, serum or urine ketone body levels would be of utmost importance.

Notably, premature termination of intravenous insulin therapy and discontinuation of it without prior administration of subcutaneous insulin are some of the common pitfalls in management. In addition, if the patient is already on subcutaneous basal insulin continuation of it and cautious monitoring for fluid overload in elderly and cerebral oedema in young adults on aggressive fluid resuscitation would be crucial. Furthermore, serum bicarbonate level should not be taken as a surrogate marker as hyperchloremic acidosis due to large amount of normal saline could lower bicarbonate levels. And urinary ketone will present even after the resolution of DKA thereby making it an unreliable marker of resolution of DKA compared to serum ketone body levels. Particularly, all patients diagnosed to have HHS should receive prophylactic low molecular weight heparin for the entire duration of admission unless contraindicated to prevent development of thrombotic complications.

Thus, hyperglycemic emergencies require urgent assessment and management to minimize preventable morbidity and mortality and also to reduce serious long-term adverse outcomes. Moreover, ensuring early identification of at-risk patients together with enabling access to point of care management can minimize delays to hospital admission.

In hospitalized surgical patients

Dr Uditha Bulugahapitiya

Management of diabetes in hospitalized surgical patients is an essential aspect of surgical management due to its significant effects on the overall outcomes. Perioperative optimization of blood glucose is a significant challenge due to the stress-induced hyperglycemia and concurrent high risk of hypoglycemia particularly during fasting states and due to changing of usual pattern of food intake. Additionally, the risk of (Diabetic Ketoacidosis) DKA and (Hyperosmolar Hyperglycemic State) HHS is heightened during the perioperative period.

In the perioperative optimization the (Random Blood Sugar) RBS values should be kept less than 180 mg/dL. For patients on (Oral Hypoglycemic Agents) OHGAs, they should be optimized. Metformin should be discontinued at least 24 hours before the surgery to prevent metformin-induced lactic acidosis. SGLT 2 inhibitors should be withheld at least 72 hours prior to surgery to prevent euglycemic ketoacidosis. For patients on pre-mixed insulin, it is preferable to change on to basal bolus regime (BBR) to minimize the risk of hypoglycemia and for better glycemic control. On operative day, insulin adjustments will be necessary along with frequent CBS monitoring. Special consideration should be given to patients with (Acute Kidney Injury) AKI, Chronic Kidney Disease (CKD), Chronic Liver Cell Disease (CLCD,) on-going infection and steroid treatment for any reason. In ICU settings or for critically ill patients intravenous soluble insulin infusion would be preferable to keep the target glycemic levels of 140 – 180 mg/dL. Depending on the total amount of insulin required to maintain the above target, BBR can be initiated. Before discharge, BBR can be converted to pre-mixed insulin regime.

In family practice

Dr Manilka Sumanathilake

Managing diabetes is becoming a daunting task in Sri Lanka with the numbers increasing in pandemic proportions and the prevalence among adults crossing 25% in urban areas. There is a rising trend among the younger generation as well.

Diabetes will be a leading presentation in primary care settings and in family practices. Although diagnosis may be straight forward in many cases; the vast majority being Type II diabetes mellitus, 'atypical' clinical profiles are not very uncommon especially among young persons with diabetes. GAD antibodies, C-peptide levels and even genetic testing is sometimes necessary to make a correct diagnosis.

In some instances, persons with good initial control deteriorate within several months or in one to two years despite having a good compliance with lifestyle and medication. In such instances it would be prudent to review the diagnosis and consider less common diagnoses.

Brittle diabetes is occasionally a problem and a detailed dietetic and a treatment history with a good clinical examination would be necessary to pin the underlying cause and take remedial measures.

Diabetes can affect any organ or system from head to toe and from 'womb-to-tomb'.

Diabetes distress, diabetes dementia and osteopenia/osteoporosis associated with diabetes are new concerns with increasing clinical evidence.

Management of diabetes is becoming more intricate than before with concepts like metabolic memory/ legacy effect, cardiovascular risk reduction, reno-protection and the holistic approach becoming the norm. In a family practice all these intricacies can be looked into, and initial remedial measures could be taken to smoothen the 'diabetes journey' of persons with diabetes.

Symposium 6:

Comprehensive Sexuality Education (CSE): Advocating & exploring strategies for influencing policy & creating public awareness

Global/ regional advocacy efforts, policies & frameworks available for formalization of CSE, how can Sri Lanka adapt to accelerate?

Ms Arushi Singh

The realities of not having access to accurate information & services for young people, what are the implications?

Dr Santhushya Fernando

Implementing & formalizing CSE in Sri Lanka

Mr Hans Bilimoria

Abstract of the session

The session discusses the challenges and gaps in Sri Lanka's Comprehensive Sexuality Education (CSE) implementation, highlighting religious, cultural, and myth and misconception-based barriers. CSE is vital for young people's wellbeing, promotion of critical thinking, responsible decision making, fostering relationships and empowering healthy navigation of their sexuality.

Lack of CSE affects young people's access to SRH information and services even if there are no legal restrictions for teachers and health providers to provide them. This lack of access leads to young people facing issues such as teenage pregnancies, Gender Based Violence, STIs and HIV, unsafe abortions, mental health issues etc that prevents their full potential.

A holistic approach to CSE is needed, involving open dialogues among professionals, parents, teachers, faith leaders, young people and service providers. Nationally CSE should be placed under education and health policies and programmes. Integrating CSE programs with cross-sectoral approaches and enhancing engagement among experts in health, education, gender equality is key.

Symposium 7:

Barriers to good hypertension control – beyond medication

Abstracts of the session

Understanding the social hurdles in hypertension management

Professor Rifdy Mohideen

Hypertension is responsible for over 10 million preventable deaths annually worldwide, with low- and middle-income countries bearing the brunt of uncontrolled blood pressure and cardiovascular disease (CVD) mortality. Despite advances in therapeutic options and the availability of low-cost, effective antihypertensive medications, the rate of controlled hypertension remains below 50% even in high-income countries.

The evidence strongly supports the idea that hypertension is not just a medical condition but also a social disease. Research consistently links social indicators with blood pressure levels and the therapeutic control of hypertension. Key socioeconomic factors—such as educational attainment, income level, and occupation—are strongly associated with hypertension prevalence. Additionally, other social determinants, including the built environment (e.g., neighborhood greenspace and opportunities for physical activity), crowding, and the availability of healthy food, significantly influence hypertension outcomes.

Adherence to medical guidance and medication is also shaped by the state of the healthcare system and social support networks. These social factors collectively impact individuals' health behaviors, fostering unhealthy practices that elevate stress levels, increase sympathetic activity, trigger inflammatory markers, and enhance susceptibility to hypertension.

Addressing these issues requires a multifaceted approach. Strategies include improving access to essential antihypertensive medications, particularly for disadvantaged populations, expanding care teams for priority hypertension interventions, developing national policies to reduce salt and sugar-sweetened beverage consumption, and providing subsidies to make nutritious foods affordable for marginalized groups. Leveraging digital technology and enhancing digital literacy are also critical. Incorporating social determinants of health measures and solutions into hypertension management guidelines and treatment plans is essential for effective control.

Given the diverse and interconnected determinants of hypertension and its care, holistic and comprehensive approaches are necessary to mitigate this public health challenge.

Optimizing lifestyle measures in hypertension management - what is new?

Professor Udaya Ralapanawa

Lifestyle changes are crucial for hypertension prevention and treatment, serving as the first-line treatment for grade 1 hypertension. Modest, gradual weight loss with dietician support can significantly lower blood pressure (BP), and new therapies like semaglutide show promise. Regular aerobic and resistance training is recommended. The DASH and Mediterranean diets are encouraged, emphasizing the consumption of low saturated fat, low salt, high fiber, and adequate lean protein, are effective. Reducing sodium intake to less than 2g daily and increasing potassium intake can lower BP. Limiting sugar and increasing dietary fiber is important for BP management. Alcohol should be minimized, and binge drinking avoided. Mindfulness, yoga, and cognitive behavioral therapy can lower BP, and good sleep hygiene is crucial. Smoking cessation is essential, and e-cigarettes are not recommended. Reducing exposure to air pollution can improve cardiovascular health. Digital technologies can support hypertension management. A comprehensive, culturally tailored approach addressing multiple lifestyle changes is recommended globally.

Improving adherence in hypertension: a practical approach

Professor Thushara Matthias

Uncontrolled hypertension is a global public health problem. Nonadherence to antihypertensives and lifestyle modifications to control hypertension are a major cause of uncontrolled hypertension. Medication nonadherence can lead to increased costs to the patient and healthcare system and potential harm to the patient. Barriers to adherence include: a lack of understanding of the diagnosis and the need for treatment, an inability to obtain medication due to cost, scarcity, and other practical considerations. The talk will deal with some practical tips in handling nonadherence and focus on measures to improve adherence.

Symposium 8:

Enabling a healthy food environment for school children & advocacy for implementation of the food marketing regulations

Global context on healthy food environment for school children & implemented regulations

Dr Abner Daniels

Healthy canteen promotion & supportive food regulations

Dr Bhanuja Wijayatilaka

Assessing nutrition environment for school aged children

Professor Kathryn Backholer

Abstract of the session

The school food environment refers to the spaces, infrastructure, and conditions inside and around the school premises where food is available, obtained, purchased and/or consumed (1). A healthy school food environment is critical for life-long healthy food practices and contributes to social norms related to healthy and nutritious dietary patterns.

About twenty percent of the Sri Lankan population comprise of school children (2). Given that 70% of adolescents are in schools, who are more prone to making impulsive decisions due to social influences, it is essential that they have an enabling environment to make healthy food choices. A school canteen assessment conducted in 2019 revealed that only 43% of canteens satisfactorily promoted healthier food options, despite existing policies and circulars advocating for healthy canteens in schools. This suggests that implementing healthy canteens in schools may require more interactive and strategic approaches. The role of legal regulations in supporting the establishment of healthy canteens has been a recurring topic of discussion. This explores the experiences, role of regulations, and new approaches to fostering the establishment of healthy canteens and promoting healthy eating habits.

Improving the food environment within and around schools, through government-led legislations and working in collaboration with other sectors, will be key to support the adolescent nutrition and health to overcome the impending NCD outbreak.

1. Food and Agriculture Organization. Healthy food environment and school food 2021 [Available from: <https://www.fao.org/school-food/areas-work/food-environment/en/>].
2. Senanayake, Sameera & Gunawardena, Shanthi & Wickramasinghe, Champika & Gunawardena, Nalika & Lokubalasoorya, Ayesha & Peiris, Renuka. (2019). Report of the 2016 Sri Lanka Global School-based Student Health Survey.

Symposium 9:

A fresh look at vaccines

Abstracts of the session

Vaccines for people with diabetes

Dr Suneet Kumar Verma

Immunization is perhaps the most important contributor to the increased longevity of humankind that has been experienced in recent decades. Vaccinations have eradicated smallpox across the globe, and polio in all but two countries. Immunization also helped mitigate the effects of the COVID-19 pandemic. Apart from childhood vaccination, adult immunization is increasingly being used as a means of preventing illness and promoting quality of life. This is especially true for vulnerable populations, such as health care professionals, the elderly, and persons living with diabetes. Vaccination against human papilloma virus has also been shown to prevent cancer of the cervix, and sexually transmitted diseases.

Persons with diabetes are especially prone to infectious diseases, which impair glucose control, reduce quality of life, and may be associated with premature morbidity. Immunization, therefore, is an improvement strategy to improve overall health. Not only does it reduce the risk of severe illness, complications, and hospitalization, but it also reduces health expenditure.

The presentation will review the various vaccinations available for persons living with diabetes, including pneumococcal, typhoid, influenza, hepatitis A, Herpes Zoster among many others. The talk will also suggest a pragmatic approach towards enhancing vaccination coverage in this population. The conversation will discuss how to integrate vaccination services into pre-existing diabetes care setups.

Immunization for the elderly

Dr Kanthi Nanayakkara

A person over the age of 65 years is considered elderly. The proportion of this group is gradually increasing throughout the world, due to advances in medical care and better living conditions. The ageing population in Sri Lanka is accelerating at a faster rate compared to other South Asian countries. The presence of comorbid conditions such as diabetes, chronic heart, lung, renal and liver diseases and dysregulation of the immune system in the elderly, make them more susceptible to infections and worse outcomes.

With ageing, there will be waning immunity for infections for which they have had immunity during their younger days, either following natural infection or immunization. The elderly are at a higher risk of contracting vaccine-preventable infections and their complications. Hence, certain vaccines are routinely recommended for them.

The recommended vaccines include,

- | | |
|---|--|
| - Annual seasonal influenza vaccine | - Varicella vaccine, if have not had the natural infection |
| - Pneumococcal vaccine | - Zoster vaccine |
| - Tetanus, diphtheria and pertussis booster | - COVID-19 vaccine |

Offering these vaccines to the elderly is highly cost-effective, by reducing the incidence of these infections, their complications, hospitalizations and unnecessary use of broad-spectrum antibiotics which would have an impact on escalating antimicrobial resistance.

Vaccine hesitancy: impact on herd immunity and disease outbreaks

Professor Jennifer Perera

Vaccine hesitancy refers to the reluctance to vaccinate despite the availability of vaccines and is a significant public health challenge faced by the world including Sri Lanka. In order to achieve herd immunity, which is responsible for the prevention of disease outbreaks, a sufficient proportion of individuals need to be immune against a disease and this threshold varies by disease. E.g. Measles - 95% and polio 80 – 85%. When vaccine coverage falls below these threshold values, the resultant herd immunity is inadequate to prevent the development of disease outbreaks. Misinformation, cultural and religious beliefs, lack of trust in healthcare systems, and complacency are the main factors contributing to vaccine hesitancy often resulting in pockets of unvaccinated groups. A multifaceted approach that includes education, community engagement, healthcare provider support, policy interventions that encourage vaccination such as school entry and workplace mandates, monitoring and addressing misinformation through social media and mainstream media would help mitigate vaccine hesitancy and promote higher vaccination rates.

Symposium 10:

Medical Humanities: 'Memento mori'

Abstracts of the session

Titled 'Memento Mori', Latin phrase for 'Remember, you must die' this session attempts to collate the wisdom of medicine, art, culture and philosophy to re-narrate death as a part of life as opposed to a doomed end. Perhaps no event in the life cycle of a human evokes avoidance, denial and fear as death. Medical professionals are tuned to carry an additional burden of a sense of defeat when their patients face impending death or when they die. The speakers will encourage the audience to look at death through the eyes of philosophy, art, futuristic science and alternate medical perspectives to appreciate the gentle inevitability and the comforting finality of death.

Speaker 1: Professor Dinithi Fernando

MBBS graduates of a programme that was indistinguishable from the British medical degrees for many decades, our understanding of death and dying as doctors has been heavily influenced by the attitudes of the western world. Western civilization has marched from being familiar with death, to ignoring its existence, and then, towards 'medicalization of death' where the physician is expected to either defeat death or ease the dying process. This session explores the social and cultural history of death in the west, and how the concept of death and dying has transformed since ancient times to the twenty first century.

Speaker 2: Professor Mahesan Nirmalan

When medical fraternity and society view death as a failure, futile attempts at prolonging life cannot be prevented. This comes with tremendous human suffering and a tremendous economic cost to individuals and families, especially in countries like Sri Lanka where increasing numbers are paying out of pocket for a sizable proportion of their health care. This session questions if death should be seen as a failure of medical professionals or some institution and if the medical community can remodel the idea of death as something we need not 'conquer'.

Speaker 3: Dr Santhushya Fernando

This session will explore the vibrant artistic and philosophical landscape of death from different cultures and traditions in the world. The speaker will present alternate ideas on death, dying and the response to death that deviate from the dominant modern medical approach to death. The session will propose joyful, liberating attitudes medical professionals can consider cultivating to nourish resilience and wisdom in terms of managing and facing death.

Symposium 11:

Technology enhanced medical education

Anatamage: Integration of anatomy, histopathology & radiology

Dr Mona Arafa & Dr Lea Jones

Integrated Structured Clinical Examination (ISCE)

Dr James Burston

Paper-free exams with safe exam-browsing

Dr Mahab Aljannat & Dr Victoria Gray

Abstract of the session

Technology-enhanced medical education leverages digital tools to improve learning outcomes and accessibility. Online exams with safe web browsing ensure academic integrity by preventing cheating and unauthorized access to resources. Virtual clinical exams simulate real-world scenarios, allowing students to practice and refine their skills in a risk-free environment. Anatomage, a 3D anatomy visualization tool, provides interactive, detailed views of human anatomy, enhancing understanding and retention. These innovations foster a comprehensive, flexible, and engaging learning experience, preparing students for clinical practice while addressing the challenges of traditional education methods. Technology thus plays a pivotal role in modernizing and optimizing medical training.

Symposium 12:

Infectious diseases: the new line of attack

Abstracts of the session

Nanopore sequencing for clinical applications in low resource settings

Dr Lakmal Jayasinghe

Oxford Nanopore Technologies (ONT) aims to disrupt the paradigm of biological analysis by enabling the analysis of any living thing, by any person, in any environment. Flexibility of nanopore technology has enabled researchers to use DNA and RNA sequencing in many different fields including basic genome research, human genetics, environmental research, plant research, transcriptome analysis, animal research and clinical research.

With ultra-fast library prep, real-time data streaming, high-output technology and devices that are scalable for any environment, nanopore sequencing has the potential to generate answers in minutes to hours, rather than days to weeks. From small, portable formats to installations for larger sample numbers, ONT technology is already being used in broad research environments from high-throughput laboratories to near-sample environments and remote geographies. Whether characterising cancer samples or detecting pathogens, nanopore sequencing can provide accurate and broad genomic insights, from structural variation to methylation, covering all genomic regions of interest with one unified platform. Increasingly, clinical and translational researchers are developing novel Oxford Nanopore-based applications that demonstrate the potential to transform health outcomes across a range of areas that include oncology, human genetic disease and infectious disease.

I will discuss details of a few examples where ONT technology has been used in clinical settings. Eg: Rapid and precise identification of pathogens in infectious diseases, and their antimicrobial resistance profiles or immune response assessment, interrogation of large structural variants or analysis of small fragments of circulating tumour DNA in cancer samples and HLA typing in the context of clinical transplantation.

Influence of innate lymphocytes on dengue disease outcomes

Professor Ashley St John

Innate lymphocytes, such as $\gamma\delta$ T cells and NKT cells are recruited to the skin during dengue virus infection, but little is known about their contributions to memory immune responses and infection clearance. We identified the contributions of each subset of T cells to infection clearance in mouse models of deficiency. This showed that while $\gamma\delta$ T cells are important for very early virus clearance from the skin, NKT cells serve a later role in the course of infection, contributing to infection resolution, in part through promoting effective Th1-skewed immune bias, an immune profile that is associated with clearance of viral infections. Similarly, in humans, in secondary dengue patients, Th2-immunity was associated with worsened disease severity. These observations illustrate how early innate immune responses during primary infections can influence secondary infection outcomes.

Panel Discussion:

The health impact by media advertising of cosmetics, nutritional supplements & food targeting children

Abstracts of the session

The Bitter Side of 'Fair Skin'

Dr Nayani Madarasinghe

For decades unknown, 'fair skin' has been considered, an ideal of beauty and supremacy in Sri Lanka. In the recent past, this sociocultural belief has been strengthened by advertisements by the skin fairness industry. This concept of colourism has led to discrimination, low self-esteem, and body shaming among young adults causing numerous psychosocial issues.

Most skin-lightening agents are not regulated or controlled adequately and are marketed mostly through social media. The harmful substances identified in these are hydroquinones, steroids and heavy metals. Intravenous Glutathione is widely used for skin-lightening purposes across the country, though it does not have permission from the regulatory authorities for this purpose.

The harmful effects of skin whitening agents and the impact of advertisements in increasing the demand for these will be discussed.

Sports Nutrition Supplements – Do they really work?

Dr Hashan Amarathunga

Sports nutrition supplements are commonly used by athletes and the active population. Available data in Sri Lanka shows over 80% of athletes use some form of supplement. With the hype from social media, the use of sports nutrition supplements is quite common among the general population.

Protein, creatine, caffeine, nitrate, and bicarbonate are some of the commonly used supplements.

To get the benefit from each sports supplement, you need to take them at specific times at specific quantities. However, most people who use them have limited knowledge about these requirements.

As a medical practitioner, if you are prescribing a sports nutrition supplement or even a medication to an athlete, it is essential to follow anti-doping regulations. A positive doping test can result in significant negative consequences for both the athlete and the practitioner.

Every medical practitioner should have a basic idea about sports nutrition supplements.

Regulations pertaining to media advertising

Mr Asoka Dias

At the heart of media and mass communication in society lies the realization that there is nothing 'outside' media anymore. In some way, all the experiences in everyday life are connected to the media. Some of this refers to the professionally produced media at our disposal: from the smartphone to the television, from digital games to recorded music. Yet much of the media that play such a profound role in people's daily lives consist of data, content and experiences that are produced by us.

In Sri Lanka there is a plethora of laws, regulations and conventions pertaining to media advertising of cosmetics, nutritional supplements and food targeting children, which include but not limited to World Health Organization's Guidance on ending the inappropriate promotion of foods for infants and young children, of 13th May 2016 to which Sri Lanka is a signatory, Directions under section 10(1) (a) of 2011 of Consumer Affairs Authority Act No. 9 of 2003, Circular No. 2 of 2007 of the Secretary of the Ministry of Education on maintaining canteens at public schools dated 10th January 2007, Consumer Affairs Authority Act No. 9 of 2003, Food (Labelling and Advertising) Regulations 2005 and Food Act No. 26 of 1980,

The way the media are regulated in democratic societies reflects both their indispensability for business, politics and everyday social and cultural life, and their relative immunity to government regulations.

Given the evolving media and advertising landscape, it is imperative to promptly revisit the regulation mechanism in Sri Lanka to attain the desired outcomes.

Interactive case-based discussion:

From coma to storm - mastering thyroid disorders

Dr Supun Wijewardena

Thyroid disorders have a wide spectrum from overt hypofunction to overt hyperfunction. It is a very important aspect in the field of endocrinology as it is very common, and patients present to various specialties depending on its clinical manifestation. Learning about its common clinical manifestations as well as uncommon manifestations is very useful as most of the manifestations are completely reversible if it is treated promptly.

Proper gathering of pieces of clinical information (history and examination) and temporal correlation of the information helps to narrow down the differentials and helps to minimize unnecessary investigations in relation to thyroid disorders. A proper understanding of the physiology of the hypothalamic-pituitary-thyroid axis and clinical correlation is very useful in the interpretation of thyroid disorders effectively, particularly if the investigations are discordant with each other.

Handling thyroid emergencies is challenging and is life-threatening if not managed properly. Acquiring good knowledge in emergency management is handy as early management will save lives, particularly in frail elderly subjects. Management of thyroid disorders is beyond the commencement of thyroxine or antithyroid medications and it should be a goal-directed management.

To master thyroid disorders always go back to basics of anatomy (structure and imaging), physiology (clinical manifestations) and biochemistry (laboratory findings).

Workshop:

Airway, ventilation & renal support for the critically ill patient

Abstracts of the session

Oxygen therapy & Continuous Airway Pressure (CPAP)

Dr Dakshi Thamali Jayawickrama

Oxygen therapy is the provision of oxygen to hypoxic patients above that which is found in the atmosphere. All critically ill patients should receive the maximum amount of oxygen that can be given, which is usually 15l/min till monitoring of saturation or arterial blood gas analysis is available.

Oxygen should be considered a drug where too much or too little can be harmful. Titration of the amount of oxygen to match the requirement of the patient according to a target saturation range is necessary to avoid complications of hypoxia or hyperoxia.

There are different devices available to provide oxygen to spontaneously breathing patients some of which provide a known and fixed amount of oxygen and others which are dependent on the patient's inspiratory flow to determine the amount of oxygen provided.

CPAP is the provision of a positive end-expiratory pressure to spontaneously breathing patients and its use is not limited to giving oxygen to hypoxic patients.

Ventilators & ventilation

Dr Haritha Dharmakirithi

At least half of the patients admitted to ICU require mechanical ventilation (MV) within 24 hours. Key indications for MV are hypoxemic respiratory failure (HRF), impaired ventilatory drive, airway obstruction and increased ventilatory demand due to severe sepsis, shock or metabolic acidosis. MV induces lung injury. Therefore, a sound understanding of the respiratory physiology, ventilatory mechanics and pathology of the underlying pulmonary condition is essential for clinicians to adjust ventilatory settings to meet the demand, while minimising ventilator-induced lung injury (VILI).

Various modes of ventilation have been developed over the years with advanced technology. But to date, there is no solid evidence to conclude which mode of ventilation is the best for a particular lung pathology. Major advances have also been made in determining the optimal ventilatory strategy for some common lung pathologies such as acute lung injury, chronic obstructive lung disease and cardiogenic pulmonary oedema.

Continuous Renal Replacement Therapy (CRRT)

Dr Rasanee Wanigasuriya

Management of Severe Acute Kidney Injury requires a knowledge of the different modes of renal replacement therapies. Continuous Renal Replacement Therapy (CRRT) is a mode of renal replacement therapy which is used in critically ill patients in Intensive Care Units.

This lecture outlines

- Indications for initiating CRRT
- Physical principles of CRRT
- Different modes of CRRT
- Dose of CRRT
- The CRRT circuit
- Troubleshooting of problems arising during the use of CRRT

SLMA Debate 2024

‘Modern medical innovations are primarily profit oriented’

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Dr Kalyani Guruge

Oral Presentations

Day 2 – 17th August 2024, 02.30 – 03.30 pm (Hall B)

OP 01 : Abstract ID: 30

Prevalence, patterns, expenditures and associated factors of current alcohol use among male security personnel from the Sri Lanka army

zayasinghe LV, Semage SN, Prathapan S

OP 02 : Abstract ID: 51

Subculture and violence: a qualitative study in a Sri Lankan Technical College

Rathnayake N, Abhayasinghe K, Silva JD, and Guruge GND

OP 03 : Abstract ID: 92

Cardiovascular mortality of 40–70-year-olds in Sri Lanka from 1980 -2010: a birth cohort-age analysis

De Silva DTH, De Alwis EDSM, De Mel DM, De Silva AHD, Munasinghe TU, Wickremasinghe AR

OP 04: Abstract ID: 200

An economic evaluation of establishing day surgery for non-acute hernia repair in Sri Lanka

Gamage AU, de Silva A, Higashi H, Attygalle D, Sridharan S, Senanayake L, Dias R, Dissanayake DMCD, Kim H

OP 05 : Abstract ID: 208

Oral hygiene awareness among school children in the Minuwangoda educational zone, Gampaha District, Sri Lanka

Hiranga HAJ¹, Wasana PWD, Gunawardena S

Day 2 – 17th August 2024, 03.30 – 04.30 pm (Hall B)

OP 06 : Abstract ID: 149

Serum ferritin as an early predictor of dengue infection progressing to dengue haemorrhagic fever

Mettananda KCD, Perera K, Rooshan N, Nayanajith M, Thewage A, Premaratne BAH, Dassanayake AS, Pathmeswaran AP, Mettananda DSG

OP 07 : Abstract ID: 178

Audit and clinician satisfaction survey on the composite rapid Tuberculosis (TB) diagnostic service

Senanayake NP, Herath HDB, Rifhan AS, Shanthilatha RP, Pallewatte NC, Cader M, Rajapakshe OBW, Herath HMP, Bandara RMMS, Bolonne BE, Galagedara WD, Jayasekara H, Karawgoda A, Mahathanthila WDTA, Jayalatharachchi HR, Senevirathna SMP, Perera GMM, Jayarathna TDSS, Dassanayake DMMU, Mahendrarathne BMCM, Dilshan AS¹, Kanchu AMA¹, Perera J¹

OP 08 : Abstract ID: 210

Age-stratified dengue virus seroprevalence in urban and semi-urban areas and relative infection rates

Perera L, Jeewandara KC, Pannila PMB, Gomes L, Karunananda MV, Bary FF, Ramu ST, Danasekara S, Ogg GS, Gathsaurie NM

OP 09: Abstract ID: 215

Evolution of antibody responses to SARS-CoV-2, its variants and other Sarbecoviruses over time in Colombo, Sri Lanka

Bary FF, Karunananda MV, Jeewandara KC, Danasekara S, Dasanthi N, Gunaratne A, Rizan FRM, Perera L, Nimsha T, Tan T, Townsend A, Ogg GS, Malavige GN

OP 10: Abstract ID: 259

Detection of toxoplasmosis in end-stage renal patients and renal transplant recipients using PCR and Nested-PCR tests targeting B1 gene: the first study in Sri Lanka
Weerasooriya GPC, Manamperi A, Banneheke BMHA³

Day 3 – 18th August 2024, 10.30 am – 11.30 pm (Hall B)

OP 11: Abstract ID: 31

Development and validation of a cardiovascular risk prediction model for Sri Lankans
Mettananda C, Sanjeeva JM, Benthota Arachchi TP, Wijesooriya HA, Chandrasena MC, Weerasinghe TR, Solangaarachchige MB, Ranasinghe AE, Elpitiya I, Sammandapperuma R, Kurukulasooriya S, Ranawaka U, Pathmeswaran A, Kasturiratne A, Kato N, Wickramasinghe AR, Haddela PS, de Silva HJ

OP 12: Abstract ID: 110

Do comorbidities increase the risk of developing bronchiectasis? First evidence from Sri Lanka
Perera S, Prathapan S, Pallewatte NC

OP 13: Abstract ID: 160

Effect of iron deficiency anemia on HbA1c levels in a cohort of patients with Type 2 diabetes mellitus in a tertiary care hospital
Kariyawasan CC, Samarasekera DJUS, Balasuriya BLT, Ranatunga SADC, Dissanayaka DMC

OP 14: Abstract ID: 173

Is the presence of Gilbert's syndrome protective in patients with metabolic dysfunction-associated steatotic liver disease (MASLD)?
de Silva AP, Niriella MA, Sewwandi WA, Ediriweera DS, de Silva HJ

OP 15: Abstract ID: 180

Effects of exercise on Quality of Life (QoL) of adults with Type 2 Diabetes Mellitus (T2DM) and the barriers and facilitators to exercise adoption and adherence: Sri Lanka Diabetes Aerobic and Resistance Training Study (SLDARTS)
Ranasinghe C, Welikala CA, Constantine G, Katulanda P, Hills AP, King NA

OP 16: Abstract ID: 214

Characteristics of patients with PFO in young patients with ESUS and association with stroke recurrence
Perera DB, Srivastava A, Perera KS

OP 17: Abstract ID: 217

Quality of life assessment in rheumatoid arthritis patients attending the Department of Rheumatology and Rehabilitation at National Hospital of Sri Lanka
Perera KD, De Silva SHM, Wickramasekara MHM

Day 3 – 18th August 2024, 11.30 am – 12.00 noon (Hall B)

OP 18: Abstract ID: 69

Efficacy and safety of deferoxamine, deferasirox, and Deferiprone triple iron chelator combination therapy for transfusion-dependent β -thalassaemia with very high iron overload: a randomised controlled clinical trial
Premawardhena A, Wanasinghe S, Perera C, Wijethilaka MN, Rajakaruna RHMG, Samarasinghe RANKK, Williams S, Mettananda S

OP 19: Abstract ID: 148

Surveillance of antibiotic usage in a Private Hospital , Colombo, Sri Lanka
Fernando TDS, Chandrasiri P, Wijeyanthi GGD

OP 20: Abstract ID: 169

Use of venous thromboembolism prophylaxis in critical care settings in a tertiary care hospital in Sri Lanka
Liyanage J, Perera KYS, Kulasiri R, Mahesh PKB

Day 3 – 18th August 2024, 12.00 – 12.40 pm (Hall B)

OP 21: Abstract ID: 155

The knowledge, attitudes, and other factors associated with medication adherence among type 2 diabetes mellitus patients in primary care clinic settings

Aberami S, Abarna K, Abinaya S, Alwis GUI, Karunathilake IM

OP 22: Abstract ID: 191

Values and preferences of current and bereaved caregivers of patients with advanced cancer in Sri Lanka

Wijeyaratne LA, Ramadasa GU, Jayasinghe S, Spruijt O, Philip J

OP 23: Abstract ID: 224

Quality of Life of women diagnosed with breast cancer : a qualitative study in a tertiary care Hospital in North Central Province of Sri Lanka

Jayasekara HADDS, Hubaiba TH, Ilafi MTA, Imaya KPH, Jayapathma JHMYM, Jayasekara RMDD, Paththinige CS

OP 24: Abstract ID: 242

Comparison of pathological features between young (≤ 40 years) and older (> 40 years) women with breast carcinoma at a tertiary care centre in Sri Lanka.

Gamlaksha DS, Wijesinghe HD, De Silva S, Jayawickrama MMA, De Silva MCV

Day 3 – 18th August 2024, 01.00 pm – 01.30 pm (Hall B)

OP 25: Abstract ID: 97

The impact of economic crisis on the provision of care for paediatric patients with epilepsy: observations from a tertiary healthcare facility in Sri Lanka

Dalpatadu SAC, Herath K, Abeyweera SATN, Dalpatadu KCS

OP 26: Abstract ID: 162

Dietary diversity of school mid-day meals of 8–12-year-old school children in Sri Lanka

Chandrasiri MHTK, Athauda LK, Rajakaruna VPC, Kasturiratne A, Frost G, Forouhi N

OP 27: Abstract ID: 197

Lifestyle risk factors and allergic diseases in Sri Lankan children

Karunananda MV¹, Fernando S, Ranasinghe TND, Danasekara S, Aberathna IS, Jayakody G, Arulkumaran S, Samaraweera NY, Kumarawansa S, Sivaganesh S, Amarasinghe PG, Jayasinghe C, Wijesekara D, Marasinghe MB, Mambulage U, Wijayatilake H, Senevirathne K, Bandara ADP, Gallage CP, Colabage NR, Udayasiri AAT, Lokumarambage T, Upasena Y, Weerasooriya WPK, Malavige GN, Jeewandara C

Day 3 – 18th August 2024, 01.30 pm – 02.00 pm (Hall B)

OP 28: Abstract ID: 58

Challenges and Experiences Faced by Parents of Children with Attention Deficit Hyperactivity Disorder (ADHD); A Qualitative Study at Colombo North Teaching Hospital (CNTH) and 'Ayati' National Centre for Children with Disabilities.

Apsara YMG, Asantha WAJB, Atapattu KTG, Bandara RL, Bandara WMSH, Chandradasa M, Subasinghe CW

OP 29: Abstract ID: 167

Antenatal anxiety: A study of the prevalence and selected risk factors among antenatal women in a Government Hospital in the Colombo District of Sri Lanka

Anjalika AT, Arachchi HRE, Anpuchselvam A, De Zoysa P

Poster Presentations

Day 1 – 16th August 2024, Afternoon 02.15 pm – 04.15 pm (Hall C)

Panel 1

PP 001 - Abstract ID: 94

Workload of medical officers and health sector expenditure in Sri Lanka from 1990 to 2019
Aarewatte IC, Abeygunawardane BM, Abeyrathna WAING, Ahamad MAA, Wickremasinghe AR

PP 002 - Abstract ID: 154

Assessment of service quality in child nutrition services: a case study in the Nuwaraeliya District, Sri Lanka
Kariyawasam HKMP, Wijesinghe WMCM, Kariyawasam HKPP, Silva L

PP 003 - Abstract ID: 71

Health expenditure in Sri Lanka: a tricenarian time series analysis (1990-2023)
Nadarasa G, Rajakaruna UATD, Dharmaratne SD

PP 004 - Abstract ID: 82

Health related physical fitness among type 2 diabetes mellitus patients in General Sir John Kotelawala Defence University Hospital: a case control study
Munasinghe MADD, Thilakarathna LACK, Kalansooriya CJ, Jayasekara MMPT, Dabare HPM

PP 005 - Abstract ID: 145

Consumer behaviour, knowledge and perceived adverse effects of skin whitening creams among young adults between the ages of 18 to 30 years attending selected skin clinics in the Colombo district
Habeeb FA, Athukorala KM, Bandara GMWR

PP 006 - Abstract ID: 101

Perception of medical professional attire (students/doctors) before and after the corona virus disease pandemic among patients, students and doctors from the North Colombo Teaching Hospital
Edirisinghe PAS, Naslun MLE, Nazeeha MMF, Nethmini NPR, Nirmani KAD, Nisansani TA

Panel 2

PP 007 - Abstract ID: 73

A rare presentation of recurrent liver abscess in a child with Papillon-Lefèvre syndrome: a series of two cases
Ranasinghe JC, Gunasena K, Siriwardhena C, Dasanayaka D, De Silva R

PP 008 - Abstract ID: 262

Outcomes of paediatric kidney transplantation: a single centre experience
Gunasekara W D V N, Pathirage T A, Maithili L, Wijerathne M, Abayadeera A, Cassim M R N, Dhanasinghe C

PP 009 - Abstract ID: 194

Knowledge, attitudes and concerns on childhood immunization in the post-COVID era among Sinhala speaking mothers in Anuradhapura, Sri Lanka: a qualitative study
Bandara AHMDM, Bambarenda BKO, Bandara BMGKM, Bandara RMCN, Bandara RMTN, Bandara WMKR, Silva NKA

PP 010 - Abstract ID: 33

ABO Haemolytic Disease of Newborn (HDN): influence of blood group and maternal haemolysin titre at University Hospital, General Sir John Kotelawala Defence University, Sri Lanka
Withanawasam TI, Padmasiri DSS, Dinali RPP, Perera HANK

PP 011 - Abstract ID: 45

Knowledge and attitudes on Thalassemia and practice of pre-marital Thalassemia screening among newly-married couples in Kurunegala Medical Officer of Health area, Sri Lanka
Gallage NA, Galhena TD, Gamage DPK, Senerath LDJU

PP 012 - Abstract ID: 144

Knowledge and attitudes regarding sexually transmitted diseases among adolescents in the Kesbewa educational division
Neelaka MAN, Dissanayaka DMHS, Amarasinghe ASC, Senevirathna DMND, Abeyaratne T

Panel 3

PP 013 - Abstract ID: 130

Prevalence of respiratory pathogens causing community-acquired Pneumonia during rainy season and its antibiotic sensitivity at a Tertiary Hospital in Northern Sri Lanka
Pradeepan JA, Sujanitha V, Selvaratnam G, Dinoya P, Prasanth K

PP 014 - Abstract ID: 132

Assessment of the quality of life and treatment adherence of the COPD patients attending to the chest clinic at National Hospital for respiratory diseases in Walisara
Aruppola ALHAW, Lakshani SMSD, Weerasooriya TTG, Senevirathna DMND, Jayasekera MMPT

PP 015 - Abstract ID: 203

Unveiling a rare case of pulmonary actinomycosis in a 73-year-old female patient initially treated for bronchial asthma exacerbations
Kirushanth C, Masaima MNN, Gamage TMI, Nanayakkara PTMA, Sadikeen A

PP 016 - Abstract ID: 222

A case report on silico-tuberculosis in a mining worker, mimicking lung malignancy- difficulties encountered in diagnosis
Kirushanth C & Masaima MNN

PP 017 - Abstract ID: 177

Prevalence of latent tuberculosis infection in chronic kidney disease patients receiving dialysis at the Nephrology unit, National Hospital of Sri Lanka
Wickramasinghe DG, Karawgoda A, Mathu S, Nazar ALM, Fernando A, Rifhan AS, Gamage S, Shanthilatha RP, Pallewatte NC, Cader M, Rajapakshe OBW, Amarasekara SM, De Silva SSC, Ekanayaka N, Perera J, Senanayake NP

Panel 4

PP 018 - Abstract ID: 61

Addressing gender disparities related to morbidity, mortality due to selected noncommunicable diseases in Sri Lanka
Gamage AU, Kumrapeli V, Abeyseena HTCS, Tolani H, Jina R

PP: 019 - Abstract ID: 66

Perception of body-image among undergraduates in selected faculties of a state university in Sri Lanka
Akurugodagama MS, Silvapulle WS, Munasinghe HC, Hansika HMS, Siddeek NF, Seneviwickrama KLMD, Amarasinghe Waas MDI

- PP: 020 - Abstract ID: 136**
Culturally adapting a questionnaire to assess healthcare providers' readiness, training, and practices in gender based violence (GBV) services in Sri Lanka.
Munas M, Feder G, Lewis N, Perera D, Rajapaksa T, Bacchus L
- PP 021 - Abstract ID: 137**
Improving Gender-Based Violence services by Public Health Midwives in Sri Lanka: a mixed methods Study
Munas M, Feder G, Lewis N, Perera D, Rajapaksa T, Bacchus L
- PP 022 - Abstract ID: 234**
Knowledge, attitude, and their association with practices related to the prevention of Diabetic Foot among 30-70 years patients with Type 2 diabetes mellitus, attending the diabetic clinic at Teaching Hospital Kalutara
Kanuwana KPMC, Kariyapperuma DPW, Kumarasiri HKST, Kaviraja GKMRs, Kiriharan K, Lokunarangoda NC
- PP 023 - Abstract ID: 152**
Community-based trial assessing mosquito shield™ efficacy against Aedes-borne viruses: Community engagement for greater impact
Kanatiwela-de Silva C, Achee N, Dheerasinghe DSAF, Grieco J, de Silva HA, Tissera HA

Day 2 – 17th August 2024, Morning 09.45 am – 12.30 pm (Hall C)

Panel 1

- PP 024 - Abstract ID 105**
Prevalence and associations of uncontrolled hypertension, stroke and cardiac morbidity among hypertensive patients in the National Hospital of Sri Lanka
Manchanayake MM, Swarnamali H, Liyanage SU, Perera JAADAT, Ranasinghe P
- PP 025 - Abstract ID: 187**
Characteristics and etiology of acute chest pain of patients admitted to Colombo South Teaching Hospital
Misthaq ARM, Silva. FHDS, Indrakumar J, Dharmalingam L, Galhena HT, Navaretnam S, Rangana P
- PP 026 - Abstract ID: 189**
Chest pain characteristics in acute coronary syndrome: a comparative study in elderly vs younger patients
Misthaq ARM, Silva FHDS, Indrakumar J, Dharmalingam L, Galhena HT, Navaretnam S, Rangana P
- PP 027 - Abstract ID: 192**
Clinical presentation of chest pain in ACS: exploring gender disparities
Misthaq ARM, Silva FHDS, Indrakumar J, Dharmalingam L, Galhena HT, Navaretnam S, Rangana P
- PP 028 - Abstract ID: 240**
Evaluation of coronary artery bypass graft patency by computed tomography coronary angiography
Bandara JMRP, Munasinghe KGR, Bandara HGWAPL, Kularatne PK
- PP 029 - Abstract ID: 261**
The relationship between cardiovascular endurance, BMI, and quality of life of post myocardial infarction patients who are not undergoing a cardiac rehabilitation program
Rajapakshe RACA, Nilaweera NRNA, Sooriyaarachchi DC, Perera GAD

Panel 2

PP: 030 - Abstract ID: 43

Association of perceived stress and depression in type 2 diabetes mellitus: a cross sectional study at the National Hospital of Sri Lanka

Mendis BILM, Palihaderu PADS, Rajapaksha IH, Karunanayake P, Satharasinghe DA, Premarathne JMKJK, Dias WKRR, Swee YK, Ho WY, Senarath U, Dissanayake AS

PP 031 - Abstract ID: 75

Depression, anxiety, stress and associated factors among navy personnel at the Naval Base, Welisara

Nanayakkara DMRD, Narangoda STP, Pathirage KT, Munasinghe SM, Gallage AOP

PP: 032 - Abstract ID: 87

Depression, anxiety and stress among patients with diabetes attending the Base Hospital Panadura, Sri Lanka

Kasthuriarachchi DS, Athukorala KM, Wickramasekara MHM

PP 033 - Abstract ID: 223

Emotional reactions of Sri Lankan patients to the diagnosis of Type 2 Diabetes Mellitus: a qualitative study

Jayasinghe OS, Dissanayake LC, Abhayasinghe K, Jayaweera K, Bulugahapitiya U, Sumathipala A

PP 034 - Abstract ID: 141

Medical burden in Clozapine clinic attendees, Colombo South Teaching Hospital, Sri Lanka

Bandara RMAV, Amarakoon DLU

PP 035 - Abstract ID: 196

Knowledge, experience and attitudes of patients on long acting injectable antipsychotics in a Tertiary care hospital in Sri Lanka

Sandeepa HL, Wijesinghe CA, Costa NHC, Senadeera SAC, Amarasinghe AAUP, Kavindya HGR, Bandara AMDA, Udayangani TH

Panel 3

PP 036 - Abstract ID: 211

Clinical audit on medical comorbidities in patients attending geriatric psychiatry clinics of the Colombo South Teaching Hospital (CSTH)

Amarasinghe WA, Ariyaratnam L, Gunathilake IAGMP, Hapuarachchi RB, Sampath WE, Ziyad S

PP 037 - Abstract ID: 251

Clinical characteristics of patients attending a psycho-geriatric clinic of Colombo South Teaching Hospital, Sri Lanka

Ariyaratnam L, Hapuarachchi RB

PP 038 - Abstract ID: 229

The potential of public health midwives for task-shifting to address perinatal depression in rural Sri Lanka

Jayasinghe OS, Elahi A, Sikander S, Sumathipala A, Rahman A

PP 039 - Abstract ID: 139

Patient knowledge and practices on handling adverse effects of Clozapine, in Clozapine clinic, Colombo South Teaching Hospital, Sri Lanka.

Bandara RMAV, Amarakoon DLU

PP 040 - Abstract ID: 248

Research protocol: identification of the test items of screening tool for specific learning disorders in primary school children in Sri Lanka

Wijesekara WMLDJ, Hewamalage AP, Godamunne PKS

PP 041 - Abstract ID: 24

Patient experience of quality of care: special reference to inward patients in National Eye Hospital in Sri Lanka

Warnakulasooriya PH

Panel 4

PP 042 - Abstract ID: 188

What is a good death in South Asia? A systematic review and narrative synthesis

Wijeyaratne LA, Ramadasa GU, Jayasinghe S, Spruijt O, Philip J

PP 043 - Abstract ID: 193

Decolonising medicine in Sri Lanka: cases from palliative care

Wijeyaratne LA, Ramadasa GU, Jayasinghe S, Spruijt O, Philip J

PP 044 - Abstract ID: 113

Evaluation of guidelines on transportation of a critically ill patient

Muthukumarana OGW, Anuruddha P, Gengatharan RM

PP 045 - Abstract ID: 205

Enhancing mobility for quadriplegic patients: A safe, eye movement-controlled wheelchair system

Aasath AF, Guruge AGMT, Sivashanmugamoorthy S, Edirisinghe TUK, Edirisinghe EAST, Wijewardhana UL

PP 046 - Abstract ID: 255

An Audit on 'knowledge, attitude and preference of end-of-life care in patients attending a medical clinic at Teaching Hospital, Jaffna'

Pradeepan JA, Sujanitha V, Selvaratnam G, Kamsika M, Abinaya S, Rajamanohary N

Panel 5

PP 047 - Abstract ID: 60

Assessment of sleep problems and quality of life in children with cerebral palsy: a study from a tertiary care hospital in Sri Lanka

Dalpatadu SAC, De Silva NGA, Dalpatadu KCS

PP: 048 - Abstract ID: 98

Exploration of characteristics and associations of primary headache among grade 5 children in the Kurunegala Education Zone, Sri Lanka

Dalpatadu SAC, De Silva NGA, Rodrigo AA¹, Dalpatadu SAC

PP 049 - Abstract ID: 131

Knowledge and attitudes regarding neonatal danger signs (NDS) and first-response management (FRM) among mothers attending selected Maternal and Child Health (MCH) clinics in the Kalutara District

Doluweera DGMS, Dharmadasa SG, Dikwellage US, Dulakshi OPD, Ediriweera de Silva RE, Lucas MN

PP 050 - Abstract ID: 146

Knowledge, practices, and factors associated with knowledge of preschool teachers on age-appropriate development of children aged 3-4 years in Divisional Secretariat Division - Thimbirigasyaya

Weerasekara WMYMD, Weerasinghe MSH, Weerasinghe PSD, Weerasinghe RPSK, Gooneratne TD

PP 051 - Abstract ID: 247

Does the level of theoretical knowledge in advance paediatric life support predict the psychomotor skills assessed during the course?

RJMKA Jayasundara, Srilal de Silva

PP 052 - Abstract ID: 86

Assessing asthma control and associated risk factors among children with asthma presenting to Tertiary Care Hospitals in Kandy District

Nishoban G, Nethsara SJH, Nissanka WAKS, Pathirana KSR, Pathirana LSS, Seneviratne HMTW

Day 2 – 17th August 2024, Afternoon, 01.30 pm – 04.00 pm (Hall C)

Panel 6

PP 053 - Abstract ID: 55

Phenotypic species identification and ALS3 gene analysis in oral candida albicans isolates in patients with oral submucous fibrosis: a pilot study

Madusanka GT, Piyarathne NS, Satharasinghe DA, Jayasinghe RD

PP 054 - Abstract ID: 90

Lung metastases in patients with head and neck cancers in northern Sri Lanka: a retrospective analysis

Sohana S, Athithya J, Thulasihan N, Ekanayaka EMTWPK, Fernando KHSNR, Kumar R, Rajasooriyar C

PP 055 - Abstract ID: 168

Evaluate the characteristics of medication-related problems among hospitalised oncology patients and identify opportunities for optimisation of therapy

Chandrasena WMHNM, Kalpani AGS, Firman P, Shanika LGT, Jayamanne SF

PP 056 - Abstract ID: 250

Prevalence of Anxiety, Depression, and Stress in Patients with Colorectal Cancer at a Tertiary Care Hospital in Sri Lanka

Wickramasinghe DG, Nugaliyadda T, Pieris K, Suraweera C, Samarasekara DN, Wickramasinghe DP

PP 057 - Abstract ID: 230

Second opinion in diagnosis of cancers: experience of a cancer referral centre

Hettiarachchi BY, Baranasuriya CM, Lakshika KKS, Wijesinghe H, Karunaratne DR, De Silva MVC

Panel 7

PP 058 - Abstract ID: 42

Knowledge on insulin therapy, emergency management, chronic complications and their associated factors among adult patients with type 1 diabetes attending National Diabetes Center, Rajagiriya

Hathurusinghe HDWP, Saranga MAI, Mylvaganam P, Nirmanie GN, Weerathunga CS, Arambewela MH, Wijesuriya M, Goonewardena CSE

PP 059 - Abstract ID: 64

Urinary protein and microscopic findings in the early diagnosis of patients with diabetic nephropathy

Fernando WBNT, Farhana MNF

PP 060 - Abstract ID: 264

Behavioral and demographic associations of optimal glycemic control among patients with Type 2 diabetes in Sri Lanka: a multicenter study

De Zoysa PDWD, Weerarathna TP, Palangasinghe DR, Rathnayake N, Piyasekara B, Jayasekara MMPT, Sujanitha V, Silva S, Mettananda C, Ramadasa GU, Pathirage LPMMK, Wasana KGP, Weerarathna M, Sandheera V

PP 061 - Abstract ID: 212

Perception, compliance and usage of the new anti-diabetic drug class, SGLT2 inhibitors, among patients attending the diabetic clinic at Teaching Hospital Karapitiya
Weerasinghe SN, Wasana PWD, Gunawardena S

PP 062 - Abstract ID: 37

Association of serum bilirubin levels and glycemic measurements in Type 2 diabetic patients
Kariyawasan CC, Samarasekera DJUS, Balasuriya BLT, Ranatunga SACD, Dissanayaka DMC

Panel 8

PP 063 - Abstract ID: 157

Knowledge, attitudes and practices regarding hypertension among Sri Lankan adults: an online community survey
Silva KMS, Manchanayake MM, Swarnamali H, Liyanage SU, Ranasinghe P

PP 064 - Abstract ID: 161

Prevalence of advanced liver fibrosis among Sri Lankans with type 2 diabetes and non-alcoholic fatty liver disease: a cross-sectional study
Mettananda KCD, Egodage T, Dantanarayana C, Fernando R, Ranaweera L, Siriwardana SASR, Ranawaka C, Kottahachchi D, Pathmeswaran A, Dassanayake AS, De Silva HJ

PP 065 - Abstract ID: 256

Public awareness on risk factors for kidney disease: a study from Kandy District, Sri Lanka
Abeysekera RA, Tennakoon TMWV, Palliyaguru SN, Gamage ND, Gunawardana AGD, Dassanayake DMBGLM, Perera AYP, Hemakeerthi VC, Ranathunga APDT, Warnasooriya WMSN, Senevirathne DMSH, Rafsanjani F, Farah FB, Bandara GMM

PP 066 - Abstract ID: 231

Prevalence of hypertension, its risk factors and associations among sanitary workers in the Colombo Municipal Council area
Pathirana IPSLM, Panditharathne CV, Perera ADD, Perera VV

PP 067 - Abstract ID: 239

Reach and engagement of Non-Communicable Diseases (NCD) prevention content on facebook in Sri Lanka
Wanasinghe T, Abeykoon A, Athauda LK, Chandratilake M, Kasturiratne A

PP 068 - Abstract ID: 120

A rare case of cerebral oedema following anaphylaxis to IV Co-amoxiclav in a District General Hospital in Sri Lanka
Madhusanka RBD, Ratnayake RMDAL, Wanigaratne T, Chandana UDS

Panel 9

PP 069 - Abstract ID: 236

Insights into chronic pain management: a retrospective audit on demographics, pain characteristics, and treatment strategies in a pain management unit at a Tertiary Care Hospital in Sri Lanka
Herath A, Ekanayake N, Ratnayake A, Nanayakkara PSK, Abeyesundara AB, Sandaru GLG

PP 070 - Abstract ID: 63

Translation, cross-cultural adaptation, and validation of the Duke Activity Status Index (DASI) to Sinhala language
Ranasinghe C, Kariyawasam K, Liyanage J, Walpita Y, Rajasinghe U, Abayadeera A, Chandrasinghe P, Gunasekara M, Kumarage S, De Silva M, Ranathunga K, Deen K, Ismail H

PP 071 - Abstract ID: 226

Clinico-Epidemiological profile of stroke patients attending Teaching Hospital Peradeniya

Abeykoon S, Madhusanka RBD, Hettiarachchi SM, Dissanayake DMSL, Dharmaratne SD, Pathirage LPMMK, Kularatne SAM

PP 072 - Abstract ID: 219

The effect of physiotherapy management on the gait & quality of life of post-stroke ambulatory hemiparetic patients in the Neurology Unit at the National Hospital of Sri Lanka

Navamani SAK, Naizerdeen FS, Perera GAD

PP 073 - Abstract ID: 46

Prevalence and associated factors of osteoarthritis among hospital women attendants in national hospital Sri Lanka.

Jesla MSF, Jayawardana DGSKL

PP 074 - Abstract ID: 184

Factors leading to delayed presentation of inflammatory arthritis to specialty care in a Sri Lankan population: lessons learnt for improvement of care

Sun SS, De Silva BR, Prematilake TG, Warnasooriya WMSN, Dandeniya CL

Panel 10

PP 075 - Abstract ID: 232

Effectiveness of school-based sexual and reproductive health education programs in reducing adolescent pregnancies in Medical Officer of Health area Egodaunya from 2021 to 2023

Withanage SJW, Lakshima WDS, Kalubowila KC, Gajanayake C, Karunanayake A

PP 076 - Abstract ID: 258

Dimensions and factors affecting sleep health, and its association with Body Mass Index among Grade 10 students in Rathnapura Educational Division

Senevirathna RRWL, Navaratna WMSNK

PP 077 - Abstract ID: 237

Association of knowledge, attitudes, and practices related to STDs among non-medical undergraduates at a state university in Sri Lanka

Piyarathna SS, Samarasekara GCD, Rajakaruna RMND, Withanawasam TI, Gamage AU

PP 078 - Abstract ID: 67

Unveiling drug abuse through eyes of close associates: a qualitative exploration of insights among non-drug using associates in a sub-urban community in Anuradhapura District, Sri Lanka

Abeysekera SDAM, Ambagahawaththa PGCN, Amarasinghe AAPN, Amarasinghe AAPS, Anupama DMN, Abeywickrama LCAT, Gunasekara SD, Warnasekara YPJN

PP 079 - Abstract ID: 241

Health literacy and healthcare-seeking behaviour among selected garment factory workers in Ratmalana Medical Officer of Health Area, Sri Lanka

Dharmarathne LL, Dilhara KN, Gamlath BGRYA, Gunasekara GKS, Hamid FFA, Hapuarachchi AT, Rathnayake AJIS¹, Gamage AU¹

PP 080 - Abstract ID: 227

Assessment of knowledge, attitudes and practices on the management of dandruff among undergraduates of the Faculty of Allied Health Sciences, University of Ruhuna, Sri Lanka

Gayathri SIV, Silva NDD, Napagoda MT

Panel 1

PP: 081 - Abstract ID: 35

Knowledge, attitudes and associated factors on the preschool meal programme among preschool teachers in the Colombo Municipal Council (CMC) area, Sri Lanka

Abeyasinghe WSP, Ahmed F, Lee J, Magodarathna L, Weerasekara Y, Dissanayaka GS, Liyanage A

PP 082 - Abstract ID: 106

Utilisation pattern of micronutrient supplements and associated factors among pregnant women attending antenatal clinics in Wattala MOH area

Weerasinghe WMAKA, Welikala GA, Wickramasinghe NJKA, Yasasmini KEMN, Walpita WDYN

PP 083 - Abstract ID: 172

Knowledge, attitudes and practices of food handlers on food safety in a selected MOH area in the Colombo District

Wickramasuriya PCS, Wijayaesekara WWMMD, Wijekoon DSR, Wijenayaka GD, Walpita YN

PP 084 - Abstract ID: 126

Development of a model diet and behavioral change plan to prevent hypovitaminosis D among Sri Lankan students in Belarus: a case report

Arunasalam L, S Mahawithanage S

PP 085 - Abstract ID: 159

Effect of excessive iodine consumption on metabolic and ovulatory disorders in young females of child-bearing age.

Hewage N, Wijesekara U, Perera R

PP 086 - Abstract ID: 88

Dietary behaviors, physical activity and their correlates among young adult trainees aged 18 to 30 years attending the National Youth Center (NYC), Maharagama

Hallaj A, Athukorala KM, Wickramasekara MHM

Panel 2

PP 087 - Abstract ID: 34

Determining the effect of seminal plasma supplementation on sperm motility in males with Asthenozoospermia: a systematic literature review

Willathgamuwa ND, Nissanka NMTA, Dinasha WDM, Nammunige MK, Thennakoon HP, Rodrigo N, Logenthiran PV

PP 088 - Abstract ID: 59

Isolation, enrichment, and characterization of syncytiotrophoblast-derived extracellular vesicles from ex vivo dual lobe placental perfusion

Logenthiran PV, Vatish, M

PP 089 - Abstract ID: 65

The effects of sperm cell driven microbots on male infertility

Anthony CRH, Hettiarachchige Done AS, Henyaka HMAM, Perera KOH, Alwis MS, Panagoda POK, Rodrigo NS, Logenthiran PV, Wijesekara KB

PP 090 - Abstract ID: 165

Cross-cultural adaptation and validation of the Sinhala version of the Female Sexual Function Index (FSFI) among adult patients in a tertiary-care gynaecological unit in Sri Lanka: findings from Exploratory Factor Analysis (EFA)

Gnanarathne S^{1,2}, Alwis I³, Karunarathna BSL¹, Kariyawasam AM¹

PP 091 - Abstract ID: 198

Gray platelet syndrome: a rare cause of thrombocytopenia in pregnancy
WijesiriwardhanaYS, Amaradivakara PW, Gamage V

Panel 3

PP 093 - Abstract ID: 95

Sensorineural hearing loss in patients with hyperlipidemia at a tertiary healthcare center in Sri Lanka
Hansani RPGK, DE Silva MDK, Rupasinghe RAPJKMSR

PP 094 - Abstract ID: 209

Development of 1 kHz low pass filtered speech test in Sinhala to assess auditory closure ability in young adults: a pilot study
Pathirana RPMM, Jayasena BN, Jayathilake CL

PP 095 - Abstract ID: 122

Prevalence and factors associated with dietary supplement use among athletes in University of Colombo
Tharsikan S, Tharrmathasan S, Thathsarani JAA, Thilakarathna RIK, Chandrathilaka KRM

PP 096 - Abstract ID: 124

Relationship between Cumberland ankle instability tool score with postural stability, strength and balance among university athletes with and without ankle instability
Jayalath LR, Senanayake NWWPGKS, Ranathunga RAMD, Pathirana CHH

PP 097 - Abstract ID: 116

Study on surgical antibiotic prophylaxis in a private hospital, in Sri Lanka
Fernando TDS, Chandrasiri P, Wijeyanthi GGD

Panel 4

PP 098 - Abstract ID: 8

Anatomy of inferior mesenteric artery: a cadaveric study
Abeyasuriya V, Hewawardhane S

PP 099 - Abstract ID: 20

Penile entrapment with a steel ring removed using an angle grinder: a case report
Bandara GBKD, Nabil MNM, Bandara DMSM

PP 100 - Abstract ID: 47

Variations of the cystic artery and its surgical relevance
Jayarathna MJS, Ekanayake EMKB, Rajapakshe HNK, Hilma MTF, Vadysinghe AV, Udupihille J, Amaratunga HA

PP 101 - Abstract ID: 89

Access delays to essential surgical care among post-operative patients in selected hospitals in Colombo District
Wijayasinghe HWMJC, Tissera HAKN, Rathnasiri IMRK, Hansani WHS, Rishikeshean T, Wijesinghe K, Prathapan S

PP 102 - Abstract ID: 121

Prognostic significance of lymphovascular invasion in colorectal cancer patients: A retrospective study by a specialized colorectal cancer center in Sri Lanka
Nanayakkara NGPM, Rahumath MCR, Ediriweera DS, Mahendra BAGG, Hewavisenthi SJDeS, Kumarage SK, Chandrasinghe PC

PP 103 - Abstract ID: 133

Successful removal of a VUJ calculus using a cystoscope and an abdominal laparoscopic port in a Base Hospital in Sri Lanka

Gunathilake GLV, Weerawardane MGL

Panel 5

PP 104 - Abstract ID: 12

The clinical significance of bacterial biofilms in cutaneous leishmaniasis wounds

Jayasena Kaluarachchi TD, Campbell PM, Brown H, Munasinghe A, Wickremasinghe R, Ranasinghe PHKIS, Yasewardene S, de Silva H, McBain AJ, Weerasekera MM

PP 105 - Abstract ID: 83

Characteristics of Plasmodium ovale malaria infections patients reported in Sri Lanka from 2013 to 2023

Chulasiri P, Seneviratne S, Senarathne S, Fernando D, Aluthweera C, Mendis K, Wijewardena T, Wickremasinghe AR

PP 106 - Abstract ID: 84

Severe Malaria cases in Sri Lanka from 2013 To 2023

Seneviratne S, Chulasiri P, Senarathne S, Fernando D, Thenuwara N, Aluthweera C, Wickremasinghe AR, Fernandopulle R, Wijesundera A, Mendis K

PP 107 - Abstract ID: 244

Knowledge, attitudes and practices about Leishmaniasis among community people in Tangalle and Beliatta

Kavippiriyah K, Linthuya K, Sampath BDTB, Sanathani JAD

PP 108 - Abstract ID: 150

Clinico-epidemiology of tarantula (Poecilotheria spp.) bites in Sri Lanka

Rathnayaka RMMKN, Ranathunga PEAN

PP 109 - Abstract ID: 158

Ratnapura snakebite cohort: one year experience

Rathnayaka RMMKN, Ranathunga PEAN, Madalagama UMCS

Day 3 – 18th August 2024, Afternoon 01.00 pm – 04.00 pm (Hall C)

Panel 6

PP 110 - Abstract ID: 48

Multidrug resistance in Neisseria gonorrhoeae: identification of functionally important residues in the MtrE efflux channel

Karunarathna WLS, Edwards MJ, Bavro V

PP 111 - Abstract ID: 108

Antibiotic sensitivity pattern of uropathogens in hospitalized patients with a positive urine culture at Teaching Hospital Jaffna

Thilukshikka K, Anuruddha AN, Spelman Croos MV, Erandi R, Pravina S, Kumar R, Balagobi B, Rajanthi R, Ambalavanar V

PP 112 - Abstract ID: 119

Antimicrobial resistance (AMR) pollution of ground water sources in Gampaha District

Jinadasa RJSA, Badanasinghe CN, Pathirage SC

PP 113 - Abstract ID: 163

Temporal trends and demographic variations in Varicella Zoster Virus (VZV) seroprevalence across urban and rural communities in Kandy District, Sri Lanka

Kariyawasam K, Iqbal BN, Tilakaratne N, Noordeen F, Tennakoon S

PP 114 - Abstract ID: 153

A clinical audit of COVID-19 patient experience in the intermediate care centre at Pambaimadu, Vavuniya, Sri Lanka

Prasanth S, Nilakshan JM

PP 115 - Abstract ID: 218

Presence of anti-microbial resistant *Escherichia coli* in the lower stretch of Maha oya river

Pinnawala PACP, De Silva NAMD, Adhikari APVS, Rajapakshe WDGLS, Safni MMM, Rasanjane DDY, Sathsara WAS, Pathirage S, Perera PDVM

Panel 7

PP 116 - Abstract ID: 68

Study of work-life balance of postgraduate trainees attached to tertiary care units in Sri Lanka

Maddumabandara HRKK, Rajaratnam A, Ellepola KD, Samaraturunge KADNP, Bowattage S

PP: 117 - Abstract ID: 80

Perceived stress levels and the factors causing stress among medical students in the Faculty of Medicine, University of Ruhuna

Sundararajah K, Sudusinghe ISV, Sumanasekara PK, Suraweera ASR, Tennakoon TMMN, Jayawardene AJPM

PP 118 - Abstract ID: 99

Exploring the usage, practices and perceptions in relation to social media among the first and fourth year medical students at University of Peradeniya

Balasooriya BMYM, Bandara HMDNR, Ariyaratne WGAM, Monisha B, Bandara HMAI

PP 119 - Abstract ID: 103

Knowledge, attitudes and willingness of patients in select medical specialty wards at National Hospital of Sri Lanka regarding medical students and their involvement in patient care

Ashrif AAA, Anusan V, Anisha JJ, Anoshigan A, Weeraratne CL

PP 120 - Abstract ID: 114

The relationship between downtime activities and empathy among third year Sri Lankan medical students

Caldera RKDDS, Bandara HMCI, Bandara AMDA, Bandara UPNNT, Banneheke BMGD, Chandratilake MN

PP 121 - Abstract ID: 125

Screen time utilization among medical undergraduates and its impact on academic performance: a study at the University of Kelaniya, Sri Lanka

Peiris MJR, Peiris PKK, Peiris PRC, Perera GDT, Perera GNS

Panel 8

PP 122 - Abstract ID: 143

Attitudes and practices of volunteerism in working under challenging circumstances of medical students in a tertiary care hospital in Sri Lanka

Edirisinghe PAS, Thivaharan Y, Vas MHA, Vidanage VIU, Wanapura WDDS, Wanniarachchi WTT, Warnakulasooriya WUT

PP 123 - Abstract ID: 147

The abusive nature of love relationships and its impact on academic stress among medical students

Rusiru PAB, Rathnayake NRRW, Rathnayake RMDP, Rathnayake RMMR, Rathnayake US, Rishfa MM, Chandratilake MN

PP 124 - Abstract ID: 170

Involving senior students to influence new medical undergraduates during the orientation programme

Jayawardene AJPM, Wijesekara WADMS, Bodinayake CK

PP 125 - Abstract ID: 179

Peer assessment in teaching pharmacology for medical undergraduates: student perceptions

Seneviratne HMTW, Idirisinghe IAWW

PP 126 - Abstract ID: 72

Student perception & efficacy of simulation-based history taking as a part of early clinical exposure: a qualitative study from a Sri Lankan Medical Faculty

Wariyapperuma UM, Samarasekara RPN, Dinupa KDT, Jayasena MDC, Chamika MO

PP 127 - Abstract ID: 74

Students usage of artificial intelligence for undergraduate medical education: the Ruhuna Experience

Senanayake SMTN, Jayawardene AJPM, Wijesekara WADMS, Bodinayake CK

Panel 9

PP 128 - Abstract ID: 135

Hepatic tuberculosis mimicking hepatic metastases of a lymphoma – a rare case diagnosed with laparoscopy

Senanayake D, Maduwantha P, Wimalasena G, Kodithuwakku U, Subasinghe D

PP 129 - Abstract ID: 201

Single vs multi tract access for supine mini PCNL for complex and staghorn calculi: outcome analysis

Gampolage TD, Wickramsekera C, Manikkage Y, Weerasekara WMHHB, Ratnayake SM, Widanapathirana JS, Gurusinghe CM, Kumaradasa PMJK, Pilimalawwe C, Seneviratne N

PP 130 - Abstract ID: 204

Complete ureter replacement with an untapered isoperistalsis ileal loop in a Sri Lankan Tertiary Care Center

Samarasinghe RN, Wijewardena M

PP 131 - Abstract ID: 243

Novel use of atrial septal defect (ASD) closure device for treatment of post esophagectomy leak: a case report with long term follow up

Wimalasena TBGH, Senanayake D, Fernandopulle N

PP 132 - Abstract ID: 29

Phenotypic species identification and antifungal susceptibility of oral candida albicans in patients with oral lichen planus

Raasiya MRF, Piyarathne NS, Jayasinghe RD

PP 133 - Abstract ID: 171

Association between oral brush cytology and incisional biopsy findings in a cohort of clinically diagnosed patients with oral cancers and oral potentially malignant disorders
Chamathka PVR, Abeyasinghe WAMUL, Piyarathne N, Jayasinghe RD

Panel 10

PP 135 - Abstract ID: 166

The reliability of large language model generated patient information on liver disease
Niriella MA, Premaratna PT, Senanayake SM, Kodisinghe SK, Dassanayake SUB, Dassanayake AS, de Silva HJ

PP: 136 - Abstract ID: 109

Perceptions on teaching sexual health in secondary schools among science and health science teachers in the Rathnapura district
Makulgolla MDHKD, Madiwila MGCN, Madhushankha DMA, Madushanka WDS, Mahathanthila WDNI, Peiris EGY, Wickramasinghe PMTB

PP 137 - Abstract ID: 32

Perceptions regarding sexual and reproductive health among expectant mothers and their partners during the antenatal period in Katana Medical Officer of Health area
Manishka HAS, Abeygunasekara TUW, Nanayakkara PM

PP 138 - Abstract ID: 81

Knowledge and practices on self-medication of antibiotics among medical students of a selected university in Sri Lanka
Sandakumari GVN, Wettasinghe I, Vidanapathirana H, Dulanga GAN, Ganhewa GE

PP 139 - Abstract ID: 36

Perceived barriers towards practicing occupational safety measures among informal sector and small-scale welders in the District of Colombo
Hathamuna AJ, Goonewardena CSE, Suraweera IK

SLMA Doctors Concert 2024

18th August, UCFM Tower, Faculty of Medicine, Colombo

Compere: Dr Nimani de Lanerolle

Line up of performers

1. National anthem: Colombo Medical Choir
2. 'Gratitude': an original song by Dr Manella Joseph
3. Glory of the North: a cultural fiesta by students from Jaffna Medical Faculty
4. 'If I Were A Rich Man' from 'Fiddler On The Roof': Dr Sean Amarasekara
5. Guest performance by Dr Pradeep Rangana
6. 'Anaagathaye': Colombo Medical Choir:
7. 'Never Enough': Colombo Medical Choir with Dr Nilanka Wickramasinghe
8. 'Symphony of Youth': a fusion song by Dr Randula Caldera & Dr Sanuja Ravishanka
9. 'A Whole New World': singing by Dr Savinki Rambadagalla & Dr Lahiru Manchanayake with a dance act by Dr Gihani Jayawardhana & Dr Akhila Nilaweera
10. Ithin man Sada ibinnada - 'ඉතින්... මං සද ඉඹින්නද රේ': A song by Dr Uditha Kodithuwakku and guest artist Mr Dayan Witharana , with a dance act by Vishva Lekhan & Tharushi Pamodhya, students from UCFM
11. 'Mere Dholna Sun': singing a dance by Dr Daki Galapaththi, with singing by Tashiya Pandithasekara and Rahal Walisundara, students from UCFM
12. 'Magic in the Air': Dr. Thilina Egodage
13. Sadha Lekha – 'සද ලෙඹි' : A song by Dr Disna Amaratunga & Dr Tilan Wijayawardana, with a dance by Dr Wishwa Perera & Dr Gayani Wickramasinghe
14. Play on 'Coldplay': Dr Solith Senanayaka, Dr Heshan Atapattu, and students from the Faculty of Medicine, University of Sri Jayawardenapura
15. Siriya sara – 'සිරියා සරා': A song by Professor Neville Perera with a dance performance by students of Faculty of Medicine, University of Sri Jayawardenapura
16. Sudata sude – 'සුදා සුදේ' (I'm coming home) - by Glass Chains: Dr Yamuna Rajapakse accompanied by Manuka Rajapakse (vocals), Minara Rajapakse (Bass), Ashane Malalasekera (Rhythm), Sashrika Vidanagama (Lead), Sithmi Seya (Lead) & Fabian Nissanka (drums)
17. Sinhala golden oldies sing along: Dr Christo Fernano (drums), Dr Pramod Kahawevitharana (vocals), Mr Ray Gomez (bass) Mr Raju Jayakodi (keyboard) & Dr Dulanja Senanayake (lead) accompanied with a dance by Dr Udumbara Sewwandi Kumari
18. Lowe sama – 'ලොවේ සමා': Council song

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