



# IMPA

THE OFFICIAL NEWS LETTER OF THE INDEPENDENT  
MEDICAL PRACTITIONERS ASSOCIATION

# NEWS

ISSUE 06 | VOLUME - 28 | JUNE 2024



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



I am pleased to present you the June 2024 IMPA e-newsletter.

I wish to thank Dr Sunera Fernando (Consultant Psychiatrist, Fellow of the Royal Australian and New Zealand College of Psychiatrists) (Daughter of former IMPA President - Late Prof Joel Fernando) for making an excellent presentation to the IMPA members on Wednesday 29<sup>th</sup> May 2024 at the IMPA office on "Depression - Aetiology, Diagnosis and Management."

I also wish to thank Mega Pharma (Himalaya Division) for sponsoring the IMPA medical update programme at the OPA Auditorium on Sunday 30<sup>th</sup> June 2024 at which Dr H T Wickramasinghe MD, FRCP (Senior Consultant Paediatrician) is expected to make a presentation on "How Evidence Based is Evidence Based Medicine" and another by Dr Anoja Dheerasinghe MBBS, MSc, MD - Consultant Community Physician on "Overview of Vector Borne Diseases in Sri Lanka"

A medical update programme has been planned for Sunday 14<sup>th</sup> July 2024 at 7.00pm at the OPA Auditorium on "Advancements in Lipid Management" by Dr Farhan Ahamed MBBS, FRCP Consultant in Metabolic Medicine and Chemical Pathology from Milton Keynes University in UK sponsored by M/S Emerchemie (Dr Reddy & Ferozsos) .

The Country Coordinating Mechanism of Sri Lanka (CCM - SL) has allocated funds to the IMPA to promote the awareness of HIV/AIDS, TB & Malaria among the medical profession and associations, among the member Associations of the Organisation of Professional Associations of Sri Lanka and among the general public.

The IMPA members are requested to forward suggestions in order to improve the e-newsletter, journal, website and other activities of the IMPA

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

## *Inside the Issue*

- ◆ IMPA monthly CPD programme
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- ◆ Links to Interesting Articles
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# IMPA Monthly CPD Programme

On Sunday the 30<sup>th</sup> June at the Organization Professional Association (OPA) Auditorium IMPA Monthly CPD programme was held sponsored by Mega Pharma Pvt Ltd Himalaya Division. The following are the two eminent presenter's and their presentations,

## "How evidence based is evidence based medicine?"

*By Dr HT Wickramasinghe, MBBS, MD, FRCP Senior Consultant Pediatrician*

## "Overview of Vector Borne Diseases in Sri Lanka"

*By Dr Anoja Dheerasinghe, MBBS, MSc, MD, Consultant Community Physician*



# International fast-food chain closure can be an “Eye Opener”

## Dr Neelamani Rajapaksa Hewageegana

Doctor of Medicine Colombo, Sri Lanka, Doctor of Philosophy Sheffield Hallam  
Editor IMPA E newsletter

**B**urden of Typhoid fever (Enteric Fever) remains still high in Sri Lanka. As per Epid Unit as at 7<sup>th</sup> June 2024, there were 136 cases reported. The high risk districts noted were Colombo, Kalutara, Batticaloa, Gampaha, Nuwaraeliya, Kandy, Puttalam, Kegalle, Rathnapura, Matara.

*Salmonella* Typhi lives only in humans. Persons with typhoid fever carry the bacteria in their bloodstream and intestinal tract. Though there are no symptoms, people may still be carrying typhoid bacteria, spreading to others by shedding of bacteria in their feces. Typhoid Mary's tale exposed how symptom free, healthy persons can spread disease as 'carriers'. WHO had advised people who are treated for Typhoid, to take the prescribed antibiotics for as long as it has been prescribed, wash their hands with soap and water after using the toilet, avoid preparing or serving food for other people and to test after recovery to ensure that they are not carriers of "*Salmonella* Typhi.

Typhoid is treated with antibiotics, increasing resistance to different types of antibiotics is a challenge. Hygiene

among the food handlers and typhoid vaccination are effective in preventing typhoid fever.

The Food Act No. 26 of 1980 made it compulsory for food establishments to be registered with the food authority of the area. Regulations - 2019 further enforce all food establishments from small way-side restaurants to star class hotels to be registered. Food Control and administration Unit of Ministry of Health is the focal point while MOH with the Food and Drug Inspector and Public Health Inspectors do the inspections, rating and raiding of Food establishments.

In March 2024 in Sri Lanka, an international fast-food chain closed all branches, following reports of failure to adhere to international hygiene standards. If this was taken as an eye opener could the tragic death in April due to "*Salmonella* Typhi" in the young Medical officer be prevented?

# The List of Notifiable Diseases in Sri Lanka

## Group A

- Cholera
- Plague
- Yellow Fever

Inform immediately to:

- Director General of Health Services
- Deputy Director General (Public Health Services I)
- The Epidemiologist
- Regional Epidemiologist
- Medical Officer of Health

• By telephone, fax or e-mail; followed by form "Notification of a Communicable Disease" (Health - 544)

## Group B

- Acute Poliomyelitis/Acute Flaccid Paralysis

Inform:

- The Epidemiologist
- Regional Epidemiologist
- Medical Officer of Health

• By EPID/37/1/R2004 - AFP/Suspected Poliomyelitis Form No.1 (PINK Form)  
 • By telephone, fax or e-mail and  
 • By form "Notification of a Communicable Disease" (Health - 544)

- Measles
- Rubella
- Congenital Rubella Syndrome

Inform:

- The Epidemiologist
- Regional Epidemiologist
- Medical Officer of Health

• By EPID/151/1/2013 - Suspected Measles/Rubella Patient Information Form (BLUE Form)  
 • By telephone, fax or e-mail and  
 • By form "Notification of a Communicable Disease" (Health - 544)

- Chickenpox
- Dengue Fever/ Dengue Haemorrhagic Fever
- Diphtheria
- Dysentery
- Encephalitis
- Enteric Fever
- Food poisoning
- Human Rabies
- Leptospirosis
- Leprosy
- Leishmaniasis
- Malaria
- Meningitis
- Mumps
- Neonatal Tetanus
- Simple Continued Fever of over 7 days or more
- Tetanus
- Tuberculosis
- Typhus Fever
- Viral Hepatitis
- Whooping Cough

Notify the Medical Officer of Health of patient's area of residence

By form "Notification of a Communicable Disease" (Health - 544)

*\*Any other disease/condition occurring in unusual numbers or in an unusual pattern also has to be notified*

### Always notify on clinical suspicion

Notification of Notifiable Diseases is a Legal Requirement in Sri Lanka!  
 The Medical Officer who is managing the patient is responsible for notifying the disease to the proper authorities

Epidemiology Unit, Ministry of Health Nutrition and Indigenous Medicine  
 No. 231, De Saram Place, Colombo 10  
 Tel: 011-2695112, 011-2681548 Fax: 011-2696583 e-mail: chepid@sltnet.lk



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# Depression - Aetiology, diagnosis & management

## Dr Sunera Fernando

Consultant Psychiatrist  
Fellow of the Royal Australian and New Zealand College of Psychiatrists

An IMPA CPD programme was held at the IMPA office by Dr Sunera Fernando - Consultant Psychiatrist on Wednesday 29<sup>th</sup> May 2024.

Topic -  
"Depression - Aetiology, diagnosis & management"



### First certificate course on immunization sees high participation

Link : <https://www.sundaytimes.lk/240616/sunday-times-2/first-certificate-course-on-immunization-sees-high-participation-560308.html>

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### The Lancet Infectious Disease Covid 19

Link : <https://www.eurekalert.org/news-releases/956782>

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### Road Traffic Accidents in Sri Lanka

Link : <https://acrobat.adobe.com/id/urn:aaid:sc:AP:fb251370-13b0-408a-a5f4-cdaff91bcf08>

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### Transport related Injuries in Sri Lanka

Link : <https://acrobat.adobe.com/id/urn:aaid:sc:AP:0d3d5c69-6493-4a32-869d-3fa78fb5a087>

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### Risk Factors for Road Traffic Accidents

Link : <https://acrobat.adobe.com/id/urn:aaid:sc:AP:ca991d9a-c6ef-4979-830e-e9858002aef7>

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### Bird Flu (Sinhala)

Link : <https://www.facebook.com/share/p/cW7L6HJiQoQdBz4p/>

# FIRST CERTIFICATE COURSE ON IMMUNIZATION SEES HIGH PARTICIPATION

View(s): 159

It was into the hot and current topic of vaccines that a group of doctors, nurses and healthcare professionals from various institutions delved deep under the guidance of eminent personalities.

Participants of this first-ever 'Certificate Course on Immunization' held in Sri Lanka gathered in the Sri Lanka Medical Association (SLMA) auditorium in Colombo on June 9. The course had been organised by the Vaccine and Infectious Diseases Forum of Sri Lanka (VIDFSL).

Speakers noted with regret the absence of VIDFSL founder Dr Lucian Jayasuriya who had taken ill. But even from his hospital bed he had been directing arrangements to ensure that the function proceeded without a hitch.



Dr Lucian Jayasuriya

The course was held for both medical and non-medical healthcare professionals in the public and private sectors who had a common interest on immunization, to enhance their knowledge and capacity.

It covered important components of vaccinology and immunization, including types of vaccines, manufacture, procurement and registration, cold chain management and transport, administration of vaccines, adverse effects, allergy and treatment, vaccines in special circumstances, vaccine hesitancy, national immunization programme (NIP) and non-NIP vaccines.

The course had been conducted at the SLMA from 8.30 am to 12.30 pm on four consecutive Sunday mornings from April 21 to May 12.

"As the VIDFSL is registered with the Education, Training and Research (ET&R) Unit of the Health Ministry to award CPD (Continuous Professional Development) points, this programme was approved for the award of a maximum of 15 points to a participant," Dr Nanayakkara said, explaining how when the course was advertised, there was an unexpectedly high response.

Ninety-six participants had registered for the course, with around 50% being nursing officers, 33% medical officers and 17% other healthcare providers.

VIDFSL patron and emeritus Professor of Paediatrics Sanath Lamabadusuriya, chief guest and SLMA president Dr Ananda Wijewickrama, guest of honour and Health Ministry's Deputy Director General (ET&R) Dr Samiddhi Samarakoon spoke. The vote of thanks was by VIDFSL Secretary Dr Dhanushka Dasanayake.



Dr Kanthi Nanayakkara



## Sri Lanka Medical Association Annual Child Art Creation 2024



**When I grow up: What I'll be**

**Let's draw and send without delay  
Sky's the limit for our paintings today**

For ages from Pre-school to Grade 10  
(Each grade is recognized as a category)

Colouring Medium: any medium

Paper Size: A4 Paper

Submissions should include:

1. Full name
2. Age
3. Grade
4. School
5. Home address
6. Parent name & contact number

Drawings need to be certified by Principal or  
Class Teacher of the child.

The drawing should not be copied from the  
internet or any other source.

One child can submit up to a maximum of 2  
drawings.

All drawings need to be sent **ONLY** by post or hand  
delivered to

**Sri Lanka Medical Association  
No. 6, Wijerama Road, Colombo 07.**

**Deadline: Saturday 31st August 2024**

For more information please con-  
tact SLMA office at  
011-2693 324





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# Leadership with Mindfulness

In today's fast-paced and crisis-ridden world, effective leadership requires more than just technical skills. It demands the ability to navigate challenges with clarity, emotional intelligence and resilience. **Our Leadership with Mindfulness 12-Week Course offers a transformative approach to leadership development, equipping you with the tools to thrive in the modern workplace.**

This course will equip you with practical techniques to enhance focus and clarity for effective prioritization, stimulate creativity and innovative problem-solving, develop emotional intelligence and empathetic communication, build resilience to prevent burnout, and foster a culture of trust and collaboration.

## Resource Panel



**Dr. Nirmal de Silva**

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**Prof. Kolitha Sellahewa**

Consultant academic and mindfulness practitioner, senior physician and experienced meditation practitioner.



**Dr. Randula Samarasinghe**

Consultant physician and mindfulness meditation practitioner since 2014.



**Dr. Ajay Jeyaseelan**

Family Physician, Psychological Counselor, Senior Lecturer, Trainer, Entrepreneur



Commencing on  
8th July 2024

9.00 AM to 12 Noon  
on Saturdays



Rs. 20,000  
International  
Participants  
100 USD



BALPP  
(BMICH, Sri Lanka)  
Hybrid  
(In person / Online)

## INCLUDING TWO INTER-RELIGIOUS PANEL DISCUSSIONS ON

- 1 Mindfulness as an inter-faith practice: benefits and challenges
- 2 Generosity, altruism & ethical values : Role of Mindfulness.

**For more information/registration :**

+94 71 231 0461 / wasanas@balpp.com / www.balpp.com



**Bandaranaike Academy**  
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## The certificate course in evidence-based diabetes Management.

### Course Objective -

To enhance the knowledge, Skills,  
And core competencies of primary  
care Physicians in the management  
of diabetes



**Duration** – 12 Months Course Fee – Rs.40,000.00  
(Course 2024 / 2025 )

**Eligibility Criteria** – SLMC Registration

### Certified by –

PHFI – Public Health Foundation of India

DMDEA – Dr.Mohan Diabetes Education  
Academy, Chennai

PCDGSL – Primary Care Diabetes Group Sri  
Lanka

**New batch starts -  
September 2024**



**Register online  
[www.pcdgpcrg.lk](http://www.pcdgpcrg.lk)**



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- IQVIA data 2023 Q3



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

**The E-newsletter Editorial Board:**

Dr. Neelamani Rajapaksa Hewageegana (Editor), Dr. A.H.A. Hazari, Dr. S.A.P. Gnanissara,  
Dr. S.M. Goonesekera, Dr. Sarath Samarage and Dr. Palitha Abeykoon