

# 137<sup>th</sup> Anniversary International Medical Congress of the Sri Lanka Medical Association 2024

## Programme at a Glance

### Pre-congress Workshops

#### 15<sup>th</sup> January 2024

Workshop 1

**The Initial Management of Trauma at the Emergency Department  
(in collaboration with the Accident Service of the National Hospital of Sri Lanka)**

National  
Hospital of Sri  
Lanka

#### 23<sup>rd</sup> February 2024

Workshop 2

**Point of care Ultrasound workshop (POCUS)  
(in collaboration with Sri Lanka College of Emergency Physicians)**

National  
Institute of  
Infectious  
Diseases

#### 25<sup>th</sup> March 2024

Workshop 3

**Cardiology & Cardiac Arrhythmias  
The Essence of Cardiology in the Emergency Department  
(In collaboration with the Sri Lanka College of Cardiology)**

Sri Lanka  
Medical  
Association

#### 10<sup>th</sup> May 2024

Workshop 4

**Management of Common- Paediatric Emergencies  
(In collaboration with the Paediatric Intensive Care Chapter of the Sri Lanka College of  
Paediatricians)**

Sri Lanka  
Medical  
Association

#### 12<sup>th</sup> May 2024

Workshop 5

**The Non-operative Management of Fractures & Dislocations  
(In collaboration with Sri Lanka Orthopedic Association & National Hospital of Sri Lanka)**

National  
Hospital of Sri  
Lanka

#### 29<sup>th</sup> July 2024

Workshop 6

**Colombo Wound Meeting 2024  
(In collaboration with the College of Surgeons of Sri Lanka)**

College of  
Surgeons of Sri  
Lanka

#### 13<sup>th</sup> August 2024

Workshop 7

**Academic Publications & Manuscript Writing  
(In collaboration with the editorial board of the Ceylon Medical Journal)**

Sri Lanka  
Medical  
Association

Day 1: Friday, 16 <sup>th</sup> August 2024			
09.00 AM - 09.30AM	Registration		
09.30 AM - 12.00 PM	<b>Inauguration &amp; SLMA Oration</b> <b>Global divide in health and research; ethical and governance challenges for low and middle-income countries</b> Professor Athula Sumathipala		
12.00 PM - 01.00 PM	Lunch		
01.00 PM - 01.30 PM	<b>Keynote Address</b> <b>Food security challenges: navigating through crises</b> Professor Buddhi Marambe		
01.30 PM – 02.15 PM	<b>Professor NDW Lionel Memorial Oration</b> <b>Availability, affordability, and indicators of medicines use in Sri Lanka: status prior to the crisis and an analysis to address the challenges</b> Professor Priyadarshani Galappatthy		
	Hall A	Hall B	Hall C
02.15 PM – 02.45 PM	<b>Plenary 1</b> <b>The scope of laser treatment in keeping the glasses away</b> Dr Charith Fonseka	<b>Plenary 2</b> <b>Indiscriminate use of medicines</b> Professor Chandanie Wanigatunga	Poster presentations
02.45 PM – 03.15 PM	<b>Symposium 1</b> <b>Respiratory medicine</b> 1. Management of common respiratory emergencies: a guideline-based approach Dr Sachini Seneviratne 2. A window into the lung: interpreting chest X-rays confidently Dr Upul Pathirana 3. Vaping and E cigarettes: unravelling the unknown Dr Neranjan Dissanayake	<b>Plenary 3</b> <b>The ageing brain: understanding and preventing cognitive decline</b> Professor Varuni de Silva	
03.15 PM – 03.45 PM		<b>Plenary 4</b> <b>Fast-tracking antimalarial drug discovery</b> Professor Niroshini Nirmalan	

03.45 PM – 04.45 PM	<p style="text-align: center;"><b>Symposium 2</b>  <b>Mitigating the influence of Commercial Determinants of Health (CDoH)</b>  <b>World Health Organization (WHO),</b>  <b>Country office in Sri Lanka</b></p> <ol style="list-style-type: none"> <li>1. Addressing Commercial Determinants of Health: WHO’s approach Dr Monica Kosinska &amp; Dr Suvajee Good</li> <li>2. Navigating health challenges: turning evidence into policy Dr Nisha Arunatilake</li> <li>3. Significance of social determinants and social participation in tackling CDoH Dr Diyanath Samarasinghe</li> <li>4. Panel Discussion: Dr Palitha Abeykoon(moderator) Dr S Sridharan Dr Susie Perera Professor Saroj Jayasinghe</li> </ol>	<p style="text-align: center;"><b>Symposium 3</b>  <b>Social protection for management of undernutrition</b>  <b>World Food Programme (WFP),</b>  <b>Country office in Sri Lanka</b></p> <ol style="list-style-type: none"> <li>1. Cost of the nutritious diet for a child with MAM Dr Kalana Peiris</li> <li>2. Efficacy trial for MAM children in Nuwara Eliya Professor Guwani Liyanage</li> <li>3. Access to fortified rice through social protection Dr Arvind Bettigeri</li> </ol>	
04.45 PM - 05.00 PM	<b>Tea &amp; End of day 1</b>		

Day 2: Saturday, 17th August 2024

08.30 AM - 09.00 AM	<b>Registration</b>			
09.00 AM - 09.45AM	<b>Dr S Ramachandran Memorial Oration</b> <b>The FibroScan: the stethoscope of the Hepatologist</b> Professor Arjuna de Silva			
	<b>Hall A</b>	<b>Hall B</b>	<b>Hall C</b>	<b>VIP Room</b>
09.45 AM - 10.15 AM	<b>Plenary 5</b> <b>Coronary artery disease assessment</b> Dr Wasantha Kapuwatta	<b>Plenary 6</b> <b>Critical care: don't forget the patient</b> Dr Dilshan Priyankara	<b>Poster presentations</b>	<b>Guidance clinic for overseas placements of doctors</b>
10.15 AM - 10.30 AM	<b>Tea/Photography exhibition</b>			
10.30 AM - 11.30 AM	<b>Symposium 4</b> <b>Cardiology - Case based discussions</b> 1. Update on non-ST-elevation myocardial infarction (NSTEMI) & unstable angina Dr Tanya Pereira 2. ST-elevation myocardial infarction (STEMI) management update Dr Disna Amaratunga 3. Syncope: points and pearls Dr Mevan Wijetunga	<b>Panel discussion</b> <b>The health impact by media advertising of cosmetics, nutritional supplements, and food targeting children</b> 1. The bitter side of "fair skin" Dr Nayani Madarasinghe 2. Sports nutrition supplements - do they really work? Dr Hashan Amaratunga 3. Regulations pertaining to media advertising Mr Asoka Dias 4. Panel discussion - Impact of advertising on the public Professor Asita De Silva(moderator) Dr Angela De Silva Dr Nayani Madarasinghe Dr Hashan Amaratunga Mr Asoka Dias		

11.30 AM - 12.30 PM	<b>Debate</b> <b>Modern medical innovations are primarily profit oriented</b>			
12.30 PM - 01.30 PM	<b>Lunch /Photography exhibition</b>			
01.30 PM - 02.30 PM	<p style="text-align: center;"><b>Symposium 5</b> <b>Intricacies of managing diabetes</b></p> <ol style="list-style-type: none"> <li>1. In the emergency department Dr Niranjala Meegoda Widanege</li> <li>2. In hospitalized surgical patients Dr Uditha Bulugahapitiya</li> <li>3. In family practice Dr Manilka Sumanatilake</li> </ol>	<p style="text-align: center;"><b>Symposium 6</b> <b>Comprehensive Sexuality Education (CSE): advocating and exploring strategies for influencing policy and creating public awareness</b> <b>United Nations Population Fund (UNFPA), Country office in Sri Lanka</b></p> <ol style="list-style-type: none"> <li>1. Global/ Regional advocacy efforts, policies and frameworks available for formalisation of CSE, How can Sri Lanka adapt to accelerate? Ms Arushi Singh</li> <li>2. Realities of not having access to accurate information and services for young people, what are the implications? Dr Santhushya Fernando</li> <li>3. Challenges and barriers in implementing and formalising CSE in Sri Lanka Mr Hans Bilimoria</li> </ol>		

02.30 PM - 03.30 PM	<p style="text-align: center;"><b>Symposium 7</b>  <b>Barriers to good hypertension control - beyond medication</b></p> <ol style="list-style-type: none"> <li>1. Understanding the social hurdles in hypertension management Professor Rifdy Mohideen</li> <li>2. Optimising lifestyle measures in hypertension management - what is new? Professor Udaya Ralapanawa</li> <li>3. Improving adherence in hypertension: a practical approach Professor Thushara Matthias</li> </ol>	<b>Free paper session</b>		
03.30 PM - 04.00 PM	<p style="text-align: center;"><b>Interactive case-based discussion</b>  <b>From coma to storm - Mastering thyroid disorders</b>  Dr Supun Wijeyawardena</p>			
04.00 PM - 04.15 PM	<b>Tea &amp; End of day 2</b>			

Day 3: Sunday, 18th August 2024				
08.30 AM - 09.00 AM	Registration			
09.00 AM - 09.45 AM	<b>Dr SC Paul Memorial Oration</b> <b>Colorectal cancer: important aspects of aetiology, diagnosis, staging and prognosis</b> Professor Ishan De Zoysa			
	<b>Hall A</b>	<b>Hall B</b>	<b>Hall C</b>	<b>VIP Room</b>
09.45 AM - 10.15 AM	<b>Plenary 7</b> <b>Hippocrates' touch to algorithmic insight: AI for medical professionals</b> Professor Pandula Siribaddana	<b>Symposium 8</b> <b>Enabling a healthy food environment for school children and implementing food regulations</b> <b>The United Nations Children's Fund (UNICEF), Country office in Sri Lanka</b> 1. Global context on healthy food environment for school children and implemented regulations Dr Abner Daniel 2. Healthy canteen promotion and supportive food regulations Dr Bhanuja Wijayatilaka 3. Assessing nutrition environments for school age children Professor Kathryn Backholer	<b>Poster presentations</b>	<b>Guidance clinic for overseas placements of doctors</b>
10.15 AM - 10.30 AM	Tea/Photography exhibition			
10.30 AM - 11.00 AM	<b>Plenary 8</b> <b>Addressing the concerns of LGBTIQ persons and their families</b> Dr Kapila Ranasinghe	<b>Free paper session</b>		
11.00 AM - 12.00 PM	<b>Symposium 9</b> <b>A fresh look at vaccines</b> 1. Vaccines for people with diabetes Dr Suneet Verma 2. Immunization of the elderly Dr Kanthi Nanayakkara 3. Vaccine hesitancy: impact on herd immunity and disease outbreaks Professor Jennifer Perera			
12.00 PM - 01.00 PM	Lunch /Photography exhibition			

01.00 PM - 02.00 PM	<p><b>Symposium 10</b>  <b>Memento Mori: death and dying in the modern world</b>  Professor Mahesh Nirmalan  Professor Dinithi Fernando  Dr Santhushya Fernando</p>	Free paper session		
02.00 PM - 03.00 PM	<p><b>Workshop</b>  <b>Airway, ventilation and renal support for the critically ill patient</b></p> <ol style="list-style-type: none"> <li>Oxygen therapy and Continuous Positive Airway Pressure (CPAP) Dr Dakshi Jayawickrama</li> <li>Ventilators and ventilation Dr Haritha Dharmakeerthi</li> <li>Continuous Renal Replacement Therapy (CRRT) Dr Rasanee Wanigasuriya</li> </ol>	<p><b>Symposium 11</b>  <b>Technology enhanced medical education</b>  <b>North Wales Medical School, Bangor University, UK</b></p> <ol style="list-style-type: none"> <li>Anatomage: integration of anatomy, histopathology, and radiology Dr Mona Arafa &amp; Dr Leah Jones</li> <li>Integrated Structured Clinical Examination (ISCE) Dr James Burston</li> <li>Paper-free exams with Safe Exam-browsing Dr Mahab Aljannat &amp; Dr Victoria Gray</li> </ol>		
03.00 PM - 04.00 PM		<p><b>Symposium 12</b>  <b>Infectious diseases: the new line of attack</b></p> <ol style="list-style-type: none"> <li>Nanopore sequencing for clinical applications in low resource settings Dr Lakmal Jayasinghe</li> <li>Influence of innate lymphocytes on dengue disease outcomes Professor Ashley St. John</li> </ol>		
04.00PM - 04.15 PM	<b>Closing ceremony &amp; Tea</b>			
07.00 PM - 09.00 PM	<b>Doctors' Concert</b> At Main Auditorium, UCFM Tower, Colombo			