



# IMPA

THE OFFICIAL NEWS LETTER OF THE INDEPENDENT  
MEDICAL PRACTITIONERS ASSOCIATION

# NEWS

ISSUE 02 | VOLUME - 28 | FEBRUARY 2024



## FROM THE **PRESIDENT'S PEN...**



Dear Colleague,

Subsequent to the launch and success of the initial monthly IMPA e-newsletter, the 2024 February IMPA e-newsletter has been launched by the e-newsletter Editor Dr. Neelamani Rajapaksa Hewageegana in association with the Editorial Board.

I once again request the IMPA membership to forward articles of relevance for the e-newsletter in addition to suggestions and criticisms in order to improve the quality of the e-newsletter such that the e-newsletter would be of benefit to the Medical Profession and specially to the General Practitioners.

I wish to thank M/s Morison PLC for sponsorship of this e-newsletter.

Yours Sincerely,  
**Dr. A.H.A. Hazari**  
President  
IMPA

## *Inside the Issue*

- ◆ "Rajagiri - Defining a new paradigm for Quality Healthcare"
- ◆ Antimicrobial Resistance, Antimicrobial Stewardship and One health  
*Dr Neelamani Rajapaksa Hewageegana*
- ◆ Diabetes Prevention and Awareness in the community - our experience at SUWA DIVIYA  
*Dr C Pandithage, Mrs S Roshan, Dr K Periasamy, Dr R Haniffa*
- ◆ Global Fund support to end AIDS in Sri Lanka by 2030  
*Dr Janaki Vidanapathirana*
- ◆ If you are planning to visit a malaria endemic country....
- ◆ Malaria Endemic Country List

## “Rajagiri - Defining a new paradigm for Quality Healthcare”

A Continuing Medical Education Programme was organized by IMPA in collaboration with Rajagiri Hospital, Kochi, India on 18<sup>th</sup> February, 2024 in Colombo. The event witnessed the participation of more than 60 doctors from IMPA.

Fr. Johnson Vazhappilly CMI, Executive Director and CEO of Rajagiri Hospital, initiated the discourse with an enlightening presentation on “Rajagiri - Defining a new paradigm for quality healthcare.” Following this, Dr. Gigy V Kuruttukulam, Medical Director & Sr. Consultant - Neurology, delved into “Healthcare Excellence in 2024 - What’s New,” with a focus on the latest advancements in Neurosciences. Dr. Sanju Cyriac, Sr. Consultant - Medical & Hemato Oncology, then enlightened the gathering with “Recent Advances in Oncology.”

Rajagiri Hospital, 572-bedded multi-specialty tertiary care hospital, situated in the suburb of Ernakulam, near the Cochin International Airport, is accredited by Joint Commission International (JCI) with the Gold Seal of Approval for complying with the highest international standards for safety and quality of care. The hospital holds accreditations from NABH, NABL and ISO 22000:2015 for food and beverage services.

Rajagiri Hospital has earned a well-deserved reputation as a trusted healthcare destination for Tissue & Organ Transplantation, including Liver Transplantation, Renal Transplantation and Bone Marrow Transplantation. In a span of two years, the Hospital has successfully completed 90 Liver Transplantations with an enviable success rate of 95%. Notably, Rajagiri Hospital achieved a milestone in performing Liver Transplantation with the youngest liver donor in the country. Moreover, the hospital has accomplished over 150 renal transplantations with a commendable success rate of 97%. In a short span, the Hospital has been acclaimed as a trusted healthcare destinations for patients from across the globe. The Centers of Excellence, includes Rajagiri Cancer Center, Gastrosciences, Tissue & Organ Transplant Surgery, Orthopedics & Joint Replacement Surgery, Neurosciences, Urosciences, and Woman & Child Care. Rajagiri Robotic Surgery Center, showcases the cutting-edge technology in healthcare, providing minimally invasive and precise surgical solutions.



# Antimicrobial Resistance, Antimicrobial Stewardship and One health

**Dr Neelamani Sandhaya Rajapaksa Hewageegana**

Editor - e news IMPA

Doctor of Medicine (SL, Colombo),

Doctor of Philosophy (UK, Sheffield Hallam)

Antimicrobial medicines are the cornerstone of modern medicine as they can be lifesaving. Antimicrobial Resistance (AMR) occurs when bacteria, viruses, fungi, and parasites no longer respond to antimicrobial medicines, due to inappropriate usage without considering pharmacokinetic principles. AMR has significant costs for both health systems and national economies. AMR spread does not recognize country borders. The 2022 Global Antimicrobial Resistance and Use Surveillance System (GLASS) report highlights resistance rates among prevalent bacterial pathogens. Median reported rates in 76 countries of 42% for third-generation cephalosporin-resistant *E. coli* and 35% for methicillin-resistant *Staphylococcus aureus* are a major concern. For urinary tract infections caused by *E. coli*, 1 in 5 cases exhibited reduced susceptibility to standard antibiotics. The emergence and spread of multi-drug resistant *Candida auris*, an invasive fungal infection, is of particular concern. Drug resistance in HIV, Tuberculosis and Malaria and leprosy is a global concern. Drug resistance in Neglected Tropical Diseases (NTD) is a significant threat to programmes to control, eliminate and eradicate NTDs.

Antimicrobial stewardship support health care professionals to follow evidence-based guidelines for prescribing and administering antimicrobials. Antimicrobial stewardship can both optimize the treatment of infections and reduce adverse events associated with antibiotic use.

**One Health approach-**Is a Coordinated global action to address AMR. AMR requires both sector-specific actions in the human health, food production, animal and environmental sectors, and a coordinated approach across these sectors. One Health refers to an integrated, unifying approach that aims to achieve optimal and sustainable health outcomes for people, animals, and ecosystems as they are linked and inter-

dependent. One Health approach brings together stakeholders from relevant sectors to communicate and work together in the design, implementation and monitoring of programmes, policies, legislation, and research to address AMR.



<https://infectionsinsurgery.org/core-elements-of-antibiotic-stewardship/>

# Diabetes Prevention and Awareness in the community - our experience at SUWA DIVIYA

Dr C Pandithage, Mrs S Roshan,  
Dr K Periasamy, Dr R Haniffa



## Suwa Diviya, a non-profit initiative, is focused on

1. diabetes prevention
2. early diagnosis
3. adequate control of diabetes via education and support
4. prevention of complications

The Aim is to bring about a change in society to propel diabetes prevention and to provide only evidence based standard information while busting the many myths that are prevailing and preventing proper diabetes management.

We concentrated on densely populated Colombo city to conduct our sessions. The corporate environment was ideal. The urban young and middle aged seem most vulnerable to this disease. Sedentary office culture, fast foods, working parents and high prevalence of overweight was seen in this population.

Sessions are conducted at Corporates, Banks, Public events, and Factories. Anthropometry, waist

circumference and blood sugar are measured, followed by a standardized presentation on Diabetes prevention and management. Resource persons are GPs in the community, dietitians, physical trainers and psychologists. We ensure the same evidence based information is presented to avoid confusion, myths and misinformation.

## Our Results since 2021:

Diabetes prevention education 5597 participants  
Blood sugar screening 2760 (1293 under 40 years - almost half the population screened)

No. with Diabetes 514 (18%)

No. with newly detected and asymptomatic 139 (i.e. 1 in 3 were unaware)

No. with Prediabetes 300 (10%)

1 in 3 blood sugar tests revealed an abnormal sugar level (DM+PDM/total)

These results are lower than the national prevalence level, due to the large representation of relatively younger population. This highlights the need to educate and prevent especially in this younger population

Corporate based awareness and prevention programs

- Help build a healthier corporate ecosystem
- Allow opportunities for sustainable behavior change
- Allow follow-up for understanding the impact of awareness programs.

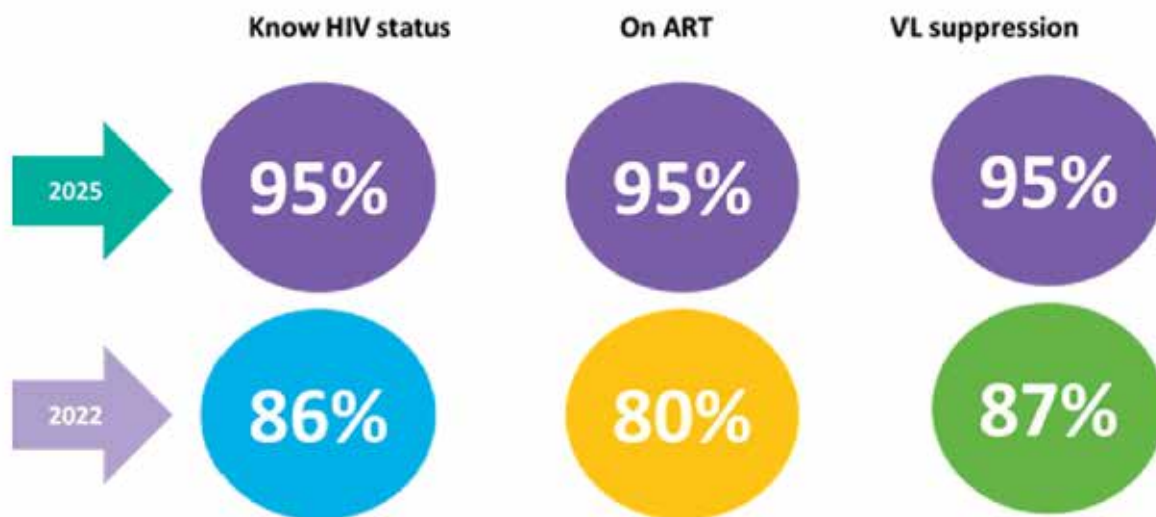
# Global Fund support to end AIDS in Sri Lanka by 2030

## Dr Janaki Vidanapathirana

Director, National STD/AIDS Control Programme,  
Sri Lanka

The National STD/AIDS Control Programme (NSACP) spearheads the national response to HIV/AIDS with the support of relevant stakeholders. Sri Lanka displays a low-level HIV epidemic with the prevalence at less than 0.1 per 100,000 population. The estimated number of adults and children living with HIV is 4100 and less than 200 annual new infections according to the AIDS Epidemic Model. The HIV epidemic is currently concentrated among Key Population groups with an overall positivity rate between 0.5% and 1.3% among Men who have Sex with Men (MSM).

The global targets set by UNAIDS is by 2025, countries should work towards 95% of people estimated to be living with HIV to know their HIV status, 95% to be on anti-retroviral therapy and 95% have achieved viral suppression. The figure below shows that Sri Lanka is lagging behind the set targets.



## UNAIDS targets and Sri Lanka status by 2022

The Ministry of Health has submitted the proposal to the Global Fund in 2024 for the period of 2025-2027 (USD 6,381,149) after a country dialogue process maximizing the effect of key population interventions

to end the epidemic by 2030. It includes:

- Evidence-based prioritization of districts for Prevention, Testing & Linkages of key populations and Intensifying the focus on coverage saturation, repeat follow ups, human resource allocations & micro-planning. This includes scale up of testing using rapid diagnostic tests with task shifting to community leaders, HIV self-testing, 3- RDT testing algorithm for confirmation of diagnosis & early treatment using stranded guidelines.
- Community empowerment and engagement with addressing human rights barriers to reduce stigma.
- Advocacy for financial sustainability including social contracting of civil societies & private public partnership.

- Focus on quality of the interventions through standardization of guidelines, training and intensified monitoring and evaluation with the introduction of community led monitoring.

If you are planning to visit a malaria endemic country



## Take

**Before Leaving**

Start preventive drugs

**During your Stay**

Continue preventive drugs  
Avoid Mosquito Bites

**After Returning**

Test for malaria on arrival and when you get fever

Continue drugs for 4 more weeks

## Steps To protect from Malaria



For further information

**0117 626 626**

**Anti Malaria Campaign  
Ministry of Health**

[www.amc.health.gov.lk](http://www.amc.health.gov.lk)

Scan QR code for medicine



[www.amc.health.gov.lk](http://www.amc.health.gov.lk)



# Malaria Endemic Country List

Afghanistan Angola Bangladesh	Georgia	Sao Tome & Principe Saudi
Belize	Ghana Guatemala Guinea	Arabia (Yemen boarder)
Benin	Guinea-Bissau Guyana	Senegal
Bhutan	Haiti	Sierra Leone Solomon Islands
Bolivia	Honduras	Somalia
Botswana	India	South Africa
Brazil	Indonesia	South Korea - Northern Part
Burkina Faso Burundi	Iran (Islamic Republic of)	(Republic of Korea) Sudan
Cabo Verde (Cape Verde)	Iraq	Swaziland Suriname
Cambodia Cameroon	Kenya	South Sudan Thailand
Central African Rep. Chad	Lao PDR (Laos) Liberia	Timor Leste
Colombia Comoros	Madagascar Malawi Malaysia	Togo
Congo	Mali	Turkey
Cote d'Ivoire (Ivory Coast)	Mauritania Mayotte Mozambique	Tanzania
Costa Rica Djibouti Democratic Republic	Myanmar Mexico	Uganda
of Congo Dominican Republic Ecuador	Namibia	Vanuatu
Egypt	Nepal	Viet-Nam Venezuela
Equatorial Guinea Eritrea	Niger	(Bolivarian Republic of)
Eswatini	Nigeria Nicaragua	Yemen
Ethiopia	North Korea Pakistan Panama	Zambia
French Guiana Gabon	Papua New Guinea Peru	Zimbabwe
Gambia	Philippines Rwanda	



**Anti Malaria  
Campaign Hotline**

**0117 626 626**

**0712 841 767 (Whats app)**

IMPA Website: <http://www.impa-sl.com>



**EmpaMor**

becomes

**Number One**

in volumes across all  
Empagliflozin brands

for the 2<sup>nd</sup> time

- IQVIA data 2023 Q3



Thank you Sri Lanka for your unwavering trust placed  
on our truly Sri Lankan EmpaMor!