



# NEWSLETTER

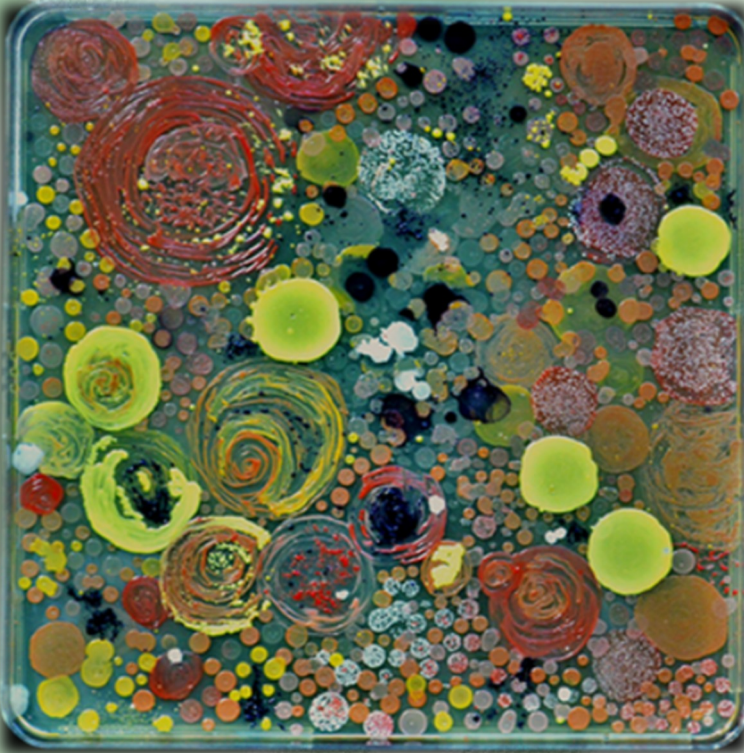
## GALLE MEDICAL ASSOCIATION

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Prof. Gayani Liyanage

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# President's Message

## Preventing the preventable for a better nation



It is with great pleasure I pen this message as the president of the Galle Medical Association for 2023. I am deeply honoured by the trust, faith, and confidence the membership had bestowed upon me and I accept this role with utmost humility. I wish to salute the past presidents and the councils for the guidance and support given to me throughout the past ten years during which I served in different portfolios in the council. I should respectfully acknowledge the dedicated work done by the past councils and the membership to uplift the GMA to its present level, always in silence without expecting any glory in return.

Sri Lanka is facing one of its worst economic crises in recent decades and alarming inflation rates. The theme of the GMA 2023 ***“Preventing the preventable for a better nation”*** will certainly enable the community as well as the medical fraternity in facing the challenges and supporting the nation. We hope that our interventions will help to retain foreign currency during this crucial period of an economic downturn in our country.

In concurrence with the theme, we have planned projects to address the areas from preconception period to the elderly. Namely, the key areas are the prevention of birth defects and pregnancy complications, prevention of social problems related to school children, prevention of NCDs in young adults, and prevention of injuries in the elderly. Our main target during the next year would be to achieve these goals through a solid plan with the unyielding dedication and support of the members of the council and the membership.

All components of the academic programme will be continued with more emphasis on clinical examination and presentation skills to benefit our junior members including medical officers and postgraduate trainees. Further, we have planned several sessions by local and foreign faculty to facilitate their training and adaptation to the work environment.

In these troubled times, maintaining the clarity of mind and the mental well-being of our membership is of utmost importance. This could be achieved by fellowships among members and social activities that take our minds beyond medicine. Hence we are planning to include new activities in addition to the that were there on the calendar. The social calendar of GMA 2023 will have several new items lined up in addition to the routine list of activities.

I invite all members of the GMA to join hands with my council and myself to make these endeavours truly successful. Let's embark on this challenging year ahead together, knowing we might have to face unexpected obstacles but with the true spirit of unity and strength to overcome them and to achieve the best for the membership and for the country.

**Dr. Aruna de Silva**  
*President – GMA 2023*



# Annual General Meeting - 2022

The 82<sup>nd</sup> Annual General Meeting of the GMA was held on 22<sup>nd</sup> December 2022 at 7.00 p.m. at the Hotel Owinmo, Uluwithe, Galle. The Meeting was chaired by the outgoing President Dr. Krishantha Jayasekera. The minutes of the 81<sup>st</sup> Annual General Meeting was read by Dr. Warsha De Zoysa and the Secretary's report for the year 2022 was read by Dr. Bhagya Piyasiri, the Joint Secretaries of GMA 2022. The Treasurer's report was presented by Dr. Aruna de Silva. The outgoing President, Dr. Krishantha Jayasekera addressed the gathering and expressed her gratitude to executive committee and all the membership for their contribution for the success of the activities done during year 2022. Dr. Aruna de Silva was inducted as the new President of the GMA. The new President highlighted the theme "Preventing the preventable for a better nation" of the forthcoming year.

The following members were elected for the GMA committee 2023.



**President**

**Dr. Aruna de Silva**

**President Elect**

**Dr. Wimalasiri Uluwattage**

**Immediate Past President:**

**Dr. Krishantha Jayasekera**

**Vice President**

**Dr. Chandana Wickramaratne**

**Joint Secretaries**

**Dr. Achala Liyanage**

**Dr. Chamin Weerasekera**

**Treasurer**

**Prof. Channa Yahathugoda**

**Postgraduate Coordinator**

**Dr. B.V. Hasheni**

**Social Secretary**

**Dr. Ruwan Nanayakkara**

**Co - Editors**

**Prof. Eisha Waidyaratne**

**Prof. Gayani Liyanage**

**Committee Members**

**Dr. Amila Chandrasiri**

**Dr. Nilmini Abeygunawardhana**

**Dr. Iresha Mampitiya**

**Dr. Bhagya Piyasiri**

**Dr. Nishani Ubeysekera**

**Prof. Vijitha de Silva**

**Dr. Dhammika Palangasinghe**

**Dr. Pushpika Jayawardana**

**Dr. Janaka Ruban**

**Dr. Eric De Zoysa**

**Dr. Samantha Lelwala**

**Prof. Lanka Dasanayake**

**Dr. Ganaka Senaratne**

**Dr. Upeksha Liyanage**

**Dr. Warsha De Zoysa**



# Guest Lectures



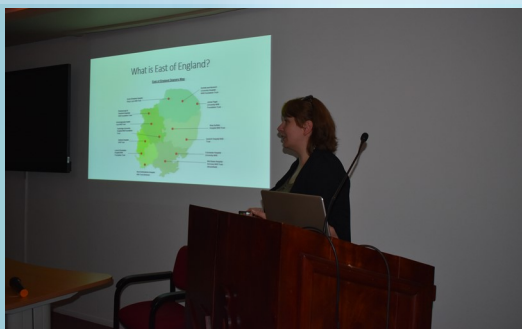
**Dr. Fraz Mir**

MRCP PACES Examiner,  
Consultant Physician at Addenbrooke's Hospital,  
Cambridge



**Prof. Devaka Fernando**

Consultant Endocrinologist, Honorary Professor Sherwood Forest  
Hospitals, NHS Trust



**Ms. Annie Sowanska**

Global Health and Recruitment Lead,  
NHS East of England



GMA organizes several guest lectures to enhance the knowledge and to guide the membership to update themselves in different fields. MRCP PACES training sessions conducted on 20<sup>th</sup> January 2023 were well attended.

Dr. Fraz Mir, MRCP PACES Examiner, Consultant Physician at Addenbrooke's Hospital, Cambridge delivered the lecture titled "How to pass the MRCP PACES" and Ms. Annie Sowanska, Global Health and Recruitment Lead, NHS, East of England delivered the lecture titled "Training in the UK - Opportunities, process and starting work in NHS."

The resource person for the next session was Prof. Devaka Fernando, Consultant Endocrinologist, Honorary Professor, Sherwood Forest Hospitals, NHS Trust, UK. The topic he discussed was "Preparation for working in the UK at SpR level", and it was held on 20<sup>th</sup> February 2023.

Both sessions were coordinated by Prof. Arosha Dissanyake, Professor in Medicine, University of Ruhuna.

## Cover Story.....

Cover illustration of this issue of GMA newsletter portrays a beautiful work of art created by microbes cross contaminating one another. Agar art is becoming increasingly popular since it was first introduced by the artist Maria Peñil Cobo. With the inception of American Society of Microbiology (ASM) annual microbial art contest in 2015, artists around the world started creating mesmerizing images on their petri dish canvas with flame-sterilized wire-paintbrush. In the current issue of the newsletter there are several articles related to microbes; Fonseka CL gives an update on Listeriosis, Wickramasinghe SS talks about "6S" in achieving and organized workplace for healthcare quality and safety while Weerasinghe NP sees "antimicrobial resistance" in an angle of a poet.

Eisha Waidyaratne / Gayani Liyanage  
Joint Editors / GMA





# The Priest and The Soldier

When I got my shooting round  
I know anything in an' out  
Holding my gun firm an' sound  
Shall I kill them as I bound

Hearing thunder making fright  
Breathing sulphur turning bright  
Seeing LUCIFER laughing right  
Shall I kill him shooting line

PADRE PADRE am I fine  
I don't feel like walking blind  
Clinging unto what I find  
Shall I kill me with thy time

PADRE PADRE save my life  
I must go and see my wife  
Drag me with you till I rise  
I shall praise you hundred times

Feeling draining hot and wild  
Tearing blood with choking mind  
Is that SATAN who does grind  
Let me come back one more time



**Roshel Claude Wijenayaka**  
Registrar in Forensic Medicine  
Teaching Hospital Karapitiya

**P.S :**

*Navy chaplain Father Luis Padilla gives last rites to a soldier wounded by sniper fire during a revolt in Venezuela in 1962*



# Non-Medical Lectures

Transcending beyond the academic activities GMA organizes several non-medical lectures. Three lectures were conducted during the first quarter of the year 2023.

Professor Harshini Rajapakse, Professor in Psychiatry, Faculty of Medicine, University of Ruhuna delivered the lecture titled "Hearing what isn't said - Interpreting and misinterpreting body language" on Tuesday 31<sup>st</sup> January 2023. Mr. Tharanga Liyana Arachchi, Project officer, Galle Heritage Foundation, Ministry of Buddha Shasana Religious and Cultural Affairs, Fort, Galle delivered the lecture titled "ලෝක උරුමයක් වූ ගාල්ල කොටුවේ ඉතිහාසය" on Tuesday 14<sup>th</sup> February 2023. The third lecture was on "The Buddha and Bodhisattva statues in Ancient Sri Lanka" delivered by three speakers in combination; Prof. Anura Manatunga, Senior Professor / Director General of Archaeology, Dr. Senarath Dissanayake, Director General of Archeology (Former) and Dr. Ruwan Marasinghe, Medical Officer, Teaching Hospital, Kalubowila.



**Galle Medical Association**  
*Non-Medical Lecture*

**Hearing what isn't said –  
Interpreting and misinterpreting  
body language**

**Prof. Harshini Rajapakse**  
MBBS, MD Psych. PhD (Durham), FRCP(London), FSLCPsych  
Professor in Psychiatry  
Faculty of Medicine  
University of Ruhuna



**Tuesday, 31<sup>st</sup> January 2023**  
**at 11.00 a.m.**  
**@ GMA Auditorium**  
**All are welcome**



**Prof. Harshini Rajapakse**  
Professor in Psychiatry  
Faculty of Medicine  
University of Ruhuna

**Mr. Tharanga Liyana Arachchi**  
Project officer,  
Galle Heritage Foundation,  
Ministry of Buddha Shasana Religious & Cultural Affairs,  
Fort, Galle



**Galle Medical Association**  
*Non-Medical Lecture*

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**Tuesday, 14<sup>th</sup> February 2023**  
**at 11.30 am @ GMA Auditorium**

**Mr. Tharanga Liyana Arachchi**  
Project Officer  
Galle Heritage Foundation  
Ministry of Buddha Shasana  
Religious & Cultural Affairs  
Fort, Galle



**All are welcome!**






**GALLE MEDICAL ASSOCIATION**  
**MEDICINE & BEYOND**  
LECTURE SERIES


**2023**  
**April**  
**25**  
**Tuesday**  
**11.00am**

# The Buddha and Bodhisattva Statues in Ancient Sri Lanka


**A SESSION BY VETERAN ARCHAEOLOGISTS**



**ANURA MANATUNGA**  
SENIOR PROFESSOR / DIRECTOR GENERAL OF ARCHAEOLOGY



**SENARATH DISSANAYAKE**  
DIRECTOR GENERAL OF ARCHAEOLOGY (FORMER)



**RUWAN MARASINGHE**  
MEDICAL OFFICER / TEACHING HOSPITAL KALUBOVILA



**Prof. Anura Manatunga**  
Senior Professor /  
Director General of Archaeology



**Dr. Senarath Dissanayake**  
Director General of Archeology  
(Former)



**Dr. Ruwan Marasinghe**  
Medical Officer,  
Teaching Hospital,  
Kalubowila



# Young Specialists' Forum

YSF is the forum which supports Senior Registrars to glow up their professional and presenting skills.

Four Sessions were conducted during the first quarter of the year.



## **Medicine beyond pharmacology; Exercise prescription Physician perspective**

by Dr. Piumi Ekanayake

Senior Registrar in Internal Medicine

Teaching Hospital Karapitiya

on 3<sup>rd</sup> January 2023

The discussion panel consisted of Dr. Ganaka Senaratne, Prof. Gayani Liyanage, Dr. Aruna de Silva, Dr. Y.A.R.P. Jayasinghe and Dr. Krishantha Jayasekera



## **Current trends in thrombophilia**

by Dr. Janani Jayasinghe

Senior Registrar in Clinical Haematology

Teaching Hospital Karapitiya

on 27<sup>th</sup> February 2023

The discussion panel consisted of Dr. Ganaka Senaratne, Prof. Gayani Liyanage, and Dr. Malani Mohotti



## **Diabetic Retinopathy**

**A common foe for Physicians and Ophthalmologists**

by Dr. Manishka Jayasundera

Senior Registrar in General Ophthalmology

Teaching Hospital Karapitiya

on 10<sup>th</sup> April 2023

The discussion panel consisted of Dr. Krishantha Jayasekera & Prof. Gayani Liyanage



## **Erythrocytosis;**

**Cut to the chase**

by Dr. Dinoosha Jayawickrama

Senior Registrar in Clinical Haematology

Teaching Hospital Karapitiya

on 24<sup>th</sup> April 2023

The discussion panel consisted of Prof. T.P. Weeraratna, Dr. Ganaka Senaratne and Dr. Malani Mohotti



# Registrar Excellence Forum (REF)

Under Registrar Excellence Forum, Medicine Long Case discussions were conducted by Dr. Krishantha Jayasekera, Consultant Physician, Teaching Hospital Karapitiya on 10<sup>th</sup> January 2023, Dr. N.H.R. Sanjeewa, Consultant Physician, Teaching Hospital, Karapitiya, on 17<sup>th</sup> January 2023, Dr. Chaminda Kottage, Consultant Physician, Teaching Hospital Karapitiya on 13<sup>th</sup> February 2023, Dr. Lakmal Fonseka, Senior Lecturer in Medicine, Faculty of Medicine, University of Ruhuna on 07<sup>th</sup> March 2023 Dr. Wimalasiri Uluwattage, Consultant Physician, Teaching Hospital Karapitiya on 14<sup>th</sup> March 2023 and Prof. H.M.M. Herath, Professor in Medicine, Faculty of Medicine, University of Ruhuna on 04<sup>th</sup> April 2023.

Preparation of Pre-MD Portfolio Grey Cases and Data Interpretation was done by Dr. Dilum Senevirathna, Dr. Sameera Ravishan and Dr. Nipun Geethan, Senior Registrars, Teaching Hospital Karapitiya on 7<sup>th</sup> February 2023.

## REF Workshops

There were three workshops conducted in the series and the details are as follows.

### Workshop 1: **Transport of a critically ill patient**

Date: 24<sup>th</sup> January 2023

Resource person: Dr. Chamin Weerasekera, Senior Lecturer in Anaesthesiology, Faculty of Medicine, University of Ruhuna

### Workshop 2: **1. Advanced Airway Management**

#### **2. Point of Care Sonography**

Date: 24<sup>th</sup> February 2023

Resource persons: Dr. Chamin Weerasekera, Senior Lecturer in Anaesthesiology, Faculty of Medicine, University of Ruhuna Dr. Krishantha Jayasekera, Consultant Physician, Teaching Hospital Karapitiya and Dr. Arosha Abeywickrama, Consultant Physician, Teaching Hospital Karapitiya.

### Workshop 3: **Selecting the best antibiotic/s in common infections**

Date: 28<sup>th</sup> March 2023

Resource persons: Dr. Bhagya Piyasiri, Consultant Microbiologist, Teaching Hospital Karapitiya and Dr. Krishantha Jayasekera, Consultant Physician, Teaching Hospital Karapitiya.



# Workshop on Hands on Experience on ALS, BLS, & NLS



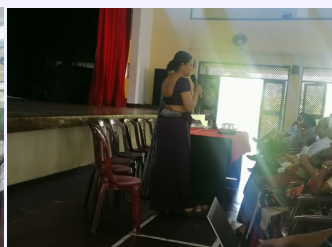
A workshop on hands on experience on BLS (Basic Life Support), ALS (Adult Advanced Life Support) and NLS (Neonatal Life Support) was successfully held on 30<sup>th</sup> March 2023 at base Hospital Balapitiya with the participation of Dr. Aruna de Silva, Senior Lecturer in Paediatrics, Faculty of Medicine, University of Ruhuna, Dr. Kapilani Withanaarachchi, Consultant Paediatrician, Teaching Hospital Karapitiya, Dr. Samantha Deshapriya, Consultant Paediatric Intensivist, Teaching Hospital Karapitiya, Dr. Chamin Weerasekera, Senior Lecturer in Anaesthesiology and Dr. Michael Janz, Consultant Paediatrician, Base Hospital Balapitiya as resource persons. Around 15 other doctors also contributed to the session as resource persons.



# Rhythm to Life - Inaugural School Programme 2023



The new introduction of community outreach programme rhythm to life caters school children in Grades 9 - 11 and it is a new approach initiated by the GMA towards the social wellbeing of adolescents facing new challenges in life. The programme consists of a student centered, student friendly mechanism to deliver the essence of most important life skills on decision making and problem solving they encounter during their day-to-day life. This programme was approved by the Department of Education and Mr. J. A. Wasantha, Divisional Director in Education attended the inaugural programme. The resource persons were Dr. Amila Chandrasiri, Dr. Iresha Mampitiya and Prof. Ajith Rathnaweera. The first programme was successfully conducted in Sacred Heart Convent, a leading girls school in Galle on 31<sup>st</sup> of March 2023 and well received by students and teachers.





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## Monthly Speciality Updates



### Introduction to Rehabilitation

Dr. Yalinie Pirashanth  
Senior Registrar in Rehabilitation Medicine  
Rehabilitation Hospital Ragama



### An Update on Thrombotic Microangiopathies

Dr. Rohan Pullaperuma  
Consultant Haematologist  
Teaching Hospital Karapitiya

# WHAT IS '6S' METHOD IN MANUFACTURING? CAN WE USE '6S' IN OUR HEALTHCARE QUALITY AND SAFETY?

**S. S. Wickramasinghe**

Senior Lecturer, Dept. of Microbiology, Faculty of Medicine, University of Ruhuna

6S is a process for creating and maintaining an organized, clean, and high-performance workplace, which serves as a foundation for continuous improvement activities of both products and services. Disorganization never allows us to know our baseline condition which hinders the improvement of our process or programme (1).

The concept of 6S was initially developed as 5S which was traditionally used by manufacturing environment in Japan. Now it has been proved that it is highly relevant for non-manufacturing operations as well (2).

The original Japanese terms for 5S and their subsequent English terms are (2),

Seiri - Sort

Seiton - Straighten

Seiso - Shine

Seiketsu - Standardize

Shitsuke - Sustain

## **Sort: (Housekeeping)**

The goal of sort is to separate the necessary and unnecessary items in the workplace. The items not currently needed and not being used which are unsafe, defective (missing parts) should be removed from the work area. Some may be discarded totally or some put nearby easy retrieval. While sorting out necessary and unnecessary items, some may retain as 'unsure items' which can be tagged with a code to be sorted out later.

## **Straighten: (Set in order, workplace organization)**

Set in order means to arrange the items that are needed in the area and identify them so that anyone can find them or put them away. The key phrase is "a place for everything and everything in its place." Organizing the necessary items so that they can be used and returned easily.

Create borders or boundaries to keep items from creeping out of place with tape or painted lines. Create a home address for items so people will know where they go, and you can tell if something is missing at a glance. Labeling, signage, and item descriptions are important.

## **Shine: (Cleanup)**

Shine emphasizes the ongoing removal of dirt, grime, and dust from the work area daily. This is an ongoing program of keeping the work area swept and clean of debris. After inspecting, corrective and preventive activities need to be undertaken.

## **Standardize: (Keep Cleanliness)**

Standardize means to develop and implement a procedure for doing the 6S, particularly the first three; Sort, Set in order and Shine. By making routine and standards for what 'best' looks like. Standard work and job instructions are to be given to fulfill this.

## **Sustain: (Discipline)**

Sustain means developing a mindset in which the correct the 6S program is properly maintained by in everyday work life and procedures. To keep it up, regular audit and insist are necessary.

## **Safety:**

Safety was an additional "S" that was added to the original 5S. In addition to focusing on safety in the workplace, the all 5S have an impact on Safety. Safety should be maintained throughout the entire process to eliminate hazards. If the workplace is clean and organized, it will be less likely for someone to get hurt or something to get damaged.

## **Benefits of implementing 6S in healthcare system <sup>(2)</sup>**

There are many benefits that encourage healthcare institutions to implement a 6S programme. Such as,



- i. Safety: An organized workplace and established procedures will reduce accidents and damage to healthcare workers as well as patients.
- ii. Improvement of the quality: By having an organized workplace, there will be fewer lost items, fewer damaged items, and less opportunities for delays in patient care.
- iii. Improvement of the process: As the everything is in order and in place, time and money of patients as well as administrators will not be wasted. Finally, this will result in satisfaction of administrative staff, healthcare workers and patients.

Therefore, effective and qualitative healthcare system can be achieved by implementing and adhering to these basic principles of '6S', specially in an economic crisis.

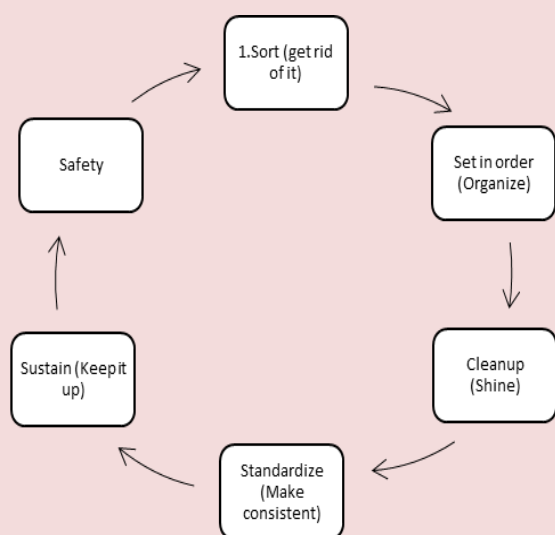


Fig.1. The 6S: These 6 pillars work together to increase productivity, reduce defects, make accidents less likely, save time, and reduce costs leading to better outcomes.

Acknowledgement: I wish to thank the organizing committee of "My care-6S Basics" training programme at Tan Tock Seng Hospital, Singapore.

## References

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## 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](mailto:gmathk@gmail.com)

Joint Editors / GMA

# ACADEMIC COLLABORATIONS

Several academic programmes were organized in collaboration with other Professional Colleges and Associations. These sessions provided a platform for the GMA membership to update their knowledge and skills related to different fields.

1. AMR: Pandemic of the Century
2. Managing Common Presentations at Primary Care Level – A Brief Guide from Experts
3. Strong teams build strong families; way to go in Autism

## AMR: Pandemic of the Century

This joint symposium antimicrobial resistance was organizing collaboration with SLMA and held at the GMA auditorium on 28th of February 2023. The resource persons were as follows;

- ◆ **Secret of a good prescriber; know your Pk/Pd**

Dr. Mahen Kothalawala, Consultant Microbiologist, NHSL, Colombo

- ◆ **AMR in common infections: Physician's perspective**

Dr. Krishantha Jayasekera Consultant Physician, Teaching Hospital Karapitiya, Galle

- ◆ **Predicting antiviral resistance: Virologist's nightmare**

Dr. Rohitha Muthugala Consultant Virologist, National Hospital, Kandy

The session was moderated by Dr. Bhagya Piyasiri, Consultant Microbiologist, Teaching Hospital Karapitiya



**Secret of a good prescriber; know your Pk/Pd"**

Dr. Mahen Kothalawala  
Consultant Microbiologist  
NHSL, Colombo



**AMR in common infections: Physician's perspective**

Dr. Krishantha Jayasekera  
Consultant Physician  
Teaching Hospital Karapitiya, Galle



**Predicting antiviral resistance: Virologist's nightmare**

Dr. Rohitha Muthugala  
Consultant Virologist  
National Hospital, Kandy



**Moderator**

Dr. Bhagya Piyasiri  
Consultant Microbiologist  
Teaching Hospital Karapitiya



# Managing Common Presentations at Primary Care Level – A Brief Guide from Experts



This was held as a joint session with SLMA and RDHS office Galle. The programme was held at Base Hospital Balapitiya on 27<sup>th</sup> February 2023.

Following Resource persons contributed to the session with their wealth of experience.

♦ **Don't mess up with serpents; managing snake bite**

Dr. Malik Fernando, Consultant Physician (from SLMA)

♦ **Common is common; managing a patient coming with chest pain**

Dr. Sajiv de Silva, Consultant Physician, BH Balapitiya

♦ **Rising temperature; managing a child with fever and febrile fits**

Dr. Nayana Liyanarachchi, Consultant Paediatrician, TH Karapitiya

♦ **It's hard to be a mum: managing hyperemesis gravidarum and other common obstetrics complaints**

Prof. Lanka Dasanayake, Professor of Obstetrics and Gynaecology, TH Mahamodara

♦ **Help them breath free; manage of acute exacerbation of asthma in child**

Dr. Nayana Liyanarachchi, Consultant Paediatrician, TH Karapitiya




# Strong teams build strong families; way to go in Autism

**Resource persons**




**Dr. Darshani Hettiarachchi**  
Consultant Child and Adolescent Psychiatrist  
MBBS, MD psych



**Dr. Nimisha Muttiah**, Speech and Language Therapist  
BSc, MSc, PhD




**Dr. Dilini Vipulaguna**,  
Consultant Community Paediatrician,  
MD, DCH, MBBS



**Ms Anjali**,  
Occupational Therapist



**Ms Hasini Irandika**  
Speech and Language Therapist  
BSc. Speech and Hearing sciences



**Ms Chiranthi, Kumarage**  
Speech and Language Therapist  
BSc. Speech and Hearing sciences



## Strong teams build strong families; way to go in Autism

Pre congress workshop  
18th of January 2023  
8.00 am – 3.00 pm  
At - Senior Common Room,  
Faculty of Medicine, University of Ruhuna

### Highlights of the Programme

A hands-on workshop for multidisciplinary teams

A group of experienced clinicians will take you through practice sessions on Assessments, Management and Addressing difficult situations

Video based case discussions and the opportunity to draw up plans for toddlers, pre-schoolers and school aged children.

Understanding the principles of telehealth and parent coaching

Sri Lanka Association for Child Development, 6th Biennial Scientific Sessions 2023



**Samanmali P. Sumanasena**  
Professor in Paediatric Disabilities  
Disability Studies Department  
Faculty of Medicine  
University of Kelaniya  
Ragama.  
Hon. Consultant Paediatrician  
North Colombo Teaching Hospital and  
Ayatt, National Center for Children with  
Disabilities, Ragama



**Ms. Lakshika Udugama**  
Speech and Language Therapist  
MSc (Health and clinical psychology/BSci Speech therapy)



**Ms Thamali Dissanayake**,  
Speech and Language Therapist  
BSc. Speech and hearing sciences



**Ms K. Rashmi Dilrangi**,  
Occupational Therapist  
Ayatt Center,  
Faculty of Medicine  
University of Kelaniya



**Sakuni Hingurangala**  
Speech and Language Therapist  
BSc. Speech and hearing sciences



**Gayanthi Kodituwakku**  
Speech and Language Therapist  
MSc Communication Sciences and Disorders  
BSc. Speech and Language Therapy

This joint session was conducted in collaboration with Sri Lanka Association for Child Development as a Pre-congress workshop for its 6<sup>th</sup> Biennial Scientific Sessions 2023. The event was held on 18<sup>th</sup> January 2023 at the Senior Common Room, Faculty of Medicine, University of Ruhuna.



Welcome address by  
Dr. Jayathri Jagoda,  
President,  
Sri Lanka Association for  
Child Development 2023



Address by  
Dr. Aruna de Silva,  
President,  
Galle Medical Association  
2023





# Listeriosis: an update

Fonseka C L

Department of Medicine, Faculty of Medicine, University of Ruhuna

*Listeria* is an aerobic and facultatively anaerobic bacteria that is a short gram-positive rod. This organism is widely distributed in nature, especially in soil and decaying vegetable matter. Identification can be challenging at times as in culture they may resemble pneumococci, diphtheroids or haemophilus species. Thus, the possibility of *Listeria* should always be considered when “diphtheroids” are reported to be growing from blood or CSF cultures. In addition, *Listeria* grows well at refrigeration temperatures (4° to 10°C) and is capable of forming biofilms which enhances the ability to withstand harsh environments. *Listeria* produces a characteristic appearance on blood agar with small zones of clear beta-hemolysis and exhibit characteristic tumbling motility by light microscopy (1, 2). *Listeria monocytogenes* is the only species that regularly infects humans, although rare cases of human infections with *Listeria ivanovii* and *Listeria grayi* have been reported.

**Route of transmission:** Transmission is usually food-born and can occur with improperly reheated meat & sausages, raw milk, smoked seafood, frozen foods, hot dogs and ready-to-eat meals including salads, unpasteurised cheese. Transmission involves the faecal-oral route.

**Diagnosis:** Diagnosis observed with presumptive *Listeria* exposure and confirmatory evidence from blood cultures or CSF cultures. Blood cultures should be obtained for patients who are febrile and/or immunocompromised. Standard stool cultures have lower sensitivity and should be investigated for other bacterial causes of gastroenteritis including shigella, E.Coli, salmonella and clostridium difficult.

## Clinical features:

The disease is most prevalent in pregnant women, neonates, immunocompromised, and elderly (65 and older). Pregnant women can pass it to their unborn fetus. In addition, stomach acid suppressors as they increases the risk of *L. monocytogenes* infection. Therefore, it is imperative to consider treating for *Listeria* in these groups. Early suspicion is the key to an increased chance of survival.

Pregnant women or otherwise healthy adults may present with general “flu-like” illness including fever, diarrhoea, headache, chills, nausea, vomiting, myalgia. In pregnant women, it may lead to bacteraemia resulting in amnionitis and infection of the fetus (neonatal sepsis and/or meningitis) (3).

Sporadic or epidemic food poisoning occur following exposure to contaminated foods. In healthy adults, can present as acute gastroenteritis. Mean incubation period is around 24 hours. Usually present with fever, watery diarrhoea, nausea, vomiting, headache, and pains in joints and muscles lasting for a short duration.

*Listeria* meningitis presents with fever, neck stiffness, headache, altered mental status, neurological deficits, and other classic signs of meningitis. The patient may demonstrate a positive Brudzinski’s or Kernig’s sign on physical exam. Rhombencephalitis or brainstem encephalitis is an unusual form of CNS listeriosis that can present as a biphasic course consisting of a prodrome of headache, nausea, vomiting and fever lasting for a several days followed by progressive asymmetrical cranial-nerve palsies. The mortality remains high at 51% (4).

In addition, *L. monocytogenes* may cause septicaemia, lymphadenitis, empyema, myocarditis, pericarditis, endocarditis (native/prosthetic valves), osteomyelitis, vascular infections, pneumonia, encephalitis, brain abscesses and septic arthritis usually in immunocompromised/debilitated patients (patients on tumor necrosis factor (TNF) inhibitors are at high risk).

**Management and antibiotic choice:** Initial presentation of the patient requires analysis of their haemodynamic status and resuscitating as needed.

The antibiotic treatment of choice is intravenous (IV) ampicillin or penicillin G. An alternative treatment is trimethoprim-sulfamethoxazole if the patient has a penicillin allergy.[4] *L. monocytogenes* is inherently resistant to all cephalosporin antibiotics. It is resistant to quinolones (exception - moxifloxacin exhibits good in vitro bactericidal activity against *L. monocytogenes* but clinical efficacy has not been established and this agent is not currently recommended) (5).

If meningitis is suspected, consider doing blood cultures, lumbar puncture and CSF gram stain and cultures. In meningitis, adults should receive Ceftriaxone and in neonates gentamicin is utilized to mostly cover for gram-negative aetiologies of meningitis. In *Listeria* meningitis, IV amoxicillin 2g 4 hourly is recommended. Prolonged treatment (3 weeks) is necessary for meningitis to avoid recurrences (6).

In severe gastroenteritis (Fever >38°C, stool frequency >6 per day, affecting ADLs), oral amoxicillin 7 days can be given.

Resistance to macrolides and tetracyclines has been reported. *L. monocytogenes* is usually susceptible to TMP - SMX and gentamicin, although gentamicin has no activity against intracellular organisms. Ampicillin tolerance has been reported. Although meropenem appears susceptible in vitro, clinical failures have been documented. Linezolid exhibits bacteriostatic activity and has been used as salvage therapy for endocarditis. Some isolates exhibit elevated MICs to linezolid. Vancomycin has been associated with poor clinical outcomes and Daptomycin is not recommended (7).

**Prevention:** Preventing transmission of *L. monocytogenes* involves avoiding foods commonly contaminated with *L. monocytogenes* and proper hand-washing technique. *L. monocytogenes* in food are killed by pasteurization and cooking and safe food handling is important (8).

## References

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# Multi - Disciplinary Teaching Capsule



## Nutritional benefits of breast milk

Dr. Dilani Dehigama  
Consultant Neonatologist  
Teaching Hospital Mahamodara



## Difficult cases in breastfeeding

Dr. Kapilani Withanaarachchi  
Consultant Paediatrician  
Teaching Hospital Karapitiya



## Controversies in Breastfeeding

Dr. Aruna de Silva  
Senior Lecturer in Paediatrics  
Faculty of Medicine  
University of Ruhuna



## Difficulties in attachment - Case based discussion

Mrs. G.G. Kanthilatha  
Nursing Officer  
Teaching Hospital Mahamodara

Multi - Disciplinary Teaching Capsule on Breast Feeding has successfully held on Thursday, 27<sup>th</sup> April 2023. Dr. Dilani Dehigama, Consultant Neonatologist, Teaching Hospital Mahamodara, Dr. Kapilani Withanaarachchi, Consultant Paediatrician, Teaching Hospital Karapitiya, Dr. Aruna de Silva, Senior Lecturer in Paediatrics, Faculty of Medicine, University of Ruhuna and Mrs. G. G. Kanthilatha, Nursing Officer, Lactation Management Unit, Teaching Hospital Mahamodara participated as resource persons.

At the end of the presentations there was a detailed discussion to clear up the questions of the participants.



# GMA - ANNUAL CRICKET MATCHES

## GMA Premier League 2023

GMA premier league was held for the 7<sup>th</sup> consecutive year on 05<sup>th</sup> February 2023 at Engineering Faculty Grounds Hapugala. Prof. Channa Yahathugoda, Dr. Krishantha Jayasekera and Dr. Nuwan Athukorala took the leadership under the blessings of Dr. Aruna de Silva, President GMA 2023. This time there were 8 teams battled for one trophy. Team OPD, team Medicine, team Medical Students, team Vascular Surgery, team Faculty, team Surgery, team Paediatrics, team ETU had league competitions in 2 groups in the preliminary round. Team medical students topped the league A while team vascular surgery placed second. Team medicine topped the table in league B whereas Team OPD was placed second. First semi finals was played between teams medicine and vascular surgery. Second semifinals was played between teams OPD and medical students. The medicine team led by Dr. Krishantha Jayasekera was through to the finals with an easy win over team vascular surgery. However Team OPD led by Dr. Rasika Nuwan has to fight very hard to beat the team medical students to get into the finals. That experience took them to the champions trophy of GMA premiere league 2023 with a hard fought battle. As usual Dr. Charith Miyuranga was adjudicated as the best batsman and the man of the series this year too. Dr. Gathika Kodithuwakku was adjudicated as the best bowler. The best fielder was Dr. Vimukthi Senanayake. The sole sponsorship was granted by Principal Healthcare for the consecutive second year.





# Annual Doctors and Students Cricket Tournament; Colombo vs Ruhuna



This event was held on 26<sup>th</sup> of March 2023 at the Galle International Stadium. The students match was won by Colombo medical students by 4 wickets.

## Ruhuna medical faculty students 83(17.2)

Binara Vihanga 25, Hasindu Dilushan 3/14, Theekshana Perera 3/14, Sandaru Herath 2/08

## Colombo medical faculty students 85/6 (18.2)

Theekshana Perera 34, Vinuka Nanayakkara 20, Binara Vihanga 3/12.

The doctors' match was won by Colombo doctors.

## Colombo doctors 163/6 (20)

Chameera Akurugoda 60, Rusiru Jayathilake 34, Nishantha Karunaratne 24, Suranjith Abeywickrema 2/12, Vimukthi Senanayake 2/27

## Galle doctors 144/4 (20)

Channa Yahathugoda 48, Dilash Paranamanna 39\*, Devin Senarathne 21, Kasaun Karunaratne 2/18.





# GMA Dinner Dance - GMA Rock the Beach 2023



GMA Dinner Dance was organized for the first time as a naval social event. It was held at Angle Beach Unawatuna on 09<sup>th</sup> March 2023. A lot of enthusiastic young doctors participated and it was a memorable night with full of music and dance.





# බක්මහ අරුණෝදය 2023



Bakmaha Arunodaya - GMA New Year Festival was held on 05<sup>th</sup> April 2023 at The Barnhouse, Panadura. The event was packed up with traditional awurudu games and some new items as well. Membership had a wonderful day with continuous supply of refreshments.



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82<sup>nd</sup> Annual Academic Sessions of GMA

# GMA ORATION

*is now open*

Share the Experience - Disseminate the Knowledge

Submit your abstract by

**15<sup>th</sup> July 2023**

Oration should be prepared and submitted according to the guidelines  
available at

<https://gma.lk/oration-submission-guidelines/>

Guidelines for Oration Submission: <https://gma.lk/oration-submission-guidelines/>



Did you know ??

## Hoopoe birds 'paint' their eggs with bacteria for protection

Researchers from the University of Granada have found that, to increase rates of successful hatching when [Hoopoe](#) (a bird) covers its eggs with a self-made secretion, loaded with bacteria, which is produced in the birds' uropygial gland. The study revealed that *Enterococcus* bacteria found in the secretion are beneficial to the developing embryos, thus increased the rate of successful hatching of the eggs. The research also revealed that Hoopoes eggs also demonstrated another exceptional property that has so far not been found in other species of bird. The shell is characterised by many small depressions which appear designed to retain the secretion which covers the egg.

*Enterococci* are a common cause difficult to treat human infections such as UTI, bacteraemia, and infective endocarditis and rarely cause intra-abdominal infections and meningitis. However, the above prove Hoopoe bird's reproductive strategy has evolved hand in hand with the use of these pathogenic bacteria which may be beneficial for the production of antimicrobial substances, which they cultivate in their gland and then apply upon eggs which are particularly endowed to retain them. This gives an important message about the important role played by bacteria, not just as infectious agents capable of producing diseases, but also as allies of animals and other living creatures in their struggle against disease, due to their extraordinary capacity to synthesise compounds with antimicrobial properties.

### Reference

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82<sup>nd</sup> Annual Academic Sessions of GMA

# Abstract Submission

*is now open*

Share the Experience - Disseminate the Knowledge

Submit your abstract by

**15<sup>th</sup> July 2023**

Abstract should be prepared and submitted according to the guidelines  
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Submit Abstract

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# Preserve the life of the life savers

Resistance is everywhere

Whenever, you start to do something new, others will find some way to resist that

Microbes are not second to anybody in that manner

When penicillin came to the picture,

In no time, penicillinase followed thereafter

Then man produced cloxacillin

Only to get up next morning with MRSA

Others are not a bit changed

Future is barred

Antibiotic pipeline is drying up as fast as it could

Hope of a rain drop from a cloudless sky

Hopeless eyes looking up at the ceiling on a hospital bed

I never thought those would be mine

Can the others get together now?

Don't let those eyes to be yours or the loved ones'

One health; we all act together

To save our children

And their future

From washing the hands

To omitting the culprits

Success of everything; surgery, medicine, paediatrics, gyn and obs

All will depend on effective antibiotics

Do not waste a minute

Preserve the life of the life savers

Nayani Weerasinghe

Senior Lecturer in Microbiology

World Antibiotic Awareness Week 2022

