



NEWSLETTER

GALLE MEDICAL ASSOCIATION

GMA – NEWS

June 2014

GMA Wesak Bathi Gee - 2014

For the 3rd consecutive year, the GMA membership conducted the *Wesak Bathi Gee* programme where they walked from ward to ward in the hospital, singing bathi gee for the patients receiving care in wards. Perhaps this represented the effort of the doctors to go beyond the biological abnormalities of the patients and provide care and comfort to the bodies and the minds. We appreciated the warmth we received from patients and ward staff in our effort. The GMA wishes to thank the commitment of all the members who participated. A special thank you to Dr. Kesharie De Silva and Dr. Sudheerra Herath for organizing and training the Bakthi Gee group of GMA.



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GMA Annual Long Trip to Polonnaruwa

The GMA makes an annual long trip where the members make the trip with an overnight stay. This year's trip was unique. An entire air-conditioned train with six compartments was made available for the GMA to visit Polonnaruwa. The visit to the Kaudulla National Park was memorable permitting the members to watch hundreds of elephants roaming in the wilds near the Kaudulla tank. The visit to the historical landmarks permitted the membership and their families to admire and be awed by splendors of the ancient kingdom of Pulasthipura. Visits to Lankathilaka, Gal Vihara, Thiwankapilimageya, Nelumpokuna will be treasured memories for the members and children alike. The music and revelry both in the train and at the Peduru party buoyed the tired travellers. Dr. Ganaka Senaratne and Dr. Ruwan Jayasinghe worked tirelessly to make detailed arrangements which made the trip very special. The GMA wishes to thank them for their commitment and effort. We wish to thank Dr. Sarath Kularathne too for his efforts in making the long trip 2014 a memorable event.



GMA bids farewell to two of its distinguished members

A farewell felicitation for Prof. Rifdy Mohideen and Prof. Chitra Pathirana was held at the Lighthouse Hotel, Galle with the participation of a large number of GMA members. Prof. Rifdy Mohideen was Professor in Medicine at the Faculty of Medicine and is a Past President of the GMA and captained the GMA cricket team for many years. Prof. Pathirana was the Professor of Biochemistry at the Faculty of Medicine and contributed many academic activities of GMA by reviewing abstracts, judging free paper sessions, chairing the academic sessions etc on many occasions. The President of the GMA paid tribute to their commitment to medical education, clinical care and welfare of the GMA. We wish them well in all their future endeavours.

Non-Medical Lecture Series

As part of the GMA's efforts to reach beyond medicine, non medical lectures on *"Mythology of Sri Lanka"* by Dr. P. Mapalagama, *"Sudheera ekka Polonnaruwe yamu (සුධීර එකක පොළොන්නරුවේ යමු)"* by Dr. Sudeera Herath. These lectures had enthusiastic participation from members. The GMA wishes to thank the resource persons for the interesting insights provided.

How Durable are the Strong Recommendations Made in Practice Guidelines?

Many Class I recommendations don't survive to the 10 year mark — especially those based merely on opinion or observational data.

Class I recommendations proclaim which practices should be followed in given clinical situations, and they are the strongest made within the guideline framework. Investigators assessed the durability of Class I recommendations to provide a perspective on how often actions that are deemed mandatory become less enthusiastically endorsed as more evidence emerges.

Of 619 Class I recommendations in 11 index guidelines published between 1998 and 2007, 20% of the recommendations did not appear in the subsequent guideline and 9.2% were downgraded or reversed. Even among the recommendations that were supported by multiple trials, 5.7% were not retained in subsequent versions of guidelines and 3.8% were downgraded or reversed. The Class I recommendations at the highest risk for being omitted, downgraded, or reversed were those based on consensus opinion, followed by those based on a single randomized trial or nonrandomized trials.

COMMENT

It is believed that the strongest recommendations in a guideline would be very unlikely to change over time. In this disturbing study, a substantial proportion of Class I recommendations were not durable over even a 10-year period, showing us that uncertainty surrounds even the strongest guideline recommendations. It is worth pondering whether the writing committees would have been able to predict which of the Class I recommendations were most likely to be omitted, downgraded, or reversed based on future studies. Most probably they could not have guessed correctly.

1. Neuman MD, et al. Durability of class I American College of Cardiology/American Heart Association clinical practice guideline recommendations. *JAMA* 2014 May 28; **311**: 2092.

<http://dx.doi.org/10.1001/jama.2014.4949>

CALENDAR OF EVENTS 2014

- *Annual Academic Sessions – 24th, 25th & 26th September 2014.*
- *Monthly Speciality Day – Critical Care & Emergency Medicine – 15th July 2014.*
- *Monthly Non-Medical Lectures.*
- *Monthly CPR Programme.*

Joint clinical meeting between GMA and Ceylon College of Physicians

The first regional meeting of the Ceylon College of Physicians was held in collaboration with the GMA at the GMA auditorium. An academic programme for the doctors was held with contributions from resource persons from the CCP and the GMA. A wide range of interesting topics ranging from oxygen therapy for the critically ill to new lipid guidelines to CKD epidemic were discussed. A parallel workshop was conducted for nurses with hand on training provided on oxygen delivery, insulin injections and inhaler therapy was provided by expert resource persons. The physician members of the GMA were invited by the President of the CCP for a discussion on finalizing the 'Minimum resource package for state hospitals' to be forwarded to the Ministry of Health. The president and council of the CCP expressed deep appreciation of the warmth and hospitality they received during their visit and the excellent arrangements made for the academic meetings by the GMA. The GMA wishes to thank the President and the Council of the CCP for excellent academic resources provided as well as Dr. Arosha Dissanayake, Dr. Ganaka Senaratne and Dr. Chaminda Kottage for attending to the arrangements from the GMA.

Specialty Updates in Endocrinology and Obstetrics and Gynaecology

The monthly specialty updates programme was conducted with two more updates taking place. The Endocrine Specialty day was conducted at the GMA auditorium with participation of endocrine resource person from our hospital and Colombo group of hospitals. The Obstetrics and Gynaecology Specialty Day was held at the T.H. Mahamodara. There was wide participation and current and important topics were discussed with the view of enhancing patient care and capacity building among junior doctors. The GMA wishes to thank Dr. Manilka Sumanatilleke and Dr. Lanka Dassanayake for the effort taken in organizing these specialty updates.

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