



IMPA

THE OFFICIAL NEWS LETTER OF THE INDEPENDENT
MEDICAL PRACTITIONERS ASSOCIATION

NEWS

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FROM THE PRESIDENT'S PEN...



I am pleased to present to you the IMPA May 2024 E-Newsletter.

An excellent medical update program was held at the Lanka Hospital Auditorium on Sunday 19th May 2024. The topics included "Cardiology, Whats new?" by Dr Upul Wickramarachchi consultant cardiologist. "What is next in blood cancer?" by Dr Saman Hewamana consultant clinical Hematology and Hemo-oncology.

The IMPA has been requested by the (Organization of Professional Associations (OPA) to conduct a health camp on Sunday 14th July 2024 at the OPA for the member organizations and staff. IMPA council member Dr Kayathri Periyasami has agreed to organize this program with the support of "Suwa Diviya" NGO.

The IMPA council has appointed a sub committee comprising of Dr Sabith Salieh, Dr (Mrs) Eranthee Walagampaya and Dr Radhik Wijesuriya to advise and overlook the IMPA website (www.impa-sl.com), in order to support the President and IT coordinator Mr Nilupul Gooneratne.

The SHRI Academy has permitted the IMPA to include their CPD videos on the IMPA website.

The IMPA journal 2024 will be released at the AGM to be held on Sunday 8th December 2024. Articles are requested as per the guidelines listed by the Editor Dr A L P Seneviratne.

Any suggestions from the membership is welcome for the improvement of the IMPA website, E-Newsletter and other activities.

Thank you,
Yours Sincerely,
Dr. A.H.A. Hazari
President
IMPA

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IMPA had its monthly CPD program on 19th May 2024 at the Lanka Hospital Auditorium

"Cardiology, What's new?"

By *Dr Upul Wickramarachchi*, MBBS (Peradeniya), MRCP (UK), MD (Research, UEA, UK), CCT (Cardiology, UK), Consultant Interventional Cardiologist, Lanka Hospitals, Colombo. Visiting Lecturer, Faculty of Medicine, University of Sri Jayewardanapura.

"What's next in Blood Cancer?"

By *Dr Saman Hewamana* MBBS, MD, MRCP, MRCPATH, FRCP, FRCPath, PhD, Consultant in Clinical Haematology / Haemato-Oncology, Lanka Hospital, Sri Lanka and National Health Service (NHS, England)



What is next in Blood Cancer?

Dr Saman Hewamana

MBBS, MD, MRCP, MRCPATH, FRCP, FRCPath, PhD,
Consultant in Clinical Haematology / Haemato-Oncology, Lanka Hospital,
Sri Lanka and National Health Service (NHS, England)

Physicians specialized in haematology and allied fields are the best qualified to treat blood cancer patients.

In the past, several successful treatment methods were used in treating children with leukaemia. But in the future, the focus will be on personalized medicine, which includes 'targeted treatment' and 'immunotherapy', Chimeric Antigen Receptor T-cell therapy and Bi-specific antibodies. These most developed immunotherapies though not available to Sri Lankan patients yet, they can be successfully treated or even cured with available treatment options. However, advanced laboratory testing is needed to sub-classify blood cancers.

Lanka Hospital Blood Cancer Centre (LHBCC) is used for treatment as well as for training.

Even in countries with best facilities, the optimal survival (OS) rate of patients with Acute Myeloid Leukaemia ranges between 25.0 % and 40.0 %. Continuous treatment in our cohort showed an estimated OS rate

of 62.9%. Compared with conventional chemotherapy and radiotherapy, immunomodulatory drugs, proteasome inhibitors and monoclonal antibodies improved survival significantly. The LHBCC showed a median OS of 84.2 months and an estimated 5 year survival rate of 65.0%. Our cohort of young adults with Hodgkin Lymphoma showed a 5 year survival rate of 81.0 % and with continued treatment, survival was 90.0 %.

Infection is the main cause of blood cancer mortality but have shown the successful management of neutropenic sepsis and viral infections in the resource constrained setting in a recently published study.

The data in these studies support the feasibility of establishing a successful and dedicated.

Extracted from the presentation done by

Dr Saman Hewamana

at the IMPA CPD program on 19th May 2024 at the Lanka Hospital Auditorium

Organization of Professional Associations (OPA) and IMPA

Dr Kanthi Ariyaratne

Joint Secretary / IMPA and Consultant in Community Medicine

“New Trends in Dengue Prevention and Treatment” seminar held on 25th March 2024 had a participation of over 75 professional from OPA. Dr Lucian Jayasuriya and Dr Sanath Goonasekara represented IMPA. Seminar was organized by OPA through the Health and Nutrition Committee with active contribution of IMPA

Dr Sudath Samarawera (Director / National Dengue Prevention Program) presented on “Current Global and Sri Lankan Situation in Dengue and new trends in prevention and control”. “If managed properly at the right time with the right drugs Dengue is not a deadly disease was his main message. New innovative approaches which are been currently piloted in Sri Lanka was presented. Finally, he inform the audience for behavioral modification and to clean one’s garden once a week.

Dr Jayantha Weeraman (IMPA member) spoke on “Dengue Infection, Pathophysiology, Treatment and Care”. Dr Weeraman differentiated Dengue Fever (DF)

and Dengue Hemorrhagic Fever (DHF) illustrating the febrile phase, critical phase and convalescence phase. When a person having “high fever” for 1-7 days, and fever subsiding but patient is still feeling ill patient may be going to the critical phase. A good rest during the Febrile Phase and in the convalescence was emphasized. Importance of management with symptomatic care, correct maintenance of fluid imbalances and prevention of hemorrhage was highlighted.

Dr Sanath Hettige (Council Member of IMPA and the Chairperson of the the OPA Health and Nutrition Committee) presented on “Protect Yourself from Dengue and What is New” outlining what simple things everyone can adopt in day-to-day life to prevent getting Dengue with environmental adjustments and life style modifications.

Dr Kanthi Ariyaratne, the Convener of the Health and Nutrition Committee of OPA and one of the Joint Secretaries of IMPA was the Moderator of the seminar.



Dr A L P De S Seneviratne

MBBS, DFM, FCGP, MRCPG[INT.], MD
Editor IMPA

IMPA Journal, published by the Independent Medical Practitioners Association of Sri Lanka is an annual publication. This will be published in December 2024. This is a Medical Journal with the ISSN 2465-6135.

You could submit your articles under the following categories.

1. Review Articles-These look in depth and discuss topics that are significant to medicine or IMPA that progress over recent years.
2. Case reports-In medicine, a case report is a detailed report of the symptoms, signs, diagnosis, treatment, and follow-up of an individual patient
3. Case Series-More than 1 case report.

4. Commentary-Short, decisive observations and findings relevant to medicine
5. Editorial-An opinion piece written by the senior editorial staff or publisher.
6. Any Other relevant articles eg. History of IMPA etc.
7. Obituary

Please submit your articles to the following e-mail with your Name/s,Qualifications, SLMA reg. No. contact telephone number and e-mail address before the 30th of October 2024.

champa.impa@gmail.com

Thank you



Dr. Sanath Hettige wins WONCA South Asia Regional Five Star Doctor Award 2024



Read Full Report.
<https://lankanewsweb.net/>



Join our WhatsApp Newsroom for latest updates.
<http://bit.ly/3LRQgpZ>



WHO Antimicrobial resistance awareness “AMR invisible, I am not”

Link : <https://www.who.int/campaigns/world-amr-awareness-week/2024/amr-is-invisible-i-am-not> <https://www.who.int/campaigns/world-amr-awareness-week/2024/amr-is-invisible-i-am-not#>

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Applicability of Western protocols in resource -limited setting: Real-world data of long-term outcome of intensive treatment of adult acute myeloid leukaemia in Sri Lanka

Link : <https://acrobat.adobe.com/id/urn:aaid:sc:AP:8a09861a-d827-49c3-8292-a7a395e80da0>

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Report fake medical practitioners

Link : <https://www.newswire.lk/2024/05/17/special-hotline-to-report-fake-medical-practitioners/>

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Menosoc Sri Lanka 2024

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“Midlife and Beyond - Clarity from Confusion”

7th July 2024
Galadari Hotel, Colombo, Sri Lanka

GUIDELINES FOR PREPARATION OF ABSRACTS FOR FREE PAPERS

* **Title** : bold capitals (font size 14).

On a new line give the names of all the authors, author affiliations and the name and the email address of the corresponding author. Underline the name of the presenting author.

* **Word count**: 250 words. (excluding title, authour information)

* **Text**: Times New Roman (font size 12) with full justification.

* **Format**:

1. Aims and objectives
2. Methods
3. Results,
4. Conclusions

Abstracts should be submitted electronically to menosoc.srilanka@gmail.com.

There is no limit on the number of abstracts an author may submit.

Following submission the corresponding author will receive an acknowledgement via email.

* **Abstract decision**: conveyed to the corresponding author by 10th June 2024

Deadline for Abstract Submission 31st May 2024

Address: 112, Model Farm Road, Colombo- 08 ,Sri Lanka,

Tp / Fax: 0094 11 2699211

E mail : menosoc.srilanka@gmail.com

Face book: Menopause Society of Sri Lanka

Web site: www.menosocslk



PROTECT BOTH MOTHER & BABY FROM FLU WITH INFLUENZA VACCINE

Image for representation purpose only, not of actual patient.



Increased risk of influenza during monsoons¹



Pregnant women and their babies are at high risk of flu related complications²



Vaccinating pregnant women can protect both mothers and their babies²



**CONSULT YOUR DOCTOR TO KNOW MORE
ABOUT FLU VACCINATION**

References: 1. Chhabra MS, et al. Dynamics of influenza seasonality at sub-regional levels in India and implications for vaccination timing. PLoS one. 2015 May 4;10(5):e0124122.
2. <https://www.cdc.gov/Ou/pdf/professionals/vaccination/Flu-Consumer-Patient-Flyer.pdf>

PROTECT YOURSELF & YOUR LOVED ONES FROM FLU

Image for representation purpose only, not of actual patient.



Can help protect from flu as well as flu related complications that can result in hospitalization¹



Flu vaccination is important for people with chronic health conditions, such as diabetes, heart disease, asthma and adults over 65 years²



**CONSULT YOUR DOCTOR TO KNOW MORE
ABOUT INFLUENZA VACCINATION**

References: 1. <https://www.cdc.gov/flu/pdf/professionals/vaccination/The-Consumer-Patient-Flu-vax.pdf>
2. CDC - Flu Vaccine: Get the Facts. Available from: <https://www.cdc.gov/flu/pdf/professionals/vaccination/The-Consumer-Patient-Flu-vax.pdf>. Accessed on 28th Aug 2023.

Nurturing Communication Skills in the Early Years,

Learn Alongside Your Child
Through Early Communication
Skills Development



Time:

9:30am -10:30am

Venue:

**Early Intervention Clinic,
4th Floor UCFM Tower ,
Faculty of Medicine,
University of Colombo.**

Call for appointments-

Dr. Dineshani Hettiarachchi
Co-ordinator Early Intervention Clinic
0767222228
or email dineshani@anat.cmb.lk

Services Include

- Support for children from 0 to 5 years
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- Conducted by Qualified Speech and Language Therapists
- Conducted in Sinhala



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