



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 you the IMPA September 2024 e-newsletter.

On behalf of the IMPA, I congratulate the newly elected President of Sri Lanka - Mr Anura Kumara Dissanayake and wish him the very best in all his endeavors.

A very successful Medical Update Programme on "Importance of risk factor modification in preventing Cardiac Disease" by Dr Chamara Ratnayake - Consultant General and Interventional Cardiologist was held on Sunday 8th September 2024 at Asiri Surgical Hospital Auditorium.

The IMPA was represented by Dr Sanath Goonesekera (Senior IMPA Vice - President) and Dr (Mrs) Kanthi Ariyaratne (Hony Joint Secretary - IMPA) on Wednesday 18th September 2024 at Kingsbury Hotel for a workshop on "The Results Dissemination Event / Assessment to Identify Capacity Gaps of NGO's working in the HIV Sector" organised by the (SKPA) - 2 program of CCMSL (Country Coordinating Mechanism Sri Lanka).

The IMPA will be represented at the National Advisory Committee for Combating Antimicrobial Resistance (NAC - AMR) meeting to be held at the Ministry of Health on 3rd October 2024.

The Annual General Meeting of the OPA will be held on Wednesday 30th October 2024.

The IMPA members are requested to forward suggestions to improve the activities of the association.

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

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IMPA Monthly CPD Programme

The Independent Medical Practitioners Association monthly CPD program was held on Sunday the 8th September at the The Asiri Surgical Hospital Auditorium, Narahenpita.

The eminent speaker *Dr Chamara Ratnayake* MBBS, MD(Col), MRCP (London) Consultant General and Interventional Cardiologist addressed on “**Importance of risk factor modification in preventing Cardiac Disease**”.



Malaria Death

A malaria death was reported on 15th of September from BH Panadura.

The deceased is a 47-year-old male from Wadduwa, a Merchant Seaman who returned from Guinea on the 30th of August 2024 after five months of stay there. Since 2nd September he has had fever and was treated by a GP and MP test was ordered and done at Cey Med Hospital on 9th September and MP test was negative. The patient did not respond to the treatment and was admitted to the BH Panadura on 12th September.

While in the ward the patient had developed convulsions, and a CT scan of the brain was done and found to have mild cerebral oedema. He was admitted

to the ICU and intubated. Until the 13th morning, no MP testing was done and on the 13th a MP test was ordered and found to be positive for Plasmodium falciparum. AMC was informed and within an hour IV artesunate was started. Despite three doses of IV artesunate given, the patient died on the evening of 14th September. All the necessary field surveillance is being done.

The importance of a basic test for MP for a patient with a travel history need to be reiterated. The last circular of the Ministry of health on malaria was in 2014 and no fact sheet on Malaria was found on the Epidemiology unit Website.

Assessment to Identify Capacity Gaps of NGOs Working in the HIV Sector

Dr Kanthi Ariyaratne

Secretary IMPA

Introduction

An event to disseminate the results of the assessment of capacity gaps of NGOs working in the field of HIV sector in Sri Lanka was held on 18th September 2024 at the Kingsbury Hotel, Colombo.

This event was organized by the Sustainability of HIV Services for Key Populations in South-East Asia (SKPA)-2. IMPA was invited through the Country Coordinating Mechanism, Sri Lanka. Dr Sanath Goonasekara, Vice President of the Independent Medical Practitioners Association (IMPA) participating on behalf of the IMPA and Dr Kanthi Ariyaratne Secretary IMPA participating on behalf of the CCM contributed to the proceedings.

What is SKPA 2?

Sustainability of HIV Services for Key Populations in South-East Asia (SKPA)-2 is a three-year (1 July 2022 to 30 June 2025) multi-country program funded by the Global Fund to Fight AIDS, Tuberculosis, and Malaria. It is operated through the Family Planning Association (FPA). There was SKPA 1 conducted earlier which included Sri Lanka and the present one is the second of that nature and identified as SKPA2. The program aims to improve the sustainability of evidence-informed, prioritized HIV services for key populations in Bhutan, Mongolia, the Philippines and Sri Lanka.

What is meant by Key Populations?

Key Populations (KP) actually means the people who are most vulnerable and mostly at risk. They can be different groups for different diseases.

Examples - KP for HIV/AIDS

Men having Sex with Men - MSM

Female Sex Workers - FSW

Transgender individuals - TG

People who are engaged in the tourism industry

Outbound Migrants

Women, Youth and Children are also regarded as Key Populations as they are also at risk of getting HIV infection.

Examples-KP for TB

Patients with chronic diseases such as Diabetes Mellitus and Cancer

Individuals with HIV infection and AIDS patients

Elderly men and women

Smokers

Contacts of Tuberculosis Patients- (family members/ any other close contacts from workplaces/schools)

Healthcare professionals working in wards and clinics of the hospitals

Prison inmates

Malnourished individuals

Marginalized populations

Children are also regarded as Key Populations as they are also at risk of getting TB infections.

Who has done the "Assessment to Identify Capacity Gaps of NGOs Working in the HIV Sector"

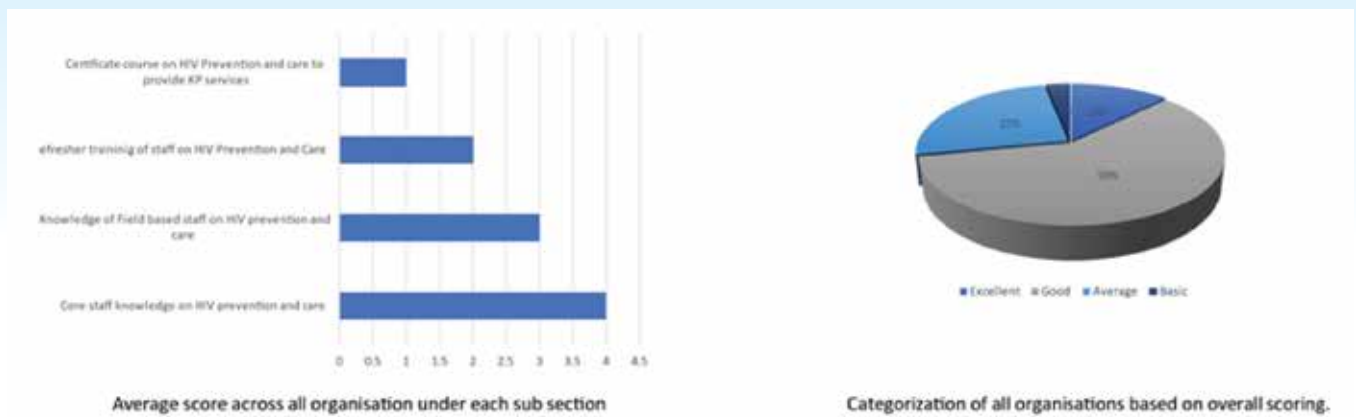
A Non-Governmental Organization named Diversity And Solidarity Trust (DAST) is the organization who had conducted this assessment among other organizations directly involved in HIV prevention to identify their capacities, strengths and weaknesses etc. in order to make recommendations for developing and strengthening them further.

The assessment has been done in nine main areas of which 8th one was the Technical Capacity for HIV Service Provision. The result of that particular category showed that 72% of the organizations (23 out of 32) have shown an excellent technical capacity for HIV service provision. However, building of capacity has been identified in 28% of the organizations participated.

Cont. on page 05

Table 1. Technical Capacity for HIV Service Provision

Technical Capacity for HIV Service Provision



- ◆ 72% of the organizations (23 organizations) have excellent technical capacity for HIV service provision which show case their capability to lead on HIV interventions.

Source: Assessment analysis to Identify Capacity Gaps of NGOs Working in the HIV Sector Conducted by DAST, 2024

What is the relevance of this to IMPA?

1. IMPA members are scattered in Sri Lanka as General Practitioners / Primary Care Physicians and are the first first contact with patients with most of the diseases. They have a greater responsibility in identifying the key populations, suspect about their disease status, conducting appropriate investigations and referral of the suspects to the District Chest Clinics or District STD Clinics. The follow-up, proper treatment and care are also very important activities IMPA members can provide.
2. The NGOs working at the grassroot level in different districts may need capacity building of

their members and surely the IMPA members are capable of providing such technical guidance as they are very well recognized in their practice areas.

3. The IMPA members who are experienced in the field of public health and medical administration also can be the resource personnel in capacity building training programs or workshops in different districts.

A must-read by all retirees

A Senior Executive retired and shifted from his palatial official quarters to the housing society, where he owned a flat. He considered himself big and never talked to anyone. Even while walking in the community park every evening, he ignored others, looking at them contemptuously.

One day, it somehow transpired that an elderly person sitting beside him started a conversation, and they continued to meet. Every conversation was mostly a monologue with the retired Executive harping on his pet topic, "Nobody can imagine the big post and high position I held before retirement. I came to this community due to compulsions;" and so on, and the other elderly person used to listen to him quietly. After many days, when the retired Executive was inquisitive about others, the elderly listener opened his mouth and said.

I have been living in this community for the last 5 years and have not told anyone that: *I was a Member of the Parliament for two terms.

On your right, over there is:- *A Man* who retired as General Manager in a Corporation.

Over there is *Another Man* who was a Major General in the Army. That *Man* sitting on the bench in spotless white dress is: *PROFESSOR*, who was a former lecturer in a University before retirement. He hasn't revealed it to anyone, not even to me, but I know."

All used dysfunctional bulbs are now the same - whatever their wattage was - 10, 40, 60, 100 watts

- it does not matter now. Neither does it matter what type of bulb it was before it got finished - LED, CFL, Halogen, Incandescent, fluorescent, or decorative.

And that, my friend, applies to you too. The day you understand this, you will find peace and tranquility even in this housing society. **Remember, the rising sun as well as the setting sun are both beautiful and adorable. But, in reality, the rising sun gets more importance and adoration and is even worshipped, whereas the setting sun is not given the same reverence. It is better to understand this sooner than later.**

Dear friend, your current designation, title, and power are not permanent. Keeping a lot of emotions with these things only complicates your life when you lose them one day. Remember that **when the game is over, the king and the pawn go back in the same box.**

Therefore, enjoy your achievements today/all that you have acquired today. Have a fabulous time ahead. Be at peace with yourself. **At the end of the day, all those certificates are nothing but just a piece of paper that will be replaced by only one certificate... Death Certificate.**

Retirees, pls stay connected and support each other. Where possible, put a smile on someone's face. Be your brother and your sister's keeper.

Dr A L P De S Seneviratne

MB.BS; DFM; FCGP; MRCGP[INT.]; MD
Editor IMPA

IMPA Journal is published annually by the Independent Medical Practitioners Association of Sri Lanka. This year it will be released at the AGM on 8th December 2024. This is a Medical Journal with the ISSN 2465-6135.

Articles can be submitted under the following categories:

1. **Review Articles** - These look in-depth and discuss topics that are significant to medicine or IMPA that have progressed 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 e.g.,** History of IMPA etc.
7. **Obituary**

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

champa.impa@gmail.com

Thank you

Charles Chaplin's 4 Statements

Charles Chaplin died at the age of 88. He left US Senate with 4 Statements:

1. Nothing is eternal in this world, not even our problems.
2. I like to walk in the rain because no one can see my tears.
3. The most wasted day in life is the day we do not laugh.
4. The six best doctors in the world...

1. Sun, 2. Rest, 3. Exercise, 4. Diet, 5. Self-esteem
6. Friends.

Keep them at all stages of your life and enjoy a healthy life ...

If you see the moon You will see the beauty of God

If you see the sun You will see the power of God...

If you see the mirror, you will see the best creation of God. So, believe it. We are all tourists, God is our travel agent who has already fixed our itineraries, reservations and destinations... Trust Him and enjoy LIFE.

Life is just a trip!

Start living and stop existing!!!

Share with people who are important to your LIFE. To understand it, you have to visit these 3 places:

- The Hospital

- The Prison

- The Cemetery

At the hospital, you will understand that nothing is more beautiful than health.

In Prison, you will see that liberty is the most precious thing.

- In the cemetery you will realize that life is worthless, the ground on which we walk today will be our roof tomorrow.

Let us make the efforts to remain humble by having the fear of God and the respect of our neighbours.

Links to Interesting Articles

IMPA Website

Link : www.impa-sl.com

Vitamin D in the fight against dengue

Link : <https://www.daily-sun.com/printversion/details/767280>

Dr Wimalawansa and Dr Mobeen Syed Interview on Vitamin D

Link : <https://youtu.be/hqcF7NwDlcU?feature=shared>

Antimicrobial Stewardship-TED

Link : <https://youtu.be/z4zBLsN4aek?feature=shared>

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



**Sunday 13th October
2024 at the SLDA
auditorium
At 8.00Am**

Duration - 12 Months

Course Fee - Rs.40,000

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 -
13th October 2024**

Every second Sunday





" Unlock Global Opportunities with Foreign-Accredited Respiratory Course "



Certificate Course in Management of COPD & ASTHMA

(Conducted by Primary Care -Respiratory Group Sri Lanka)

ELigibility
SLMC.Reg/For
More Details

New batch will commence on
Sunday 29th September 2024! at the
SLDA auditorium at 8.00 am



0771674913

Classes will be held on every Third
Sunday

Register online - www.pcdgpcrg.lk





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for the 2nd time

- IQVIA data 2023 Q3



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

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