



NEWSLETTER

GALLE MEDICAL ASSOCIATION

August 2021

Volume 21

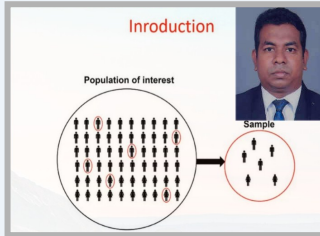
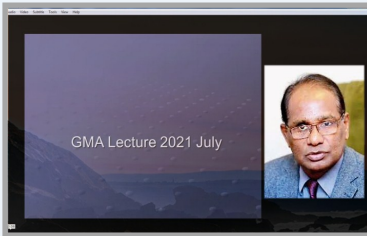
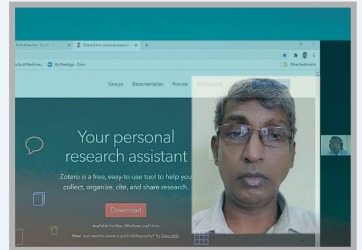
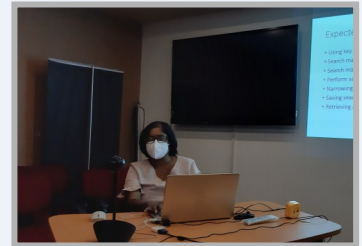
Issue 2

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CLINICAL RESEARCH DEVELOPMENT HELP GROUP



A series of workshops was initiated with the concept from Dr. Kalum Deshapriya, former President, GMA during his tenure in 2020. The series consist of eight workshops with the objective of enhancing the research culture among its membership. Although the series of workshops was interrupted due to COVID-19 pandemic, it was restarted and successfully completed in 2021 with the support of Prof. Sampath Gunawardena, President, GMA. The workshop series were organized by the Co-Editors of GMA in 2020 and 2021.



CONTENTS

GMA COVID FUND	2	ONLINE WORKSHOP ON BASIC IN ADULT CPR	5
GMA WEBINAR ON COVID - 19	2	GMA POSTGRADUATE DIRECTORATE	5, 6
ANALYSIS OF ACCIDENTALLY DETECTED COVID -19 PATIENTS IN TEACHING HOSPITAL KARAPITIYA, GALLE, SRI LANKA	3	ONLINE BAKTHI GEE PROGRAMME	7
CLINICAL RESEARCH DEVELOPMENT HELP GROUP	4	ANNUAL CRICKET ENCOUNTER	8
EMERGENCY SONOGRAPHY FOR TRAUMA CARE (ESTC)	4	CONFERENCE BAGS DONATION	8

GMA COVID FUND



With the third wave of COVID-19 infection, there was a sharp rise in admissions of patients with COVID-19 to TH Karapitiya. Wards assigned to look after these patients were inundated with patients and recently new Paediatric COVID care ward was established at the Maliban Hospital which operated as a ward belonging to TH Karapitiya. As there were many needs of these wards for the care of COVID patients, GMA decided to establish a special fund to provide assistance through GMA COVID Fund. Many individuals including GMA members and foreign donors from Canada and United Kingdom contributed to the GMA COVID Fund. GMA managed to raise more than one million rupees towards this activity. Through the fund, GMA provided many items required to these wards and the ICU including sound systems, UPS, furniture, high flow oxygen delivery machine, rice cooker, blender, gas cooker, generator, infrared thermometers, masks and other items requested by the wards. President wishes to thank the donors for their contribution (with special thanks to Rev. N. Jinanada Thero and Sri Lanka Canada Association of Ottawa-Seniors Group). Further Prof. Mahinda Kommalage, Dr. Krishantha Jayasekera and Dr. Upeksha Liyanage are appreciated for coordinating the delivery of items to the requested wards.



GMA WEBINAR ON COVID - 19



Dr. Krishantha Jayasekera
Consultant Physician
TH Karapitiya



Dr. S. T. Liyanage
Consultant Radiologist
TH Karapitiya



Dr. Warsha De Zoysa
Consultant Physician and
Senior Lecturer in Medicine
Faculty of Medicine



Dr. Chamin Weerasekera
Specialist in Critical Care Medicine
and Lecturer in Anaesthesiology
Faculty of Medicine

GMA conducted two Webinars on COVID-19. The first webinar was held under the theme of "Practical Approach to Management of Hypoxia in COVID-19". It was held on 06th May 2021. Three topics discussed were: (1) Oxygen therapy and NIV by Dr. Krishantha Jayasekera (2) High Flow Nasal Oxygen therapy (HFNO) by Dr. Chamin Weerasekera and (3) Safe intubation of a COVID-19 patient by Dr. Chamin Weerasekera. Sixty participants attended the Webinar.

The second webinar on COVID-19 was held on 10th May 2021. The three topics discussed in this webinar were (1) Pathophysiology of COVID-19 by Dr. Warsha De Zoysa, (2) Targeting treatment to clinical stage of COVID pneumonia by Dr. Krishantha Jayasekera, (3) High resolution CT in COVID-19 by Dr. S. T. Liyanage. The webinar was attended by 95 participants.

Analysis of accidentally detected COVID-19 patients in Teaching Hospital Karapitiya, Galle, Sri Lanka

Bhagya Piyasiri, Krishantha Jayasekera, Ganaka Senaratne, Vigeetha Withanage, Dulnie Wijeweera, Nayomi Danthanarayana, Harshanie Ubeysekera, Nishani Ubeysekera
Teaching Hospital Karapitiya

As the largest hospital in Southern Sri Lanka and a COVID sentinel center, we had been transferring all COVID positive patients to specific treatment centers following diagnosis since the beginning of the pandemic up to April 2021. The hospital operated an on-admission well-updated triage system to prevent suspected COVID-19 patients getting admitted to wards other than isolation/quarantine units. Nevertheless, COVID-19 patients were accidentally detected from other wards being admitted with atypical/asymptomatic presentation and absence of known epidemiological risk factors or adequate information.

Therefore, we analysed the symptoms, diagnostic tools and prognosis of accidentally discovered COVID-19 patients and concluded the efficacy of the triage.

This descriptive analysis was carried out retrospectively for four months (November 2020 to February 2021) utilizing patient records and laboratory data. The diagnosis of COVID-19 was made by RT-PCR and rapid antigen test (RAT).

During this period 47 COVID-19 patients were accidentally discovered. Respiratory symptoms were absent in 39 (83%) patients on admission/diagnosis. Patients with respiratory symptoms (8/47, 17%) had alternative confirmed diagnoses like chronic kidney disease, heart failure, tuberculosis or bacteraemia.

Routine pre-procedural testing was positive in 23.4% (11/47) in which 3 revealed a positive contact history retrospectively. A cluster of 17 patients in an oncology ward found during screening following an accidental identification of a positive patient-carer and was successfully contained, while none of the others caused any hospital clusters. Both COVID PCR and RAT were used in diagnosis. Thirty nine patients were identified by PCR and 8 by RAT.

Mortality rate was 4.3% (2/47) and one of them was diagnosed postmortem following a sudden arrest during a procedure.

Only 30 (17/47 were from the oncology cluster) had escaped the triage which handled 45305 admissions. There were 85 positives from 877 admissions to isolation wards. The total COVID positive admissions during the period were 115 (30 plus 85), thus the efficacy of the triage was calculated as 74% (85/115).

According to the definition of Centers for Disease Control and Prevention (CDC)¹, a triage is “the sorting out and classification of patients or casualties to determine priority of need and proper place of treatment” which is very much crucial in any resource-limited setting where we couldn't screen all patients or control the number of patients coming to the hospital.

Rachel M Wake et al (2020)² concluded that about 1 in 15 patients acquired COVID-19 in hospital (NHS, UK) during their study period; hence the on-admission triage is a useful tool in preventing such occurrence. Sara Ornaghi et al (2020)³ described 5.9% infection rate among the suspected, filtered from their triage on obstetric patients in Italy from March to May 2020, where our positivity among the suspected was 9.69% (85/877). Comparison of efficacy was difficult due to lack of studies on the subject both locally and overseas.

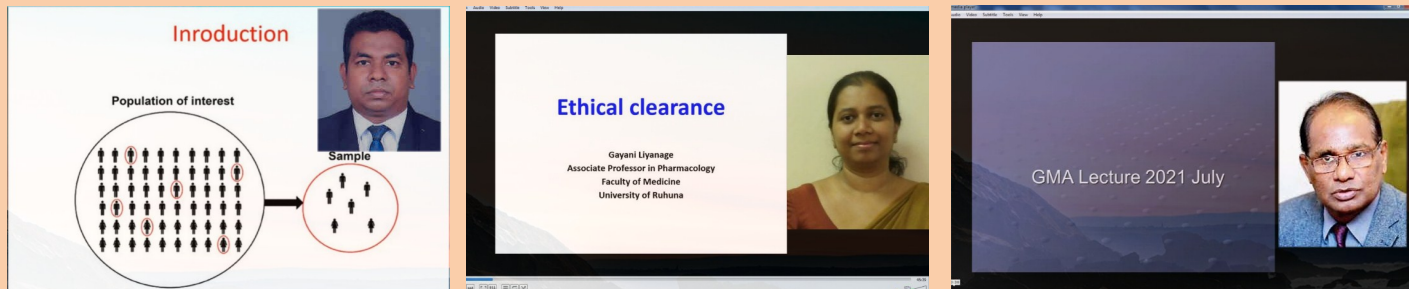
Conclusions

A well-updated on-admission triage can be a good tool to prevent COVID-19 positive patients getting admitted to the normal wards. Since COVID-19 patients can present asymptotically or with a myriad of symptoms, a high degree of suspicion and protected exposure are the keys to contain the infection, while pre-procedural testing can also contribute to minimize the spread. RT-PCR and RAT both contribute to the efficient detection of patients and the mortality rate in the studied group was higher than the national figures.

References

1. CDCguidelines-https://www.cdc.gov/coronavirus/2019-ncov/hcp/non-us-settings/sop_triage_prevent-transmission.html, Last Updated Feb. 25, 2021, accessed 26.07.2021
2. Wake RM, Morgan M, Choi J, Winn S. Reducing nosocomial transmission of COVID-19: implementation of a COVID-19 triage system. *Clinical Medicine*. 2020 Sep;20(5):e141.
3. Ornaghi S, Callegari C, Milazzo R, La Milia L, Brunetti F, Lubrano C, Tasca C, Livio S, Savasi VM, Cetin I, Vergani P. Performance of an extended triage questionnaire to detect suspected cases of Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2) infection in obstetric patients: Experience from two large teaching hospitals in Lombardy, Northern Italy. *Plos one*. 2020 Sep 15; 15 (9):e0239173.

CLINICAL RESEARCH DEVELOPMENT HELP GROUP



The last three interactive sessions of the Clinical Research Development Help Group were conducted as virtual sessions. Dr. I. L. A. N. Darshana, Lecturer in Community Medicine delivered the lecture titled “Statistical Analysis” on 3rd May 2021. Prof. Gayani Liyanage, Associate Professor in Pharmacology conducted the session on “Ethical Clearance” on 21st June 2021. The series was concluded with the lecture on “Tabulating data and final touches to the manuscript” on 05th July 2021 by Prof. Sarath Lekamwasam, Professor of Medicine.

GMA ACADEMIC COLLABORATION

EMERGENCY SONOGRAPHY FOR TRAUMA CARE (ESTC)



The College of Surgeons of Sri Lanka (CSSL) in collaboration with The Galle Medical Association (GMA) conducted a hands on training program on emergency sonography in surgical practice on 28th April 2021 at Teaching Hospital Karapitiya.



Amidst the pandemic, adhering to all the personal protective measures the Emergency Sonography for Trauma Care (ESTC) course was conducted with a great success. This was a great opportunity for participants to improve the knowledge and skills on ultrasonography. Both surgeons and trainees were enrolled for the hands on training session although the registration was limited for 25 participants. The course was conducted by a group of experts including Dr. S.T. Liyanage Consultant Radiologist, Dr. Mihira Bandara Consultant Surgeon, Dr. Jagath Wijerathna Acting Consultant Emergency Medicine, Dr. Chamin Weerasekara specialist in Critical Care Medicine and Lecturer in Anaesthesiology, Dr. R. S. P. Gamage Acting Consultant Emergency Medicine, Dr. K. B. Hewavitharana Senior Registrar in Emergency Medicine and Dr. P. M. Manawadu Senior Registrar in Emergency Medicine .



The event was organized by GMA & CSSL for the first time. Dr. Satish Goonesinghe in President elect of CSSL and Dr. Sathis Wijemanne representative for Southern chapter of CSSL instrumented the event.

Invitation to submit articles/creative products to 'Galu Weda Wiyamana'

GMA wishes to publish the next edition of Galu Weda Wiyamana. We are inviting the members of the GMA (including their families) to submit articles, poems, drawings, paintings, photographic creations, short videos, etc.

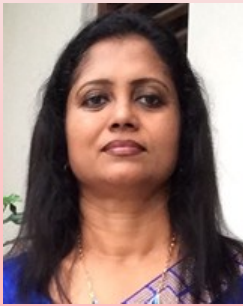
Please send your submissions to galledigest@gmail.com Let us make the next edition of Galu Weda Wiyamana fantastic and memorable through your wonderful creations.



ONLINE WORKSHOP ON BASIC IN ADULT CPR

The Galle Medical Association has played a key role in organizing Advanced Life Support (ALS) programmes in Southern Sri Lanka. Due to the prevailing situation in the country, face to face ALS programmes were not held. Therefore a virtual two day workshop for medical officers was conducted on the 23rd and 26th of June 2021. Dr. Upul Hapuarachchi (Senior Lecturer and Specialist in Anaesthesiology), Dr. (Mrs.) Kesharie De Silva (Consultant Anaesthetist) and Dr. Chamin Weerasekera (Specialist in Critical Care Medicine and Lecturer in Anaesthesiology) participated as the resource persons.

ALS Course will be conducted either face to face / virtual platform depending on the situation of the country to uplift the resuscitation skills of the doctors.



Dr. Kesharie De Silva
Consultant Anaesthetist
Teaching Hospital Karapitiya



Dr. Upul Hapuarachchi
Senior Lecturer and Specialist in
Anaesthesiology
Faculty of Medicine

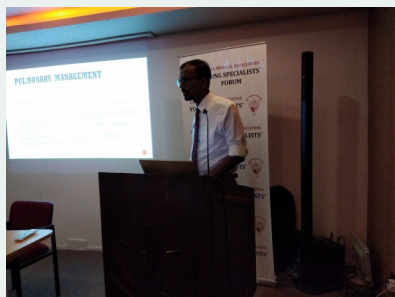


Dr. Chamin Weerasekera
Specialist in Critical Care Medicine
and Lecturer in Anaesthesiology
Faculty of Medicine

GMA POSTGRADUATE DIRECTORATE

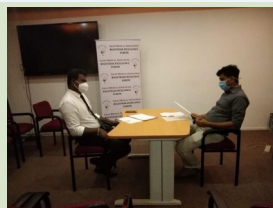
YOUNG SPECIALISTS' FORUM

Dr. Prathiba Kariyawasam (MBBS, MD, DCH) Senior Registrar in Paediatrics did the presentation on **“Obstructive Sleep Apnoea in Children”** on 6th April 2021. Dr. Aruna De Silva, Dr. Ganaka Senaratne & Dr. Upeksha Liyanage participated for the feedback session.

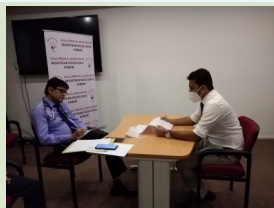


Dr. Jagath Wijayarathna (MBBS, MD, MRCEM) Senior Registrar in Emergency Medicine did the presentation on **“Saving the Survivors ”** on 20th April 2021. Prof. T. P. Weeraratne, Dr. Arsoha Dissanayake and Dr. Ganaka Senaratne participated for the feedback session.

REGISTRAR EXCELLENCE FORUM



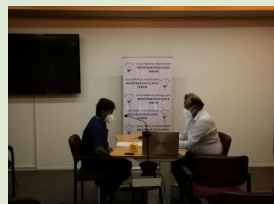
Dr. Chaminda Kottage, Consultant Physician conducted the session on 05th April 2021. Dr. Chamila Karunaratne, Registrar in Medicine, presented the case.



Dr. Y. A. R. P. Jayasinghe, Consultant Physician conducted the session on 19th April 2021. Dr. Dilum Senevirathna, Registrar in Medicine, presented the case.



Prof. C. K. Bodinayake, Professor in Medicine conducted the session on 28th June 2021. Dr. A. A. M. Uvaim, Registrar in Medicine presented the case.



Dr. Nirosana Dahanayake, Senior Lecturer in Medicine conducted the session on 21st June 2021. Dr. C. N. Karunathilka, Registrar in Medicine presented the case.



Prof. H. M. M. Herath, and Dr. Arosha Abeywickrama, Consultant Physician conducted the session on 27th April 2021. Dr. Sameera Ravishan Registrar in Medicine, presented the case.



Dr. Chaminda Kottage, Consultant Physician conducted the session on 18th May 2021. Dr. K. H. S. Maduranga, Registrar in Medicine, presented the case.



Dr. Krishantha Jayasekara, Consultant Physician conducted the session on 06th July 2021. Dr. Chinthaka Kulathunga, Registrar in Medicine, presented the case.



Dr. Chaminda Kottage, Consultant Physician conducted the session on 17th August 2021. Dr. R. A. B. T. Dulanjalie, Registrar in Medicine, presented the case.



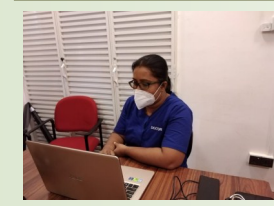
Dr. Arosha Dissanayake and Dr. Ganaka Senaratne, Consultant Physicians conducted the session on 16th June 2021. Dr. Nadeera Lokuha-puarachchi, Registrar in Medicine presented the case.



Prof. T.P. Weeraratna, Senior Professor in Medicine and Dr. Y.A.R.P. Jayasinghe, Consultant Physician conducted the session on 3rd May 2021. Dr. Thilini De Silva Registrar in Medicine presented the case.



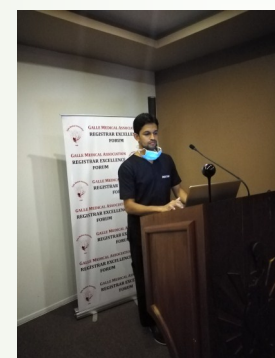
Dr. Sahan Mendis, Senior Registrar in Medicine conducted Picture & Data Interpretation on 13th July 2021.



Dr. Gayani Chamika, Senior Registrar in Medicine conducted Picture & Data Interpretation on 05th August 2021.



Dr. Tharindu Sunnadaniyage, Senior Registrar in Medicine conducted Picture & Data Interpretation on 20th August 2021.



Dr. Nuwan Madushanka, Senior Registrar in Medicine conducted Picture & Data Interpretation on 22nd July 2021.

The main objective of the Registrar Excellence Forum (REF) is to prepare trainees for the MD examination whilst upgrading their clinical practice. In REF, long case discussions, short case demonstration with discussions, Viva voce sessions, data interpretations and picture discussions have been conducted. Simulating actual exam environment in each domain has been the strategy adopted to help Registrars to prepare themselves for upcoming exams. Long case discussions were held with panel of two examiners simulating the actual MD medicine examination. Registrars were given the opportunity to become candidates who experienced the real long case discussion similar to the examination. Moreover, they were being evaluated and feedback was provided at the end of examination which helped them to rectify their mistakes. Other registrars also gained the opportunity to improve their knowledge and skills by participating in the event. Unfortunately, the current situation of the COVID-19 pandemic has become a major challenge to organize activities of REF. But the challenge was overcome by the Post Graduate Directorate, by moving the forum to online platform. Thereafter, the forum was continued successfully through zoom meetings. At present, the examiner and the candidate meet at Galle Medical Association lecture theatre while the participants join online. Ten zoom sessions were conducted as long case discussions after the commencement of the 3rd wave of COVID-19. Meanwhile, weekly session of data interpretation and picture presentation was started with the involvement of senior registrars in internal medicine at Teaching Hospital Karapitiya as resource persons. The Postgraduate Directorate of Galle Medical Association is committed to continue REF every Monday and Tuesday through online platform in two sessions; theory session and long case discussion respectively helping registrars to become excellent healthcare professionals.

ONLINE BAKTHI GEE PROGRAMME

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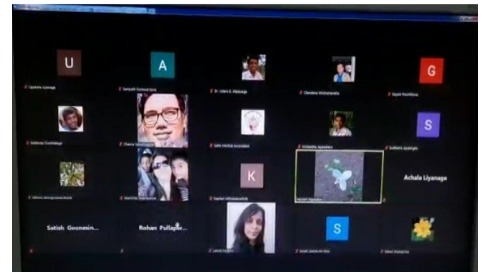
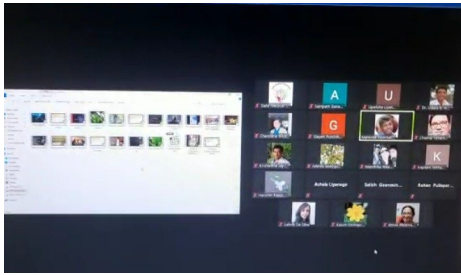


ONLINE BHAKTHI GEE PROGRAMME 2021

Join Zoom Meeting
<https://gma.zoom.us/j/82964244690>
 Meeting ID: 829 6424 4690
 Passcode: 800331

2021
 May
26
 Today
 7.00 p.m.
 Onwards

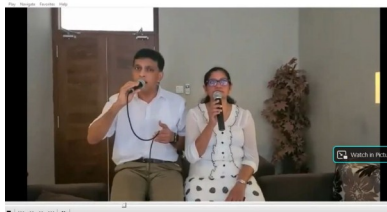
Considering the restrictions imposed due to COVID-19, GMA decided to hold an online Vesak Bhakthi Gee event. It was held on 26th May 2021 as a live virtual event using Zoom platform. Several GMA members and their families participated very enthusiastically. The enthusiasm of the members was such that it went even beyond the scheduled duration of 2 hours. Event was ably coordinated by Prof. Channa Yahathugoda (Social Secretary) and Ms. Sureka Samanmalie (Management Assistant) of the GMA.



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Poson Bhakthi Gee was conducted as a virtual event with a slight modification from the Vesak Bathi Gee event. Pre-recorded songs sung by the members along with their family members were submitted to the GMA. This helped to avoid disturbances due to network lagging. A large number of members participated in the event which was held on 24th June 2021. The event was coordinated by Prof. Channa Yahathugoda (Social Secretary) and Ms. Sureka Samanmalie (Management Assistant) of the GMA. The event was enjoyed by the participants of all ages.



ANNUAL CRICKET ENCOUNTER



The Annual Cricket Tournament was held on 2nd of April at Samanala Grounds, Galle adhering to safety precautions for Covid-19. Three T20 matches (doctors vs students) including soft ball (female), soft ball (male) and hard ball (male) were played. The soft ball (female) match was won by the students' team and the hard ball (male) match was won by the doctors' team. The soft ball (male) T20 match was a tie.

Dr. Krishantha Jayasekera and Prof. Channa Yahathugoda coordinated the event and it was enthusiastically participated by the members.



CONFERENCE BAGS DONATION

As the second time Fifty bags were donated to Paramanda College, Galwadugoda as a community supporting activity of Galle Medical Association. These bags were remains of bags ordered for previous Annual Academic Sessions .



Galle Medical Association 80th Annual Academic Sessions of the GMA – 2021

"Sustaining Healthcare Amidst Challenges"

- Virtual Event -



Inauguration ceremony

WEDNESDAY
15th SEPTEMBER 2021
6.00 P.M.
ONWARDS

Session Day 1

WEDNESDAY
15th SEPTEMBER 2021
2.00 P.M. TO
5.15 P.M.

Session Day 2

THURSDAY
16th SEPTEMBER 2021
8.00 A.M. TO
4.25 P.M.

- PLEASE RESERVE YOUR DATES -

Invitation, Sessions Poster and the links for the events will be sent in due course.

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