



# NEWSLETTER

## GALLE MEDICAL ASSOCIATION

GMA – NEWS

March 2015

### President's Message



I am pleased to send a few words for the newsletter and my greetings to the membership. I thank everybody for electing me as the President and I am grateful to my committee for showing their commitment and dedication towards our prestigious association.

I would like to offer my special thanks to the Past President Dr. Mihiri Madurawe and her committee for the excellent work completed last year.

As one of the oldest professional organizations in Sri Lanka, GMA is credited for the stellar quality educational activities in the region, conducted for the benefit of its membership. The postgraduate training in Galle is pivoted around the regular CME activities organized by the GMA.

Three collaborative sessions with Ceylon college of Physicians and Ceylon College of Pediatricians, and two workshops with overseas resource persons in disciplines of psychiatry and cardiology were held so far. We had four guest lectures on medical and non medical specialties to date.

The social activities are enjoyed by all the membership and after two decades, the Doctors Vs Lawyers cricket match was held in February. We are thrilled to announce that both the soft ball team and the hard ball team of the GMA enjoyed a brilliant victory over the Galle Lawyers Association. I am very much thankful to our both teams for their excellent display of skill at the Galle International Stadium.

This being said, there is yet a multitude of events on our agenda, planned for this year, the highlight being the Annual Academic Sessions. I would kindly request your fullest support on behalf of the GMA for all these events.

I wish you all the very best.

**Dr. C.K. Bodinayake**

*President*

*GMA/2015*

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## THE ANNUAL GENERAL MEETING – GALLE MEDICAL ASSOCIATION

The Annual General Meeting of the Galle Medical Association was held on 23<sup>rd</sup> December 2014 at 11.00 a.m. at the GMA Lecture Theatre, Teaching Hospital Karapitiya.

The following GMA members were elected as the office bearers of the GMA committee for the year 2015.

### President

Dr. Champika Bodinayake

### President Elect

Dr. Satish Goonesinghe

### Immediate Past President

Dr Mihiri Madurawe

### Vice President

Dr. Sarath Kularathna

### Joint Secretaries

Dr. Ajith Jayasekara

Dr. Eisha Waidyarathne

### Treasurer

Dr. Kesharie de Silva

### Postgraduate Coordinator

Dr. Arosha Abeywickrema

### Social Secretary

Dr. Kalum Deshapriya

### Co-Editors

Dr. Sampath Gunawardena

Prof. Mahinda Kommalage

### Committee Members

Dr. H.M.M. Herath

Dr. Aruna de Silva

Dr. Vasantha Devasiri

Dr. R.D. Madurawe

Dr. Chandima Siritunga

Dr. Upkesha Liyanage

Dr. Nayana Liyanarachchi

Dr. Chandana Wickramaratne

Dr. Lanka Dasanayake

Dr. Gayani Punchihewa

Dr. Tolusha Harischandra

Dr. Ruwan Jayasinghe



### *First Announcement*

#### GALLE MEDICAL ASSOCIATION

74<sup>rd</sup> Annual Academic Sessions – October 2015

### CALL FOR SHORT PAPERS AND GMA ORATION

#### ★ Abstracts of Short Papers / Poster Presentations

The number of words should be limited to 250. Two printed copies should be submitted along with a soft copy in Microsoft Word on a CD or as an e-mail attachment.

#### ★ Galle Medical Association Oration - 2015

Full text must be submitted in triplicate.

**Submissions will be accepted up to 15<sup>th</sup> July 2015**

Further details can be obtained from <http://sljol.info/index.php/GMJ/index> and the GMA Office, Teaching Hospital, Karapitiya.

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### Doctors vs Lawyers Annual Cricket Encounter

Doctors vs Lawyers Annual Cricket Encounter was held on 1<sup>st</sup> February 2015 at Galle International Cricket Stadium. This event was held after an interval of 23 years. There was very good participation from both sides.

Both hard ball and soft ball cricket matches were won by the doctors team.



### MOCK examination for Medical Registrars

We have successfully completed the MOCK examination for Medical Registrars. It was held in 16<sup>th</sup> March 2015 at ETC Lecture Theatre, TH Karapitiya



## GMA News

The **Newsletter** will be published quarterly. We welcome topical letters, short book reviews and brief subject updates, letters focusing on current academic and professional issues of relevance etc from the membership to be published in the newsletter.

### CALENDAR OF EVENTS 2015

- *Annual Academic Sessions – 7<sup>th</sup> to 9<sup>th</sup> October 2015*
- *Monthly Non-Medical Lectures*

## Clinical communication skills

Possessing good communication skills is considered as an important basic quality for a doctor. However, the amount of attention paid in developing communication skills is relatively low in undergraduate and postgraduate medical education programs. Traditionally, junior doctors and medical students were expected to acquire this skill by watching how senior clinical staff work with patients. A popular idea was that clinical communication ability was an innate quality i.e. you are either a good communicator or not, inherently. Teaching communication skills is a relatively new area in Medicine and the term ‘clinical communication skills’ did not exist in undergraduate or postgraduate medical education in Europe until thirty years ago(1).

There is ample evidence to show that patients’ satisfaction is improved with effective communication between patients and doctors (2)(3). In addition, effective communication improves doctor’s job satisfaction (4) and reduces legal action against doctors (5). There is evidence to show that patients are more likely to adhere to the treatment plan and follow advice on difficult behavioral change such as cessation of smoking (6) when there is an effective communication which improves the outcome of such treatment programmes.

Clinical skills and observations are often based on evidence from basic sciences, however, communication skills are based on evidence from subjects such as psychology, sociology and anthropology. Therefore, communication and clinical skills are very different in their origins as well as affiliations. Another difference in clinical communication skills is that you may never reach the peak of your ability. You learn throughout your life, getting better day by day. Both clinical skills and communication skills can be considered as effective and useful skills in medical practice.

These are some of common instances where we use our clinical communication skills.

- Eliciting a patient history
- Explaining a procedure, treatment, risk or other similar information
- Exploring the ideas, concerns and expectations of the patient
- Discussing informed consent and options
- Breaking news
- Negotiating a management or treatment plan
- Passing on accurate information to colleagues (written or spoken)
- Presenting case histories to colleagues

As you may have already experienced, outcome of these encounters highly depend on our communication skills.

Since it was found that up to 80% of the diagnosis is based solely on clinical history taking from patients (7), it is not unreasonable to consider clinical communication skills as one of the most important clinical skills of all.

1. Brown J. How clinical communication has become a core part of medical education in the UK. *Med Educ.* 2008 Mar;**42**(3):271–8.
2. Williams S, Weinman J, Dale J. Doctor-patient communication and patient satisfaction: a review. *Fam Pract.* 1998 Oct;**15**(5):480-92.
3. Brown JB, Boles M, Mullooly JP, Levinson W. Effect of clinician communication skills training on patient satisfaction. A randomized, controlled trial. *Ann Intern Med.* 1999 Dec **7**;**131**(11):822-9.
4. Roter DL, Stewart M, Putnam SM, Lipkin M, Stiles W, Inui TS. Communication patterns of primary care physicians. *JAMA.* 1997 Jan **22**;**277**(4):350–6.
5. Avery JK. Lawyers tell what turns some patients litigious. *Med Malpract Rev.* 1985;**2**:35-7.
6. Stewart MA. Effective physician-patient communication and health outcomes: a review. *CMAJ Can Med Assoc J J Assoc Medicales Can.* 1995 May **1**;**152**(9):1423–33.
7. Hampton JR, Harrison MJ, Mitchell JR, Prichard JS, Seymour C. Relative contributions of history-taking, physical examination, and laboratory investigation to diagnosis and management of medical outpatients. *Br Med J.* 1975 May **31**;**2**(5969):486-9.

**TO:**

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