



NEWSLETTER

GALLE MEDICAL ASSOCIATION

August 2022, Volume 22, Issue 2, ISSN 2550 - 3316

සෞඳරු සැදැවක්- 2, with Prof. Vasantha Devasiri on Sinhala Movie Songs of 1960s / 1970s, The Golden Era



GMA සෞඳරු සැදැවක්-2 was held on 7th July 2022 at hotel Aradhana Galle. Resource person for the programme was Professor Vasantha Devasiri who contributed to the event with his expertise on the Sinhala movie songs from the golden era of the Sinhala cinema. The cover page of the second newsletter 2022 showcases a proud moment; in which President, GMA 2022, Dr. Krishantha Jayasekera and his wife, Dr. Kapilani Withanaarachchi singing the duet "සුදුසට මිදුම් ගලා" which secured more than 30k views within very few days when it was broadcasted by the "Haride TV" later.

CONTENTS

GMA community outreach – Webinars on Communicable Diseases	2	Monthly Speciality Update	6
Registrar Excellence Forum	2	Infectious Diseases Symposium	7
Young Specialists' Forum	3	GMA Vesak Bhakthi Gee	7
Registrar Excellence Forum Workshop	4	GMA Awurudu 2022	8
Guide to Clinical Research for Senior Registrars	4	Badminton/ Table Tennis Tournament	8
Multi Disciplinary Teaching Capsule, Glimpse of Health in South and Academic Collaborations	5	සෞඳරු සැදැවක්	9

GMA Community Outreach – Webinars on Communicable Diseases

Several awareness programmes on communicable diseases were conducted under the Community Outreach Forum in collaboration with the infection control unit and the RDHS office, Galle. The hybrid event held on influenza on 29th June 2022, in response to the outbreak in Sabaragamuwa province gained a good participation both physical and virtual with active contribution by the attendees. Prof. Champica Bodinayake, Dr. Bhagya Piyasiri and Dr. Amila Chandrasiri did the presentations while the President, Dr. Krishantha Jayasekera moderated. Two awareness programmes on monkeypox were conducted in response to the global pandemic; one as a physical event for the hospital clinical staff on 30th June 2022 and another as a webinar for the healthcare staff of major hospitals in the Southern province on 10th August 2022. The latter was accessible for both state and private sector hospitals which secured a good participation. Dr. Krishantha Jayasekera, Dr. Bhagya Piyasiri, Dr. Amila Chandrasiri and Dr. Buddhini Samaraweera did presentations in both events.

Galle Medical Association

Webinar for the healthcare staff
on:
"Here comes Influenza again; brace yourself"

Moderator – Dr. Krishantha Jayasekera
Consultant Physician, THK

12.05 – 12.20 pm – Why Influenza? Global & Sri Lankan epidemiology
Dr. Amila Chandrasiri
Consultant Community Physician, RD Office, Galle

12.20 – 12.35 pm – Clinical Impact of Influenza and management
Prof. Champica Bodinayake
Professor in Medicine, FOM, Galle

12.35 – 12.50 pm – Preventive measures against Influenza
Dr. Bhagya Piyasiri
Consultant Microbiologist, TH Karapitiya

12.50 pm – 01.00 pm – Discussion

Wednesday 29th June 2022
12.00 noon – 01.00 pm

<https://us02web.zoom.us/j/7376271878?pwd=Qk9hN09uZlRlbnN4ND0uNm51L0Zlc2Q1OQ==>
Meeting ID: 737 627 1878
Passcode: w6w6EK

Galle Medical Association
Infection Control Unit – TH Karapitiya

Joint Symposium for the healthcare staff – TH Karapitiya
on:
"What do humans know of Monkeypox?"

Moderator – Dr. Vigetha Withanage
Consultant Virologist, THK

11.35 – 11.45 am – Monkeypox global status; Where was it all this time
Dr. Amila Chandrasiri
Consultant Community Physician, RD Office, Galle

11.45 – 11.55 am – Virology and diagnostics of Monkeypox
Dr. Buddhini Samaraweera
Consultant Virologist, TH Karapitiya

11.55 am – 12.30 pm – Clinical Impact of Monkeypox & management
Dr. Krishantha Jayasekera
Consultant Physician, TH Karapitiya

12.30 – 12.50 pm – Preventive measures against Monkeypox
Dr. Bhagya Piyasiri
Consultant Microbiologist, TH Karapitiya

12.50 – 12.55 pm – Discussion

Thursday 30th June 2022
11.30 am – 12.30 pm
@Nephrology Auditorium
ALL ARE WELCOME

Galle Medical Association
RDHS Office – Galle

Joint webinar for the healthcare staff – Southern Province
on:
"What do humans know of Monkeypox?"

12.35 – 12.45 pm – Monkeypox global status; Where was it all this time
Dr. Amila Chandrasiri
Consultant Community Physician, RD Office, Galle

12.45 – 12.55 pm – Virology and diagnostics of Monkeypox
Dr. Buddhini Samaraweera
Consultant Virologist, TH Karapitiya

12.55 pm – 1.30 pm – Clinical Impact of Monkeypox & management
Dr. Krishantha Jayasekera
Consultant Physician, TH Karapitiya

1.30 – 1.50 pm – Preventive measures against Monkeypox
Dr. Bhagya Piyasiri
Consultant Microbiologist, TH Karapitiya

Wednesday 10th August 2022
12.30 pm – 1.30 pm

<https://us02web.zoom.us/j/7376271878?pwd=Qk9hN09uZlRlbnN4ND0uNm51L0Zlc2Q1OQ==>
Meeting ID: 737 627 1878
Passcode: w6w6EK



Registrar Excellence Forum

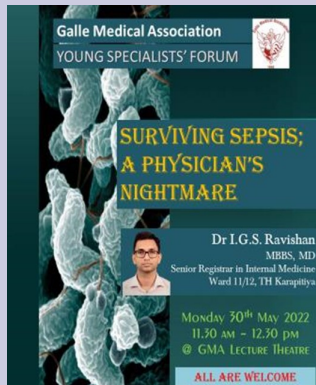


Six Sessions of REF were conducted successfully in the second quarter of the year.

Prof. C. K. Bodinayake, Professor in Medicine, Dr. Warsha De Zoysa, Senior Lecturer in Medicine, Dr. S. P. Dissanayake, Consultant Rheumatologist, Dr. Dinushka Jayaweera Bandara, Dr. Krishantha Jayasekera, Dr. Wimalasiri Uluwattage, Dr. N.H.R. Sanjeeva Consultant Physicians were the resource persons.

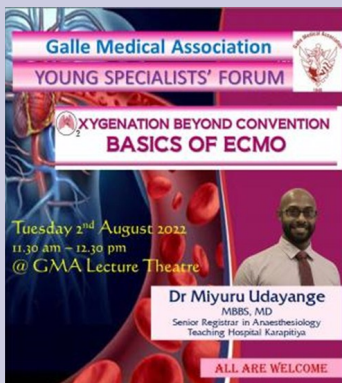
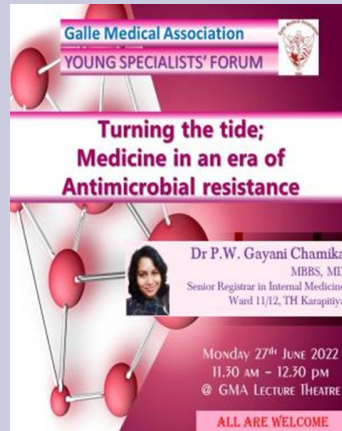
As a part of the REF Dr. Dilum Senevirathne and Dr. Piyumi Ekanayake Senior Registrars in Medicine discussed few Gray cases and Data Interpretation session.

Young Specialists' Forum



Dr. I. G. S. Ravishan, Senior Registrar in Internal Medicine, Teaching Hospital Karapitiya did the presentation titled *"Surviving sepsis; A physician's nightmare"* at Young Specialists' Forum held on 30th May 2022. Prof. T. P. Weeraratna, and Dr. Ganaka Senaratne participated for the feedback session.

Dr. P. W. Gayani Chamika, Senior Registrar in Internal Medicine, Teaching Hospital Karapitiya did the presentation titled *"Turning the tide; Medicine in an era of Antimicrobial resistance"* at Young Specialists' Forum held on 27th June 2022. Dr. Aruna De Silva, Dr. Ganaka Senaratne and Dr. Bhagya Piyasiri participated for the feedback session.



Dr. Miyuru Udayange, Senior Registrar in Anaesthesiology, Teaching Hospital Karapitiya did the presentation titled *"Oxygenation Beyond Convention: Basics of ECMO"* at Young Specialists' Forum held on 02nd August 2022. Dr. Krishantha Jayasekera, Dr. Ganaka Senaratne, Dr. Aruna De Silva and Dr. Kesharie de Silva participated for the feedback session.

Dr. M. K. B. N. Kumara, Senior Registrar in Surgery, Teaching Hospital Karapitiya did the presentation titled *"Minimal Bright Red Blood per Rectum: Is it alarming symptom?"* at Young Specialists' Forum held on 29th August 2022. Dr. Ganaka Senaratne, Prof. Gayani Liyanage and Dr. Ruchira De Silva participated for the feedback session.



Registrar Excellence Forum Workshop (REF - WORKSHOP)



Principles of fluid stewardship

by Dr. Chamin Weerasekera
Specialist in Critical Care Medicine and
Senior Lecturer in Anaesthesiology,
Faculty of Medicine, University of Ruhuna
on 31st May 2022



Clinical Pearls in Medicine

by Dr. Dayakshi Abeyaratne
Specialist in Endocrinology and
Lecturer in Physiology, Faculty of Medicine,
University of Ruhuna
on 24th June 2022



Blood Gas Analysis Easy way out

by Dr. Krishantha Jayasekera
Consultant Physician
Teaching Hospital Karapitiya
on 26th July 2022



Seeing the way through to lessen the burden of Acute Pain

by Dr. Gihan Piyasiri
Consultant Cardiothoracic Anaesthetist
Teaching Hospital Karapitiya
on 09th August 2022



Principles of diagnosis & management of cardiac arrhythmias

by Dr. Susitha Amarasinghe
Consultant Cardiac Electrophysiologist
Teaching Hospital Karapitiya
on 24th August 2022

Guide to Clinical Research for Senior Registrars



Prof. Champa Wijesinghe, Professor in Community Medicine delivered the third lecture of this series titled *"From clinical problems to research objectives"* on 23rd May 2022.



Prof. Vijitha De Silva, Professor in Community Medicine delivered the fourth of this series titled *"Sampling methods in medical research"* on 20th June 2022.



Prof. Gayani Liyanage, Professor in Pharmacology delivered the fifth of this series titled *"Submission of research proposal to obtain ethical clearance"* on 11th July 2022.

Multi Disciplinary Teaching Capsule, Glimpse of Health in South and Academic Collaborations

Multi Disciplinary Teaching Capsule on “Thyroid disease” was very successfully held on 21st June 2022 with Dr. Muditha Weerakkody, Dr. Samantha Lelwala and Dr. Palitha Kandamby as resource persons. The presentations were

excellent with timely topics and useful content and the end-of-session discussion was very active and lengthy.

Next event on judicial medical services at Teaching Hospital Karapitiya titled “**World beyond the dissecting knife**” under the “Glimpse of Health in South” was held successfully on 18th July 2022 with a good number of attendees. Dr. Rohan Ruwanpura, Dr. Susitha Mendis and Prof. Clifford Perera were the speakers with the moderator Dr. Ruwan Nanayakkara.

A successful collaborative activity with the Sri Lanka College of Dermatologists was held on 30th August 2022 on “Your skin mirroring your health” with Dr. Saman Gunasekera, Dr. Ajith Kannangara and Dr. Binari Wijenayake doing presentations and Dr. Warsha De Zoysa doing the event moderation. It was held as a hybrid symposium securing a good virtual participation and received an excellent feedback with a lively discussion.



RESEARCH HELP DESK

Galle Medical Association

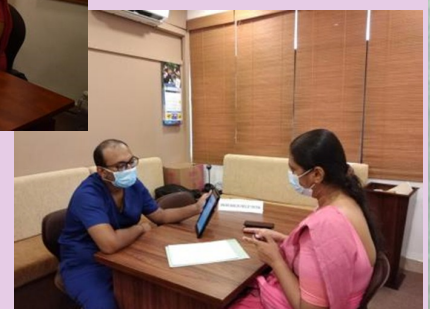
Research Help Desk 2022

GMA Research Help Desk will help you to;

- Articulate your research question
- Identify best sources of information
- Formulate your search strategy
- Write a research proposal
- Prepare documents related to ethical clearance
- Analyze data and write report
- Write abstracts / papers for publications
- Any other matter related to research....

Experts will be available at the GMA office for You!

Book an appointment by contacting Management Assistants of GMA – Tel: 091232560



Monthly Speciality Update



Spondyloarthritis: Current evidence to improve clinical practice

Dr. Kalum Deshapriya

Consultant Rheumatologist

Teaching Hospital Karapitiya

on 24th May 2022



Managing medically unexplained symptoms Physicans' practice

Prof. Diyanath Samarasinghe

Honorary Professor of Psychiatry, Rajarata University of Sri Lanka
and Former Professor of Psychiatry, University of Colombo

on 28th June 2022



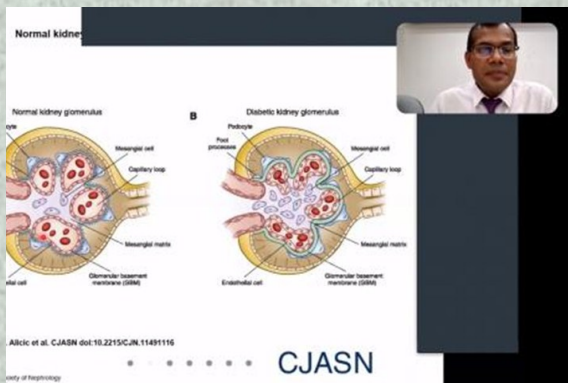
Essentials in the management of hyponatraemia

Dr. Muditha Weerakkody

Consultant Endocrinologist

Teaching Hospital Karapitiya

on 19th July 2022



Diabetic Kidney Disease

Dr. Nalaka Herath

Consultant Nephrologist

Teaching Hospital Kurunegala

on 16th August 2022

Infectious Diseases Symposium

GMA Infectious Diseases Symposium was a new concept initiated with a forum which addressed two common illnesses often mismanaged despite the high prevalence in the community. The event “Pearls and pitfalls in two common infections” held on 27th September 2022 was moderated by Dr. Krishantha Jayasekera while Prof. Channa Yahathugoda and Dr. Bhagya Piyasiri delivered lectures on filariasis and urinary tract infections respectively.



Galle Medical Association
Infectious Diseases Symposium

Moderator - Dr Krishantha Jayasekera

Pearls and Pitfalls in two common infections

11.30 am – 12.00 noon
Dilemmas in diagnosis and management of filariasis
Prof Channa Yahathugoda
Professor in Parasitology, FOM, Galle

12.00 – 12.30 pm
Challenges in pharmacological management of UTI
Dr Bhagya Piyasiri
Consultant Microbiologist, TH Karapitiya

12.30 – 12.40 pm - Discussion

Tuesday 27th September 2022
11.30 am – 12.40 pm
@ GMA Lecture Theatre

GMA Vesak Bhakthi Gee

වෙසක් බෙදු ගී සරණිය 2022

ගාලු වෛද්‍ය සංගමය

-මැයි මස 13 වැනිදා-

මහමෝදර සහ කරාපිටිය රෝහල් පරිශ්‍රයන්හිදී



GMA vesak bhakthi gee was very successfully held on 13th May 2022 covering both TH Mahamodara and TH Karapitiya with the active participation of a large number of GMA members from both hospitals joining as orchestra and vocalists. Instrumental music of Dr. Ruwan Nanayakkara with flute, Dr. Kesharie de Silva with violin, Dr. Sudhira Herath with serpina, Mrs. Gemini Kommalage with violin, Mr. Sisira Muthukumara with thabla and Medical students with keyboard was really remarkable and provided an excellent platform for the singers. The illuminated purple flower added elegance and quality to the

show. The feedback we received from the patients was very touching as they enjoyed the bhakthi gee which added another colourful memory to the GMA history.

GMA Awurudu 2022



GMA avurudu was held on 10th April 2022 very successfully at the Lotus Paradise hotel, Balapitiya, despite the challenges faced due to the political and economic turmoil in the country. All the traditional avurudu rituals were observed with the enthusiastic crowd including the President Dr. Krishantha Jayasekera and his family, the committee members and the GMA members along with their families. Mr. Sampath Kottawa compered the event showing his commendable knowledge on avurudu traditions while Dr. Chanadana Wickramaratne and Prof. Channa Yahathugoda conducted the avurudu games and entertainment keeping the audience alive and engaged till end. It was another memorable event in the 2022 calendar.

Badminton / Table Tennis Tournament

GMA annual badminton and table tennis tournament of doctors and students was successfully held on 12th June 2022 at District sports complex, Dadella. The doctors' team secured the trophy for the badminton championship with all the credits. Talented GMA players including Dr. Warsha De Zoysa, Prof Channa Yahathugoda, Dr. Nuwan Madhushanka, Dr. Priyankara Gunaweera, Dr. Dhammika Palangasinghe, Dr. Bhagya Hettigoda and Mr. Chamika Jayasekera exhibited their excellent performance and the table tennis team comprised of Dr. Ganaka Senaratne, Dr. Susitha Amarasinghe, Dr. D. K. Dias, and Dr. Manjula Dissanayake equally played well. It was appreciated with gratitude that Prof Vasantha Devasiri, Dean, Faculty of Medicine, Galle, participated both in the opening ceremony as well as in the Awards Ceremony which encouraged all the players.



සොළුරු සැදුවක්

සොළුරු සැදුවක්-2 musical evening of Galle Medical Association of this year was held successfully on Thursday, 7th July 2022 at Hotel Aradhana, Galle, with more than 130 in audience including GMA members and their families.



සොළුරු සැදුවක්-2 concept was to explore the history of Sinhala movie songs especially the ones in 1960s and in 1970s with few recent ones too as per the suggestion of Professor Vasantha Devasiri. The event preceded a series of meetings to plan the big event, and a number of practice sessions with the orchestra as well. Talented singers of the Galle Medical Association voiced the old movie songs beautifully supported by the orchestra including veteran musician Mr. Praneeth Saranga. Prof. Devasiri did a wonderful narration for each song expressing his encyclopedic knowledge in the subject. The whole event was so captivating, impressive and well-received. The original movie clips played in the background for each song completed the visual image and the feeling.

Untiring efforts by the President, Dr. Krishantha Jayasekera, the council and the members of GMA to excel in the performances, organizing and hosting was so appreciated and commented by all

including Prof. Vasantha Devasiri and Mr. Praneeth Saranga. The movie clips used in the event were provided by the generous contribution of Mr. Chinthaka Sumanasiri, film preservationist.

It was another glamorous and memorable event by the GMA 2022 team which will be added to the glorious history of GMA.

GMA Office, Teaching Hospital Karapitiya, Galle

Tele / Fax : 091-2232560

Email: office@gma.lk, gmathk@gmail.com

Hotline : 077-9155541

Website: www.gma.lk