



NEWSLETTER

GALLE MEDICAL ASSOCIATION

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“Starry Night” by Vincent Van Gogh at the Museum of Modern Art in New York City

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PRESIDENT'S MESSAGE

The Art and the Science of Medicine



It is indeed a great honour and a privilege to serve the membership of the GMA as president for the year 2019. A group of dedicated and creative individuals have consented to serve on the executive committee, and be "Team 2019" to take the GMA vision forward. The theme for the year is "The art and the science of medicine; enhancing clinical excellence with humane care".

In this theme and vision, to enhance clinical excellence, the GMA reaches out to the membership with knowledge dissemination occurring at all levels of care from primary to tertiary. 'Collaborative Academic Programmes' are conducted with Sri Lankan specialty colleges and associations. 'Enhanced Web Based Learning' is facilitated through webcasting of symposia conducted by the Royal College of Physicians of Edinburgh. 'Pearls of Clinical Wisdom' lecture series provides the membership with an opportunity to listen and learn from senior consultant colleagues from our hospital and the university. The 'Young Specialists Forum' provides a platform for the senior trainee specialists to enhance their presentation and academic skills. The 'Postgraduate Directorate' conducts examination oriented teaching and training programmes for the junior trainees functioning at registrar level. 'Enhancing GP Care' programme brings together medical officers engaged in general practice and hospital specialists to enhance knowledge and skills on topics important in general practice with the aim of providing high quality care at primary care level. 'Strong Peripheries' is a collaborative effort with the RDHS officials to conduct a dialogue with doctors manning smaller regional hospitals, identifying problems and helping develop skills and competencies to deal with them. 'Community Outreach Programme' brings GMA together with civil society organisations acting in unison to deliver important health messages and focused problem solving sessions. 'Training of Members of Public in Basic Life Support', initiated last year, will continue with enhanced vigor. 'Maternity Matters' emphasises the importance of excellence in maternal care and provides training to doctors working in maternal health. The 'Research Help Desk' provides guidance for members embarking on research projects, from conceptualization of ideas to publication. 'Digital Archiving' of GMA activities has commenced and all records will be stored securely for posterity. The library structure and functions are being developed to meet the needs for 21st century doctors.

To enhance humane care, membership is engaged with the fine arts and activities related to medical humanities. 'Medicine and Beyond' series of lectures broadens our vistas on the interphase of the art and science. 'Fit and Stress Free' programmes are organized to promote both emotional and physical wellbeing of the membership. 'Sonduru Sendawak' programmes will provide an opportunity to the membership to engage with guests who have displayed excellence in the fine arts and develop their own artistic appreciation and skills. 'Thotupola' is our Ketapath Pawura, a place to pen down thoughts both in prose and poetry. 'Athuru Mithuru' is the forum for members' families, especially young children. Activities to enhance their artistic and other skills are carried out during school vacation times. Social programme with excursions and celebration of important festivals will commence with 'Surya Wasanthaya', our new year festival. Regular newsletters such as this, from the editorial team will provide information on all of above as well as provide an educational and a creative platform.

The GMA crown 2019 is adorned with all of the above precious jewels. I invite the membership to join in all activities and to partner us in the journey to embrace both the art and the science of medicine.

Dr Arosha Dissanayake
President
Galle Medical Association - 2019

THE ANNUAL GENERAL MEETING - GALLE MEDICAL ASSOCIATION

The 77th Annual General meeting of the GMA was held on 21st January 2019 at 11.00 a.m. at the GMA Lecture Theater, Teaching Hospital, Karapitiya.

The Meeting was chaired by the outgoing president Dr. Kesharie De Silva. The minutes of the 76th Annual General Meeting was read by Dr. Manjula Dissanayake and the secretary's report for the year 2017 was read by Dr. Nayana Liyanarachchi, the Joint secretaries of GMA 2018. The Treasurer's report was presented by Dr. Aruna De Silva. The outgoing president, Dr. Kesharie De Silva addressed the gathering and expressed her gratitude to executive committee and all the membership for making the activities of year 2018 successful. Dr. Arosha Dissanayake was inducted as the new president of the GMA. The new president highlighted the vision and mission of the activities of the forthcoming year. The following members were elected for the GMA committee 2019.

President

Dr. Arosha Dissanayake

President Elect

Dr. Kalum Deshapriya

Immediate Past President

Dr. Kesharie De Silva

Vice President

Prof. Sampath Gunawardena

Joint Secretaries

Dr. Ganaka Senaratne

Dr. Gayani Liyanage

Treasurer

Dr. Aruna de Silva

Postgraduate Coordinator

Dr. Krishantha Jayasekara

Social Secretary

Dr. Ruwan Jayasinghe

Co-Editors

Dr. Gayani Punchihewa

Dr. Nayana Liyanarachchi

Committee members

Dr Arosha Abeywickrama

Dr. B V Hasheni

Dr. Chamal Fonseka

Dr. Champa Wijesinghe

Dr. Chandana Wickramaratne

Prof. Channa Yahathugoda

Dr. Eisha Waidyarathne

Dr. Janaka Whelahetti

Dr. Lanka Dasanayake

Prof. Mahinda Kommalage

Dr. Manjula Dissanayake

Dr. Nalin Wijesekara

Dr. Ranjith Jayasinghe

Dr. Rohan Pullaperuma

Dr. Susith Amarasinghe

Dr. Warsha de Zoysa

“ GMA Go GREEN ”

“Go Green before the Green Goes” - *Soham Lahiri*

The GMA, at its 1st committee meeting decided to initiate “Go Green Policy” in their activities.

"Going Green" means to pursue knowledge and practices that can lead to more environmentally friendly and ecologically responsible decisions and lifestyles, which can help protect the environment and sustain its natural resources for current and future generations. (Going Green Web Guide, Middle Town Thrall Library, 2008)

In this process , GMA would like to inform the members that following steps will be taken in future activities of the GMA,

1. Use a water filter instead of buying bottled water. Bottled water generates large amounts of container waste. The Environmental Protection Agency estimates that recycling just one plastic bottle conserves enough energy to light a 60 watt light bulb for six hours.
2. Aim for a paperless office. Though the paperless office may still seem unrealistic, at least try to cut down on printed material when ever possible. We try to adopt “Read on-screen” and only print documents when absolutely necessary. Therefore the GMA newsletter will be available only in electronic format.

Co Editors.



“The first to apologize is the bravest.

The first to forgive is the strongest. The first to forget is the happiest ”

Unknown

LET IT SNOW



When we reached England this time, there it was white everywhere, blanketing the whole area with snow. We felt quite frustrated initially. It felt as if we all were under house arrest. Then only it came to mind about the necessity of "hibernation" as animals do or "Sabbath" or "Punya Kalaya" (a time set aside for rest and worship) as humans do.

When a heavy snowfall occurs, life comes to a standstill until it gets cleared. As we have no control over the situation, we have to be happy with what we have and where we are.

Sometimes we feel like we are running on empty with no chance of respite in sight or when we begin to resent the life we once enjoyed. A "snow time" can go a long way towards dispelling built up stress, provided we give ourselves full permission to indulge in nurturing activities. It is not a time to worry about what we are missing or what is still lingering on our to-do list. Rather, it is a time to give ourselves a break from our responsibilities so we can return to them when we are fully relaxed. We can choose the length and frequency of our "snow time" according to our lifestyle and requirements. It may be two hours per day or two weeks every three months. We can change the duration and frequency until we achieve fulfillment.

Once we have scheduled our "snow time", we should try to commit to ignoring our chores, not calling our place of work and doing only the activities we enjoy. Relax, take a nap in the afternoon, play with children, meditate, sit and observe the birds in the garden or read a novel. Take a long walk in the fading afternoon sunshine, go to the beach, visit a friend, have a hearty chat, and then cook a special dinner. We should let our "snow time" be as languid, relaxed and stress free. We all deserve a "Snow Time" every now and then to develop inner peace, tranquility and to refresh our lives.

Harshini Rajapakse

" If you want something you never had, you have to do something you've never done "

Thomas Jefferson

HIDDEN BARRIER TO OPTIMAL HEALTH CARE

It is globally established that a low level of health literacy is linked to poor adherence to medication and therefore reduced health outcomes. The effect of this ripples from the individual to the entire society as a whole. People with low health literacy levels use more health care services, more hospital admissions, increased use of emergency care services and outpatient care. This results in a major socioeconomic burden. Based on a study done in 2003 by the US Department of Education National Assessment of Adult Literacy (NAAL) shows that 87 million adults (36% of total population in 2003) had basic or below basic health literacy levels.

What is health literacy?

Health literacy is, “the degree to which an individual has the capacity to obtain, communicate, process, and understand basic health information and services to make appropriate health decisions.”

How is it different from literacy levels?

Health literacy and general literacy are not the same, though closely related. People’s reading, writing and numerical skills are only a part of health literacy. Although these skills are required to understand and utilize health care services judiciously, health literacy involves understanding information and application of that knowledge to make health care decisions wisely. This is exemplified in that people well versed in language and arithmetic often find trouble when faced with health literacy issues. This can be attributed to the complex and unfamiliar medical terms, unaware of bodily functions, confusion following certain diagnoses or complicated management plans.

How to assess health literacy?

There are many tools to assess health literacy, none of which fully covers the concept of health literacy. Many commonly used instruments assess mainly the reading and functional skills via a questionnaire (e.g., Rapid Estimate of Adult Literacy in Medicine (REALM), Test of Functional Health Literacy in Adults (TOFHLA), Set of Brief Screening Questions (SBSQ). Short Assessment of Health Literacy (SAHL), Health Literacy Survey-Europe (HLS-EU) predominantly assesses the cognitive aspects. Newest Vital Sign (NVS) is a fairly new screening tool, which can be used in the primary care setting to assess health literacy with regard to reading, numeracy and comprehension.

How to improve Health Literacy?

Health literacy should be important to patients and clinicians alike and health professionals should develop the ability to speak patient language and understand their culture to bridge the gap between providing health care information and its implementation to see better outcomes.

Effective communication strategies will benefit patients with low literacy levels and also people with adequate literacy levels. Communication can be brought about by several methods. Oral communication is exchange of verbal information between patient and the health care provider. Many research shows that this is not very effective as only half the information is understood and retained by the patient and they are reluctant to ask for. Speaking slowly to the patient in plain and simple language and focusing on the advice of the necessary content by avoiding jargon can overcome this and result more retention of information by the listener. Printed materials with instructions that are easy to read can be used to reinforce verbal instructions. This by no means should replace the patient - doctor interaction and only facilitate the process. Photonovela is a visual media gaining much popularity, which involves health education to be imparted in a comic book format with photographs instead of drawings and simple text in a story.

A collaborative effort is needed to increase the nation's health literacy with the participation of organizations, professionals, policy makers, communities, individuals and their families.

Dr. Shanya Kumarasiri
(Senior Registrar in General Medicine)



GALLE MEDICAL ASSOCIATION

GMA Research Grant - 2019

Applications are called for
GMA Research Grant - 2019

Application form and the Guidelines
are available on the GMA website.

Please submit the full research proposal
with duly filled application (available at
www.gma.lk) on or before

30th April 2019

to the GMA Office.

GMA RESEARCH HELP DESK

GMA Research Help Desk will help you to

- ❑ Articulate your research question
- ❑ Identify best sources of information
- ❑ Formulate your search strategy
- ❑ Write research proposals
- ❑ Get the documents related to ethical clearance
- ❑ Analyze data write reports
- ❑ Write abstracts / papers for publications
- ❑ Any other matters arising in research....



*Experts will be available at the GMA office
Every Friday from 11.00 a.m. to 12.30 p.m.
Book an appointment from the GMA office*

“ There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self ”

Ernest Hemingway

QUIZ

- 1. Who is the world famous musician and composer who holds a national record in swimming in Greece?**
A. Kitaro
B. Richard clayderman
C. Yanni
D. Enrique Iglesias
- 2. "Queen of Katwe" Is based on the story of a,**
A. ballet dancer
B. Ugandan model
C. Chess champion
D. Singer
- 3. The "mayday" procedure word was originated in 1923, by a**
A. Radio officer at a airport
B. Army soldier at warfront
C. Naval officer at sea
D. Astronaut in space
- 4. Which of the following work of Leonardo Da Vinci is a mural**
A. The Baptism of Christ
B. Mona Lisa
C. Madonna of the carnation
D. The last Supper
- 5. "Living Funeral" is described in the novel,**
A. The five people you meet in heaven
B. First phone call from Heaven
C. For one more day
D. Tuesdays with Morrie
- 6. Which fish was used as an indicator of the levels of cadmium, mercury and zinc in the polluted waters .?**
A. Golden Dragon (*Scleropagas formosus*)
B. Gold Fish (*Carassius auratus*)
C. Mosquito Fish (*Gambusia affinis*)
D. Rabbit Fish (*Siganus oramini*)
- 7. Name the animal who never drinks water in its entire life?**
A. Kangaroo
B. Hippopotamus
C. Rat
D. Kangaroo rat
- 8. Name the only animal on earth, other than man, known to contract leprosy:**
A. Armadillo
B. Rat
C. Monkey
D. Cow
- 9. Which country announced new flexible policy on sex change in passports?**
A. United States of America
B. Canada
C. Hong Kong
D. Thailand
- 10. Name the country in which recently Archaeologists have found a 3,500 years old town buried under the earth ?**
A. Malaysia
B. Egypt
C. Vietnam
D. Greece

Please e-mail your answers to gmathk@gmail.com on or before 30th May 2019.

An attractive prize would be awarded to the winner

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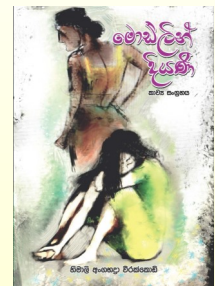
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BOOK NOOK



Two poetry books were published by Dr. Himali Angabhadra Weerakkody, a Medical Officer at Department of Chemical Pathology, THK.



Please send in your creative work to the Book Nook of the GMA Newsletter

UP COMING EVENTS

- ⇒ **“Athuru Mithuru Sithuwam Dekma”** 26th March - 6th April 2019
- ⇒ **GMA “Sonduru Sandawak”** 26th April 2019
- ⇒ **“Soorya Wasanthaya”** 07th April 2019
- ⇒ **GMA “Bodu Gee Saraniya”** 16th May 2019

The Artist and the Scientist

Both are experimenters, with the former thinking creatively after the experiment and the latter beforehand.

Marcel Proust, the novelist

COVER STORY

The Starry Night is oil on canvas by the Dutch post-impressionist painter Vincent van Gogh. Painted in June 1889, it depicts the view from the east-facing window of his asylum room at Saint-Remy-de-Provence.

Van Gogh would experience moments when his emotions took hold of him and he would find himself unaware of past events, unaware of how he got where he was. Eventually, afraid he might hurt someone he loved during one of these “spells,” he committed himself into an asylum. While confined to the asylum he was never violent, but rather violently passionate. He painted what many art historians believe to be his best work while there

In a paper published in “Neurosurgery” in August 2017 titled “**Neuroanatomical** Interpretation of the Painting *Starry Night* by Vincent van Gogh” the authors query, “could the outpouring of his emotion through his brush strokes be manifestations of TLE? When you look at a van Gogh painting, are you looking into the mind of a man experiencing TLE? We suggest that those “auras” were forever immortalized in his paintings - poetry placed onto canvas. He painted an altered perception of his surroundings - the sun, the moon, the stars, the clouds were vibrant and chaotic. We submit that *Starry Night* may have originated from deeper within his subconscious. During that time, he created a painting with a message of “where.” He painted the locus of his genius and affliction - “The Hippocampus”

78th ANNUAL ACADEMIC SESSIONS - GMA

5th & 6th of September 2019

**CALL FOR SHORT PAPERS, ABSTRACTS, POSTER PRESENTATIONS
AND GMA ORATION**

Submissions will be accepted up to 14th June 2019

Further details can be obtained from <http://www.gma.lk> OR
GMA Office, Teaching Hospital, Karapitiya
Tel: **091-2232560**, E-mail: gmathk@gmail.com

LUNCH TIME TALK - “ MEDICINE & BEYOND ”

➔ “ Dancing & Wellbeing ”

An interactive session held on 22nd January 2019 was conducted by the renowned dancer Ms. Vindya Warakagoda. She enlightened the audience about the healing power of dance movement therapy.



➔ “ Da Vinci - Art, Science & Anatomy ”

A Mesmerizing one hour journey through the extraordinary work of Leonardo Da Vinci was conducted by Dr. Chandima Amarasena, Cardio Thoracic Surgeon on 25th February 2019.



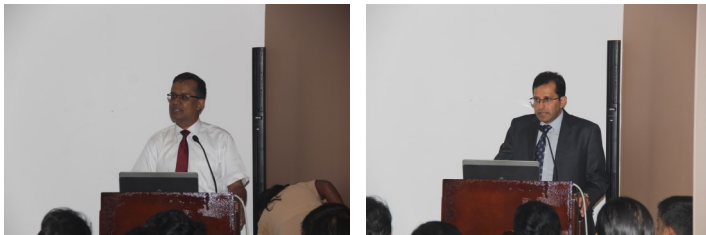
George Sarton, the historian of science, once wrote of the importance of being selective while carrying out research:

“This brings science and art very close together, for right selection is the essence of art as well as science”

HIGHLIGHTS OF THE ANNUAL GENERAL MEETING



GMA EVENT WITH COLLEGE OF PULMONOLOGIST



“ STOP TB ” a CME Programme was conducted by Sri Lanka College of Pulmonologist in collaboration with GMA on 5th of March at the GMA auditorium to commemorate the “ World TB Day ”.

COMMUNITY OUTREACH PROGRAMME

The School CPR Programme was conducted outside Galle District for the first time at Rahula College, Matara.



ENHANCED WEB BASED LEARNING



GMA made history by linking up with Royal College of Physicians Edinburgh for the first time by live streaming their annual symposium on care of the Elderly on 21st March 2019. Registered participants received CPD certificates.

PEARLS OF CLINICAL WISDOM - CONSULTANTS CME PROGRAMME

“To err is human (in Medicine)” the first of Consultants CME Lecture Series - “Pearls of Clinical Wisdom” was delivers by renowned physician Dr. W KodikaraArachchi.

