

NEWSLETTER

GALLE MEDICAL ASSOCIATION

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ANNUAL ACADEMIC SESSIONS - 2021

The pinnacle event of Galle Medical Association 2021, the Annual Academic Sessions was held on 15th & 16th of September 2021, under the theme 'Sustaining Healthcare Amidst Challenges' on a virtual platform. Prof. M. D. Lamawansa, Vice Chancellor, University of Peradeniya was the Chief Guest and Prof. Saroj Jayasinghe, Emeritus Professor of Medicine, University of Colombo was the Orator for the Inauguration ceremony.



Prof. M D Lamawansa
Chief Guest



Emeritus Prof. Saroj Jayasinghe
Orator



Prof. Sampath GunawardenaPresident GMA - 2021



Seated Left to Right:

Dr. Achala Liyanage (Co-Editor) Dr. Ganaka Senaratne (Postgraduate Coordinator), Prof. Mahinda Kommalage (Treasurer), Dr. Upeksha Liyanage (Jt. Secretary), Dr. Kalum Deshapriya (Immediate Past President), Prof. Sampath Gunawardena (President), Dr. Krishantha Jayasekera (President Elect), Dr. Chandana Wickramaratne (Vice President), Dr. Warsha De Zoysa (Jt. Secretary), Prof. Channa Yahathugoda (Social Secretary), Prof. Sudheera Jayasinghe (Co-Editor)

Standing Left to Right (Committee Members):

1st Row: Dr. B V Hasheni, Prof. Eisha Waidyarathne, Dr. Gayani Punchihewa, Dr. Janithra De Silva, Dr. Nayana Liyanarachchi, Dr. Samantha Lelwala, Dr. Ranjith Jayasinghe, Dr. Vid Ruchira de Silva, Dr. Aruna de Silva, Dr. Rohan Pullaperuma, Dr. Sahan Mendis

2nd Row: Dr. Lanka Dasanayake, Dr. Janaka Amaraweera, Dr. Janaka Whelahetti, Dr. Lasantha Ubeysekara

ANNUAL ACADEMIC SESSIONS - 2021

Despite the challenges of the COVID-19 pandemic, the Annual Academic Sessions of the GMA was held in all its splendor on 15th & 16th of September 2021, under the theme "Sustaining Healthcare Amidst Challenges"

The inauguration ceremony was held on 15th September 2021 at the Conference Hall of the Faculty of Medicine, University of Ruhuna. The Chief Guest, Professor M D Lamawansa, Vice Chancellor, University of Peradeniya delivered the keynote address on "Seeing problem from different perspectives; can we do better?" In his President's address, Professor Sampath Gunawardena, President of the GMA, has focused on the ill effects of human activities on the atmosphere and the quality of breathing air. This was followed by the GMA Oration titled "Sustaining healthcare amidst the COVID challenge: An opportunity for scientists and academics", which was delivered by a renowned researcher and an academic; Professor Saroj Jayasinghe, Emeritus Professor of Medicine, Faculty of Medicine, University of Colombo. The inauguration ceremony concluded with a musical extravaganza by the medical students of the Faculty of Medicine, University of Ruhuna.

The scientific programme of the Academic sessions proved to be an exciting variety of plenary lectures and symposia despite being confined to a day and a half due to the prevailing circumstances. The three Plenary lectures were delivered respectively by Professor Ariaranee Gnanathasan, Senior Professor in Medicine, University of Colombo, who enlightened the audience on "Snakebite envenoming treatment; future perspectives", Dr. Sathis Wijemanne, Consultant Plastic Surgeon, Teaching Hospital Karapitiya who shared "Miracles of Plastic Surgery" and Professor Peter Gibson Professor and Director of Gastroenterology, Monash University and Alfred Health Melbourne, Australia, who spoke on "The application of evidence-based dietary management in patients with irritable bowel syndrome".

First Symposium of the academic sessions on "Recent Advances in Haematology; Bench to Bedside" covered three distinct aspects of management of the haematology. The resource persons contributed to the symposium were Dr. Chandima Thevarapperuma, Consultant Haematologist, Lady Ridgeway Hospital for Children, Colombo, Dr. Manu Wimalachandra, Lecturer in Pathology, Faculty of Medicine, University of Colombo and Dr. Nadishani Ediriwickrama, Consultant Clinical Haematologist, Castle Street Hospital for Women, Colombo. Second Symposium titled "Advances in Cardiology; Beating the Beat" comprised of three presentations by eminent speakers; Dr. Keerthi Divulwewa, Consultant Cardiac Electrophysiologist, Teaching Hospital Kurunegala, Dr. Vajira Senaratne, Consultant Cardiologist, National Hospital of Sri Lanka, Colombo and Dr. W. S. Santharaj, Senior Consultant Cardiologist. Third Symposium titled "COVID-19: Facing the Emerging challenges with confidence" covered three important aspects of COVID-19 by three renowned speakers, Professor Suranjith Seneviratne, Professor and Consultant in Clinical Immunology and Allergy Institute of Immunity and Transplantation and Health Services Laboratories, London, UK, Dr. Chandima Jeewandara, Director Allergy, Immunology & Cell Biology Unit, University of Sri Jayewardenepura and Dr. Ananda Wijewickrama, Consultant Physician National Institute of Infectious Diseases, Colombo. The final symposium on Evolution of Dermatology: To Touch or Not To Touch" by four eminent speakers; Professor Jayamini Seneviratne, Consultant Dermatologist, Lady Ridgeway Hospital for Children, Colombo, Dr. Nayani Madarasingha, Consultant Dermatologist, National Institute of Infectious Diseases, Colombo, Dr. Chalukya Gunasekera, Consultant Dermatologist, National Hospital of Sri Lanka, Colombo, Dr. Janaka Akarawita, Consultant Dermatologist, National Hospital of Sri Lanka, Colombo, discussed on common dermatologiacal conditions which were well received by the audience.

In accordance with the health and safety recommendations during this global pandemic, the 2021 GMA Annual Academic Session, including the inaugural session, were organized as a hybrid event, with only chairpersons and a small number of council members physically present.

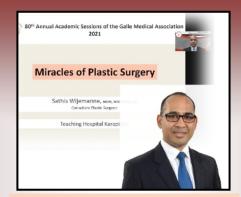
PLENARY LECTURES



Snakebite envenoming treatment; future perspectives

Prof. Ariaranee Gnanathasan

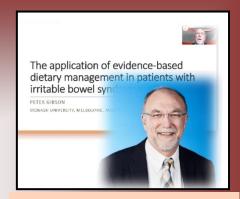
Senior Professor in Medicine Faculty of Medicine, University of Colombo



Miracles of Plastic Surgery

Dr. Sathis Wijemanne

Consultant Plastic Surgeon Teaching Hospital Karapitiya



The application of evidencebased dietary management in patients with irritable bowel syndrome

Prof. Peter Gibson

Professor and Director of Gastroenterology, Monash University and Alfred Health Melbourne, Australia

SYMPOSIUM - 1

RECENT ADVANCES IN HAEMATOLOGY; BENCH TO BEDSIDE



Update on haemophilia care in Sri Lanka

Dr. (Mrs.) Chandima Thevarapperuma

Consultant Haematologist Lady Ridgeway Hospital for Children, Colombo State of the art haematology in diagnostics and treatment

Dr. Manu Wimalachandra

Haematology

MBBS, MD, MRCP, FRCPath

Lecturer in Pathology
Faculty of Medicine, University of Colombo



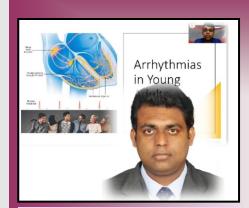
COVID-19: Haematological manifestations in pregnancy

Dr. Nadishani Ediriwickrama

Consultant Clinical Haematologist Castle Street Hospital for Women, Colombo

SYMPOSIUM - 2

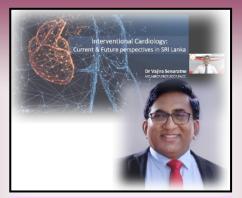
ADVANCES IN CARDIOLOGY - BEATING THE BEAT



Arrhythmia in young adults

Dr. Keerthi Divulwewa

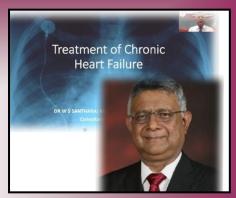
Consultant Cardiac Electrophysiologist Teaching Hospital, Kurunegala



Interventional cardiology; current and future perspectives of Sri Lanka

Dr. Vajira Senaratne

Consultant Cardiologist National Hospital of Sri Lanka, Colombo



Treatment of chronic heart failure

Dr. W. S. Santharaj

Senior Consultant Cardiologist

SYMPOSIUM - 3

COVID-19: FACING THE EMERGING CHALLENGES WITH CONFIDENCE



COVID-19 Vaccines; a current global perspective

Prof. Suranjith Seneviratne

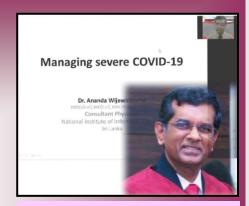
Professor and Consultant in Clinical Immunology and Allergy Institute of Immunity and Transplantation and Health Services Laboratories, London, UK



Simply a piece of bad news wrapped up in protein; Sri Lankan perspective

Dr. Chandima Jeewandara

Director Allergy, Immunology & Cell Biology Unit , University of Sri Jayewardenepura



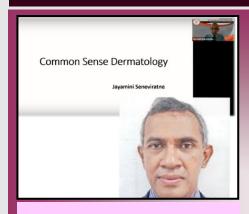
COVID-19; treating severe cases

Dr. Ananda Wijewickrama

Consultant Physician National Institute of Infectious Diseases, Colombo

SYMPOSIUM - 4

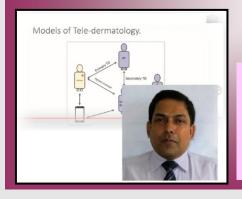
EVOLUTION OF DERMATOLOGY: TO TOUCH OR NOT TO TOUCH

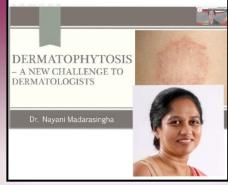


Common sense Dermatology

Prof. Jayamini Seneviratne

Consultant Dermatologist Lady Ridgeway Hospital for Children, Colombo

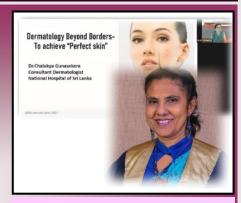




Dermatophytosis: A new challenge to Dermatologists

Dr. Nayani Madarasingha

Consultant Dermatologist , National Institute of Infectious Diseases, Colombo



Dermatology beyond borders; to achieve "perfect skin"

Dr. Chalukya Gunasekera

Consultant Dermatologist, National Hospital of Sri Lanka, Colombo

Tele-dermatology; opportunities and challenges

Dr. Janaka Akarawita

Consultant Dermatologist National Hospital of Sri Lanka, Colombo

Young Specialists' Forum winner's presentation





Stethoscope of the 21st Century: Are you ready for the new era in Medicine?

Dr. Tharindu Eranga Kanakkahewa

Senior Registrar in Medicine, Teaching Hospital Karapitiya

PRESENTATION OF THE RECIPIENT OF GMA RESEARCH GRANT 2020





Evaluation of performance characteristics of selected Albumin Assay Kits

Dr. Deepani Siriwardhana

Senior Lecturer in Pathology, Faculty of Medicine, University of Ruhuna

ANNUAL ACADEMIC SESSIONS - THE BEST PRESENTATIONS

Dr. I. L. A. N. Darshana and Dr. Dimuthu Liyanage won the awards of the best oral and poster presentations respectively. Dr. I. L. A. N. Darshana won the awards for his presentation on "Notified incident cases of dengue and leptospirosis; time series analysis for two commonest vector-borne diseases in Sri Lanka"

"Effect of COVID-19 pandemic situation on congenital hypothyroidism screening performances in Faculty of Medicine, Galle" the title of presentation done by Dr. Dimuthu Liyanage.



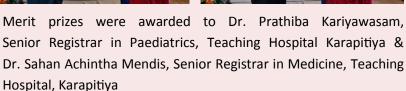


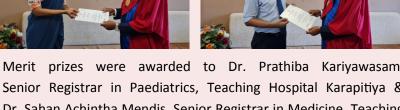
WINNERS OF YOUNG SPECIALISTS' FORUM - 2021



Young Specialist Forum winner was Dr. Tharindu Kanakakkahewa, Senior Registrar in Medicine, Teaching Hospital, Karapitiya





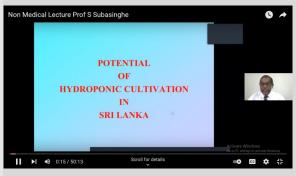


THE BEST POSTGRADUATE PRESENTATION **IN CLINICAL MEDICINE - 2021**



The winner of the Postgraduate Presentation in Clinical Medicine 2021 was Dr. Chethana Karunathilaka, Registrar in Medicine, Teaching Hospital, Karapitiya.

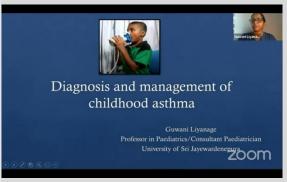
NON-MEDICAL LECTURE SERIES





The Non-medical Lecture Series for this year was delivered via Zoom by Prof. S. Subasinghe, Senior Professor in Crop Science, Department of Crop Science, Faculty of Agriculture, University of Ruhuna. The title of his presentation was Potential of Hydroponic Cultivation in Sri Lanka which was held on Thursday 21st October 2021.

CLINICAL LECTURE SERIES





The Clinical Lecture Series was initiated in year 2021. The first lecture was delivered via Zoom by Prof. Guwani Liyanage, Professor in Paediatrics, Faculty of Medicine, University of Sri Jayawardenepura on Diagnosis and Management of Childhood Asthma which was held on Tuesday 30th November 2021. The event was organized by Co-editors.

UPDATES IN PAEDIATRICS

Fourth session of Updates in Paediatircs was held on 19th November 2021, at the GMA Lecture Theatre. It was titled "Atypical Presentations of TB in Children". Resource Persons were Dr. Aruna De Silva (Consultant Paediatrician), Dr. Gemunu Hewawitharana (Consultant Paediatric Neurologist), Dr. Ganganath Gunathilake (Consultant Paediatric Pulmonologist). The case presentations were done by Dr. K T Rajith Jayasanka, Dr. Hasini Wakwella, Dr. Ishara Sandeepani, Registrars in Paediatrics and Dr. Sahani Basnayake Registrar in Emergency Medicine.

Dr. Ganganath Gunathilake discussed about the diagnostic dilemmas in atypical presentations of TB in Children and Dr. Gemununu Hewawithrana discussed about TB Meningitis in Children. The event was coordinated by Dr. Aruna de Silva.



Dr. Gemunu Hewawitharana



Dr. Ganganath Gunathilake



Dr. Aruna De Silva



Dr. Rajith Jayasanaka



Dr. Ishara Sandeepani

HI, I AM A BUG FROM YOUR GUT MICROBIOME....

World Antibiotic Awareness Week 17th to 24th November

Hi, you may wonder who calls you hi! Yeah.....I am one of your gut mates, a bacterium. To you, each and every bacterium may mean problems. Well, you can decide at the end of this story I am telling you....

I am a part of your microbiome, which consists of bacteria, fungi, viruses, parasites and there may be others...You are definitely not on your own, no matter how lonely you feel, we are here, right inside of your body!

What am I doing in here? I try to play the good Samaritan in the problems you undergo with your health. I might try my best to balance between good and bad but your actions affect me significantly. Suppose you develop a food poisoning and subsequent gastroenteritis by Salmonellae. When Salmonella enters our territory with the bad food, I myself with my colleagues try to ward him off but if he invades your cells in the gut rapidly, we cannot touch him and he causes the trouble. Still we are in the alert and try to catch him, but suddenly here comes your antibiotic which turns us down along with millions of my colleagues, but Salmonella too gets killed, you might think. Yes, sometimes, but what if it isn't? In the Sri Lankan community, many Salmonella are resistant to commonly used antibiotics like ciprofloxacin and cefuroxime. Ha, ha, Salmonella laughs at them and poor me get drowned with my mates. Then you lose the support from us to control the bio-load of Salmonella and ultimately go into developing bacteraemia and subsequent sepsis.

I wish if you had only a lot of fluids, healthy and easily digestible food, rest and probiotics like good yoghurt perhaps, and you will not develop any of those bad problems most often. So remember, the antibiotic is not always a good choice.

Is it only food poisoning I am protecting you against? Nope... There are loads of diseases you might experience if you lose the support we constantly provide to maintain your health and immunity. Diabetes, cancers, autoimmune diseases and even depression are some of the problems you might develop if your healthy gut microbiome gets disrupted. What about the food and drugs you take? The full effect of them also comes through the interactions we cause with the food and drugs, releasing nutrients, dumping toxicity

and breaking down to release active drug forms. Suppose I develop antibiotic resistance from your inadvertent use of antibiotics......Then when the naughty pathogenic bugs plan to cause you next trouble, they would steal my resistant genes from me as a precautionary measure and cause you an infection with superbugs. Also it would be a great drain on your purse having to spend millions of money for the most expensive broad- spectrum antibiotics to kill the bug or else you will have to drown yourself in the attempt along with the bug.

The worst you might develop in the acute illness with mass killing of my team mates by antibiotics is *Clostridium difficile* diarrheoa and subsequent colitis from which millions of people around the globe suffer despite very advanced antimicrobials against the bad bug. Do you know the eventual remedy the modern doctor tries to solve the problem? Give you a plate of poo from a healthy man to eat! Oh, my, you might vomit at the thought. But if you swallow the stuff your Clostridium will be replaced by the healthy bugs and you are cured. Simple technology, but oops.....Well, science has developed a solution. They have now ultimately come up with the capsule of freeze-dried healthy poo for you to swallow without a blink!

That's about what I am doing swimming inside your gut and watching over you round the clock! I love you and your healthy food, healthy life style and healthy habits along with your rational thinking and acting to avoid unnecessary antibiotics the most importantly.

Have a good microbiome and easy life!



Dr. Bhagya Piyasiri
Consultant Microbiologist, Teaching Hospital Karapitiya

MD MEDICINE PART II MOCK CLINICAL EXAMINATION



Galle Medical Association (GMA) is committed to provide guidance and assistance to the young medical professionals. Postgraduate (PG) Directorate of GMA organizes training programmes for postgraduate trainees of Teaching Hospital, Karapitiya in numerous aspects. Registrar Excellence Programme provides sound guidance to the registrars in medicine to get them prepared for their MD examination. Every year this programme conducts mock clinical examination sessions for the candidates of MD Medicine examination.

In the year 2021, GMA organized mock clinical examination sessions in emergency viva, observed history taking and communication skills. GMA also

arranged mock examinations of short cases in neurology and rheumatology. Due to the ongoing pandemics, there were limited preparatory programmes for MD Medicine examination this year. Amidst many challenges, GMA PG directorate successfully conducted this programme under the patronage of Professor Sampath Gunawardane, President of Galle Medical Association together with the council and the Postgraduate Coordinator and the Lead of PG Directorate, Dr. Ganaka Senaratne.

On 26th October 2021, mock viva sessions were held. Consultant Physicians, Dr. Krishantha Jayasekera and Dr. N.H.R. Sanjeewa were the examiners for emergency viva. Dr. Ganaka Senaratne was the examiner in the communication skills station and Dr. Arosha Abeywickrama examined the candidates in the Observed History Taking station. There were seven registrars in medicine as candidates who participated in the programme. At the end of each examination, the candidates were provided with individual evaluations for them to identify their strengths and weaknesses.



On 27 October 2021, mock examinations of short cases were held in neurology and

rheumatology units. Consultant Neurologists, Dr. Athula Dissanayake and Dr. Damith Liyanage were the resource persons for the neurology short cases. Seven candidates participated in the session. All candidates were given opportunity to examine patients. At the end of each clinical examination, the resource persons evaluated and directed candidates to improve their skills.



At rheumatology unit, the registrars had the opportunity to see cases in rheumatology. Dr. Kalum Deshapriya and Dr. S. P. Dissanayake, Consultant Rheumatologists were the resource persons. There was a session on teaching and evaluation of candidates at the end.

The participants were given feedback forms following each session. They have appreciated the programme immensely. They were grateful to Galle Medical Association for organizing this programme since they did not have such preparatory course prior to their MD Medicine examination elsewhere.

This programme was successfully conducted with the contribution of Dr. Himal Oshada Kalambarachchi, Dr. Sahan Achintha Mendis, and Dr. Thilini Karunarathne. Dr. Hashan Muthumal Senaratne, Senior Registrar in Rheumatology and Dr. K. Pratheepa, Senior Registrar in Neurology greatly contributed in organizing mock examination of short cases.









REGISTRAR EXCELLENCE FORUM



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



Dr. Warsha De Zoysa, Consultant Physician conducted the session on 24th August 2021. Dr. Muditha Jayaweera, Registrar in Medicine, presented the case.



Dr. Krishantha Jayasekera, Consultant Physician conducted the session on 21st September 2021. Dr. Nipuna Hemachandra, Registrar in Medicine, presented the case.



Dr. Wimalasiri Uluwattage, Consultant Physician conducted the session on 05th October 2021. Dr. Sameera Ravishan, Registrar in Medicine, presented the case.



Dr. B. V. Hasheni, Consultant Physician conducted the session on 12th October 2021. Dr. A. A. Chathurika, Registrar in Medicine, presented the case.



Dr. M.K. Ragunathan, Consultant Physician conducted the session on 02nd November 2021. Dr. Gayan Dissanayake, Registrar in Medicine, presented the case.



Dr. Dhammika Palangasinghe, Physician conducted the session on 16th November 2021. Dr. Chethana Karunathilaka, Registrar in Medicine, presented the case.



Dr. Y.A.R.P. Jayasinghe, Consultant Physician conducted the session on 22nd November 2021. Dr. V. G. D. Ruwanga, Registrar in Medicine, presented the case.



Dr. N.H.R. Sanjeewa, Consultant Physician conducted the session on 30th November 2021. Dr. Hasaranga Samaranayake, Registrar in Medicine, presented the case.

Cont.....

Registrar Excellence Forum



Dr. Dhammika Palangasinghe, Consultant Physician conducted the session on 07th September 2021. Dr. Krishna Ranathunga, Registrar in Medicine, presented the case.



Dr. Thilini Karunaratne, Senior Registrar in Medicine conducted Interpretation of data and case history on 11th November 2021.



Dr. S. P. Dissanayake, Consultant Rheumatologist, conducted the session on 09th December 2021. Dr. K.H.S. Maduranga, Registrar in Medicine, presented the case.



Prof. Champica Bodinayake, Professor in Medicine conducted the session on 14th December 2021. Dr. U.C. Hettiarachchi, Registrar in Medicine, presented the case.

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

Pandemic Woes

Nearly two years have so far gone Yet end of the pandemic not in sight To catch the virus many are still prone Keeping it in check, an ongoing fight

How sad millions of lives already lost And millions more suffering with fright To people and nations, a terrible cost End of the tunnel, hoping to see light

For children two years lost at school
Just idling at home, parents in distress
Only for a few, online learning a tool
To all concerned causing much stress

Working from home not an easy task
Sitting at the screen, straining the eye
With household chores, a hefty ask
Lost in darkness, awaiting a brighter sky

Mostly affected, the daily wage earner With many hungry kids crying at home Eagerly wishing for some relief sooner Looking for charity in whatever form

Healthcare workers stretched to the limit Hospital facilities getting over-burdened Armed forces keenly fulfilling their remit Let's hope their attitude is not hardened

Vaccination is for longer term prevention
Public health precautions, immediate need
Deserving everyone's undivided attention
Well intended advice all should heed

It appears the response is bungled No coordination, no firm strategy Leaders confused, words fumbled Some profiteering, it's a tragedy!

Dr. Sarath Gamini De Silva

Annual General Meeting 2021

The Annual General Meeting of the GMA for the 80th year was held on the 21st December 2021, at the GMA Lecture Theatre, Teaching Hospital Karapitiya. A limited number of members participated physically and the other members joined via online technology (Zoom) due to COVID-19 pandemic and the requirement of social distancing. The meeting was chaired by the outgoing President, Prof. Sampath Gunawardena who warmly welcomed all the members to the Annual General Meeting. Dr. Krishantha Jayasekera was inducted as the President of the Galle Medical Association for the year 2022 and 27 members were elected to the executive committee by the membership.

President

Immediate Past President

President Elect

Vice President

Joint Secretaries

Treasurer

PG Coordinator

Social Secretary

Co-Editors

Committee Members



Dr. Krishantha Jayasekera

Prof. Sampath Gunawardena

Dr. Chandana Wickramaratne

Dr. Ranjith Jayasinghe

Dr. Warsha De Zoysa

Dr. Bhagya Piyasiri

Dr. Aruna de Silva

Dr. Wimalasiri Uluwattage

Prof. Channa Yahathugoda

Prof. Eisha Waidyarathne

Prof. Gayani Liyanage

Dr. Upeksha Liyanage

Prof. Mahinda Kommalage

Dr. Ganaka Senaratne

Dr. Nayana Liyanarachchi

Dr. Samantha Lelwala

Dr. Pushpika Jayawardana

Prof. Sudheera Jayasinghe

Dr. Binari Wijenayaka

Dr. Ruwan Nanayakkara

Dr. Lanka Dasanayake

Dr. Nishani Ubayasekara

Dr. Chamin Weerasekera

Dr. Udari Egodage

Dr. M.C. Mudannayake

Dr. Janaka Whelahetti

Dr. Sameera Ravishan

GMA Research Grant 2021



Dr. M. T. Madhushika, Lecturer in Pharmacology, Department of Pharmacology, Faculty of Medicine, University of Ruhuna, received GMA Research Grant-2021 worth Rs. 200,000/= for the study titled "Effectiveness of a novel mobile application and a modified manual process in improving Adverse Drug Reactions Reporting in Teaching Hospital, Karapitiya"

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