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NEWSLETTER

GALLE MEDICAL ASSOCIATION

2017 January

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From the GMA President



The tenure of the GMA Executive Committee 2016 has come to end. We all immensely enjoyed being part of the GMA family. We have attempted make our GMA current and relevant to all members. Ours is a unique Association with different foci - with academic, professional and social facets. This year we had a great annual academic meeting with excellent attendance and some innovations. The response to the workshops organized for general doctors was excellent. Some workshops attracted more registrants than for the annual sessions.

Through the GMA Research Grant, we intend to promote and enhance research by our local researchers. I am confident that it will be a sustainable grant with provision for further expansion.

A structured GMA website is now in place, with provision for abstract submission. The GMA office, library and the auditorium need changes and refurbishment to create a pleasant ambience for relevant activities. We've completed the work related to the office and the library and intend to complete the auditorium refurbishment within the next month. All these measures are for your benefit - the GMA membership. We need to work hard to update the collection of titles in the library.

I wish to profoundly thank the GMA Executive Committee 2016 for their excellent team work and cooperation at all times. Sureka Samanmalie and Savithri Wijayasiri of the GMA Office too facilitated our work in a dedicated fashion. I wish our new incoming President Dr Sarath Kularatne and his Executive Committee all the very best and success in all their activities and work.

Satish K Goonesinghe
President
Galle Medical Association

Winner of the GMA Newsletter Quiz

Dr Dilan Fernando's entry was adjudged the winning entry in the quiz competition offered by the previous newsletter. As the winning prize, Dr Fernando received a voucher for dinner for two at the Tamarind Hill Hotel Galle.

Calendar of Events

Academic Activities

- ★ The highlight of the GMA academic calendar is the Annual Academic Sessions. This was held from 6th to 8th of October. The chief guest at the inauguration ceremony was Prof Mohan De Silva, Professor of Surgery and the Chairman of the UGC. Prof Carlo Fonseka, President of the SLMC graced the occasion as the guest of honour. Their addresses aimed at reducing medical errors and how music helps to heal were both inspiring and thought provoking. The main academic programme consisted of five plenary lectures, and four symposia covering areas of importance in both clinical sciences and basic sciences of medicine. The eminent speakers invited for the lectures contributed to enhancement of knowledge and practices of the participants. The academic sessions wound down with the annual GMA dinner.
- ★ In July 2016, a workshop in cardiac diseases was organized in collaboration with the Sri Lanka Heart Association. The program was coordinated by Dr. Bhatiya Ranasinghe.
- ★ In August a workshop on Diabetic foot disease was organized in association with the Endocrine Society of Sri Lanka. Dr Manilka Sumanatilleke coordinated the programme on behalf of the GMA.
- ★ In August, in collaboration with the Faculty of Pain Medicine, College of Anaesthesiologists, a workshop on pain management with special emphasis on acute pain was conducted.
- ★ The College of Obstetricians and Gynaecologists collaborated with the GMA to conduct the Obstetrics and Gynaecology day, in September. Dr Lanka Dassanayake coordinated the programme on behalf of the GMA.
- ★ In association with the office of the Provincial Director of Health Services and the Emergency Treatment Centre of THK, an in service training programme was conducted on emergency medicine in the months of October and November.
- ★ The Department of Anaesthesiology of the THK conducted the monthly CPR course for medical officers providing both knowledge and skills in resuscitation.
- ★ The MD (Medicine) clinical training course was conducted for the postgraduate trainees by the GMA in October.
- ★ In October, Dr Manjula Dissanayake, Consultant Chemical Pathologist delivered the lecture "Pitfalls in the interpretation of medical laboratory tests".

All of these academic activities were well attended by the membership and were received with enthusiasm and appreciation.

Non-Medical Lectures

- ★ In June, Dr George Michael Vanderpooten delivered a guest lecture on the butterfly fauna of Sri Lanka and conservation titled "Butterflies of Sri Lanka".
- ★ In September DrPremasiriMapalagama spoke on "Birds around you".
- ★ As with the academic lecturers, these two non-medical lectures dealing with nature and its beauty were enthusiastically received by the audience.

Social Activities

★ The GMA dinner

The GMA dinner was held as the concluding event of the annual academic sessions. The members and their families were entertained with music and sumptuous food at the event held at the Lighthouse Hotel in Galle. There was a separate entertainment for the children of the members with their favourite cartoon characters. With GMA queen and sing along with Mr. Priyantha Fernando, the members had a night of entertainment to remember.



★ Gee Mandaawa

A rendition of popular Sinhala songs with commentaries by the learned lyricist Mr. Rathnasri Wijesinghe was held on the 26th of January 25, 2017 at Hasara reception hall. The music was by Mr. Nilantha and his group. Dr. Kesharie De Silva coordinated the event and helped it become the success it was.



★ GMA Night Theatre

This was a new item in the GMA social activities. Passionate film fans would gather in the GMA auditorium to watch a critically acclaimed film followed by a discussion on the film, dinner and fellowship. “A Beautiful Mind” and the “Kite Runner” were the films screened. Dr. Channa Yahathugoda arranged the film show and Dr. Harshini Rajapakse and Dr. Arosha Dissanayake provided critical insights into the films.

★ GMA Premier League Cricket Sixes

The inaugural six a side soft ball cricket tournament for doctors in Galle was held in January at the school cricket ground in Uluwitike. There was enthusiastic participation with eight teams entering the fray. The tournament was won by the Sporty Six team led by Dr. Himan De Silva and the Kidney knights led by Dr. Nalaka Herath emerged runners up. The Prof Warriors, led by Dr. Niroshana Dahanayake won the play off for the third place. Dr. Sanka Thebuwanarachchi won the best batsman award and Dr. Gathika Kodituwakku won the award for the best bowler. The prestigious Man of the match for the finals was won by Dr. Himan de Silva. Dr. Nalaka Herath and Dr. Channa Yahathugoda coordinated the event for the GMA.

Upcoming Events

★ GMA day out

Whale Watching

Date will be notified soon.

From the Journals

Better Patient Outcomes with Female Internists?

Female internists have lower rates of patient mortality and readmissions than their male counterparts, according to an observational study in *JAMA Internal Medicine*.

Using a national sample of Medicare beneficiaries, researchers looked at patient outcomes among 58,000 general internists who treated hospitalized patients. After multivariable adjustment, patients who were cared for by female physicians had significantly - albeit slightly - lower 30-day mortality rates than those cared for by male physicians (11.07% vs. 11.49%). In addition, 30-day readmission rates were lower for female physicians (15.02% vs. 15.57%). Outcomes did not vary by type or severity of illness.

Editorialists note that past studies have found that women are more likely to provide patient-centered care.

GMA Research Grant 2016

Recognizing the need to support research the GMA initiated a research grant this year. A grant of Rs. 200,000/- would be awarded each year following evaluation of the submitted proposals by an independent panel of external reviewers.

This year's award would be granted to the research titled "Do they really matter in infection control? White coats, neckties and bare hands below elbow policy in health care workers" at the AGM to Dr. Nayani Prasangika Weerasinghe.

Renovation of the GMA Facilities

The refurbishment of the GMA library and office has been completed with new study bays, fibre-optic connectivity and new computer terminals and a special corner for IELTS training and practice.

We believe that the new study environment would help the membership immensely.

The GMA lecture theatre will be renovated in the near future to overcome the shortcomings currently faced.

Cover Story

Women in Medicine: An endeavor in a male-dominated world

Women have always been central in providing medical care, whether offering remedies in the home, nursing or acting as herbalists. However, the medical profession has been male dominated for most of its history.

The involvement of women in the field of medicine has been recorded in several early civilizations. An Egyptian, Merit Ptah (2700 BC), described in an inscription as "chief physician", is the earliest woman named in the history of science.

For many centuries women were kept from achieving the dream of becoming a doctor as they were not allowed to obtain formal education in the universities.

Many women attempted to become doctors in the 1800s - Margaret Bulkley in her desperation, even masqueraded as a male doctor; Dr. James Barry (cover picture), to practice medicine. It was only when she died; after 46 years working as an army medical officer, in 1865 that her secret was exposed. She carried out the first successful caesarean section in Africa in which both the mother and child survived the operation.

It was only in the 1900s, after much struggle, that women won the right to study and practice medicine in the same way as men. The first female doctors, Elizabeth Blackwell (in the USA) and Elizabeth Garrett Anderson (in the UK), had to battle considerable resistance.

Most countries of the world now provide women with equal access to medical education. However, gender equality is yet to be achieved within medical specialties around the world.



**Dr. JAMES
MIRANDA BARRY**
(1789 - 1865)
**Transgender
British Surgeon**

Details of his early life are unclear, but research indicates Barry was female-assigned at birth and most probably born Margaret Ann Bulkley in Ireland in 1789. She apparently assumed a male identity prior to embarking on a voyage to Edinburgh in 1809. After arriving, James Barry began studies at the University of Edinburgh and qualified with a Medical Doctorate in 1812. Moving to London, he successfully passed the examination of the Royal College of Surgeons of England. Barry's first posts were in Chelsea and then Plymouth, where he was promoted to Assistant Staff Surgeon. His first significant post was in South Africa where he served as Colonial Medical Inspector from 1817-1827, arranging for an improved water system and performing one of the first known successful caesarean birth procedures. Despite his skill, Barry earned enemies during his quest to reform the medical and prison systems. In 1828, he was posted to various tropical islands where he stressed the need for proper sanitation as well as social, medical, and humanitarian reforms. By this time he had become Inspector General of H.M. Army Hospitals, but was demoted after becoming involved in a political skirmish while posted to Saint-Helena. He eventually regained his rank and, in 1857, departed for Canada where, as Inspector General of Hospitals, he fought for better food, sanitation, and proper medical care for prisoners, lepers, and soldiers and their families. Barry retired in 1864 and died the following year in England of dysentery. His request to be buried without medical examination went unheeded, leading the charwoman who cared for his body to discover the female anatomy he had long kept hidden. A staff surgeon major who had known Barry for years, having previously treated him for bronchitis, stated in a letter to the Registrar General that Barry was probably a hermaphrodite. Several scholars have since come to question the examining doctor's claim.

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GMA Library Refurbishing

Requirement of New and Current Books to the GMA Library

The GMA Library has been newly refurbished for the benefit of its users. However, regrettably most of the titles available for reference and lending are out of date.

We intend to have

1. Journals and periodicals;
2. Books required for postgraduate (PG) screening examinations;
3. Major textbooks and monographs in basic sciences and clinical specialties;
4. Books and multimedia for IELTS and TOEFL preparation (with a dedicated area);
5. Books / theses authored by members of the Galle Medical Association;
6. Books about Galle in particular and the Southern Province in General.

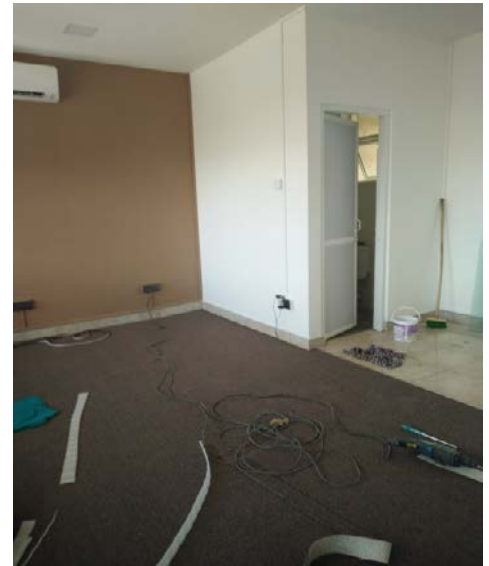


We also intend to augment the collection with printed and e-books with the help of the Postgraduate Institute of Medicine, University of Colombo.

It would be great if you could please help to upgrade your GMA library. This will immensely help all categories of doctors and dental surgeons - those preparing PG screening examinations, non-PG doctors, PG trainees, junior and senior university academics and consultants.

Please help your GMA library by donating new and current titles belonging to the above categories. This can be done by:

1. Donating a book / books by yourself and/or
2. Arranging a sponsor / donor for the purpose



Please let us know the title / titles that you intend to donate in advance in order to prevent duplication. Please contact Sureka (0773 851121) or Savithri (0778 431243) at the GMA Office.

Your magnanimity will benefit future generations of doctors and patients-at-large through a current and upgraded GMA Library.

The Refurbished GMA Library & Office: Functional Now



A Message from the Editors

We would like to invite the membership of GMA to contribute to the GMA newsletter. Please feel free to send articles, letters, picture stories, poems, puzzles, jokes, cartoons etc. related to medical profession. We would also like to hear your views about the GMA newsletter. Please send them all to Editors GMA via e-mail gmathk@gmail.com

We would like for invite the non members to join the Galle Medical Association (GMA). Please inquire about the membership form at the GMA Office.

GALLE MEDICAL ASSOCIATION

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