



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 with the IMPA E-newsletter for October 2024.

A presentation on "Diagnosis and Treatment of OCD" by Associate Professor Sunera Fernando, Consultant Psychiatrist, University of Wollongong, and on "Dementia: Diagnosis and Treatment" by Associate Professor Ediriweera, Consultant Psychiatrist, Northern Sydney Local Health District, Clinical Associate Professor, Macquarie University, Sydney and Graduate School of Medicine, University of Wollongong was held at the IMPA office on Monday 30th September 2024 at 4.00 p.m.

A medical update program was held at the Nine-Wells Hospital on Sunday 27th October 2024 on "Unlocking Allergy: Practical Tips for Medical Professionals" by Dr Prof Chandima Jeewandara Professor in Immunology, Allergy and Molecular Medicine and Presentation on "Treatment of Couples with Infertility: what Medical Professionals should know?" by Dr Mohamed Rishard MBBS, MD(Obs & Gynae), MRCOG(UK), PG Cert Med(Dundee) Dep. in Laparoscopy(DSGE).

On Friday, October 11th 2024, Kings Hospital held an on-e program on "CAHO" (committed to safer healthcare), a road to Digital Adoption in healthcare.

An Antimicrobial Resistance (AMR) meeting on AWaRe-classification was held on Thursday, October 3rd 2024, at MOH, and Dr Iyanthi Abeyewickrema, Hon. Joint Secretary, IMPA, attended.

A video conference call with the WHO representative on Thursday 18th October was held from 11.00 a.m. - 11.30 a.m. on "Multi-Stakeholder Accountability Framework (MAF-TB) in collaboration with the National Programme for Tuberculosis Control and Chest Diseases.

A networking program with the OPA to raise awareness on Tuberculosis, HIV/AIDS, and Malaria, in collaboration with GFATM CCMSL, will be held on Friday, November 28th 2024, at 6:00 p.m. in the OPA auditorium.

IMPA members are requested to promote doctors in the Private sector to join the IMPA to strengthen the private health sector.

IMPA members are requested to make any suggestions to improve the services of the IMPA.

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

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IMPA Monthly CPD Programme

On Monday the 7th of October, an awareness program on cancer was conducted at the OPA in collaboration with the IMPA. *Dr Sanath Hettige* was the eminent speaker. For the full proceedings please click the link <https://youtu.be/zuewN5fFuDo>

The monthly CPD program of IMPA was held on Sunday the 27th of October at Ninewells Hospital. There were two eminent speakers "**Unlocking Allergy - Practical Tips for Medical Professionals**" by *Dr Prof. Chandima Jeewandara* Professor in Immunology, Allergy and Molecular Medicine And "**Treatment of Couples with Infertility: what Medical Professionals should know?**" by *Dr Mohamed Rishard* MBBS, MD (Obs & Gynae), MRCOG(UK), PG Cert Med (Dundee) Dep.in Laparoscopy (DSGE).



Breast Cancer

Dr Jeyakumaran Nadarajah

Consultant Oncologist, Apeksha Cancer Hospital,
Maharagama

October is observed as Breast Cancer Awareness Month, a time dedicated to raising awareness about breast cancer detection and prevention. Imaging plays a critical role in detecting breast cancer, with mammograms, ultrasounds, and MRIs being the primary techniques used.

For women over 45, mammograms and ultrasound are complementary tools to detect breast lumps. Mammography, particularly digital mammography, is essential for identifying infiltrating lumps and calcifications, including microcalcifications, often linked to cancer. Ultrasound is effective in distinguishing between cystic and solid lumps, and it can safely be repeated as it doesn't involve radiation.

Women under 45 typically have denser breast tissue, making it more challenging to detect cancer using traditional mammograms. Since dense breasts carry a higher risk of cancer, ultrasound or MRI may be

recommended for younger women. MRI is particularly useful for detecting small lesions that mammograms might miss, especially in women with breast implants. Additionally, MRI is ideal for those with a family history of breast cancer or carrying BRCA1 or BRCA2 genes, as it doesn't involve radiation, though it is more expensive.

Research suggests that annual mammograms after age 50 can lead to early detection when breast cancers are most treatable. This early detection facilitates breast-conserving surgeries, which may include wide local excision followed by radiotherapy. In some cases, mammograms can detect ductal carcinoma in situ (DCIS), an early form of cancer.

If imaging tests reveal benign findings, no further action is needed. However, if results are inconclusive, a biopsy guided by imaging may be required to confirm or rule out cancer.

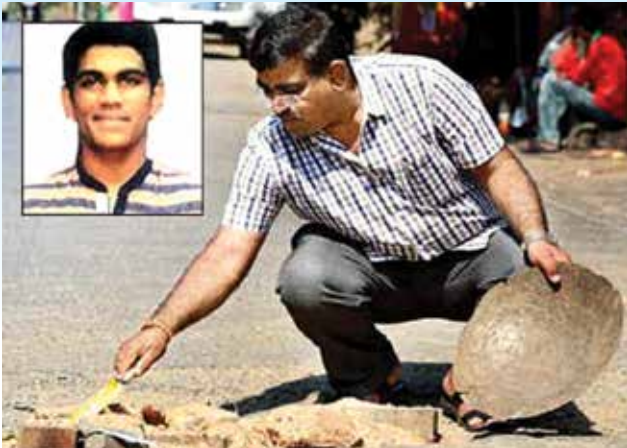
Council Meeting



Captures from the Council meeting held on Sunday the 27th of October at Ninewells Hospital.

Cont. on page 05

WHO CAN Be “OUR Bilhore”



Dadarao Bilhore’s journey is one of overcoming personal tragedy and transforming grief into a mission for the public good. In 2012, Bilhore’s 25-year-old son tragically died in a pothole-related accident in Mumbai. Devastated by the loss, Bilhore decided to take matters into his own hands to prevent similar incidents. Armed with basic tools—a shovel and sand—he filled potholes in his local area.

What started as a personal act of mourning soon evolved into a city-wide mission. As Bilhore continued his work, he recognized the extent of the pothole problem in Mumbai, which posed a serious threat to

commuters. His determination to protect others led him to collect materials from construction sites and continue filling potholes on a larger scale.

Bilhore’s selfless work gained attention, and soon others were inspired to join him. His effort transformed into a community movement, uniting people from diverse backgrounds to make Mumbai’s streets safer. Together, they filled countless potholes, reducing the risks of accidents and improving road conditions.

Bilhore’s story is a testament to how personal resilience and dedication can lead to widespread change. His unwavering commitment turned a personal loss into a movement that benefits the entire community. Today, Bilhore stands as a symbol of hope, showing that even in the face of adversity, one person’s actions can have a profound impact.

This story resonates with us in Sri Lanka, where potholes present significant dangers, contributing to vehicle damage, accidents, and fatalities, particularly during the rainy season when potholes become hidden hazards for drivers and pedestrians.

Alert ! Cerebral Malaria

Convulsions could be a feature of Cerebral Malaria. Elicit travel history. Inform Anti Malaria Campaign to confirm and start treatment immediately. **Hotline: 0712841767**

Links to Interesting Articles

New Trends & Management Options in Cancer by Dr Sanath Hettige

Link : <https://youtu.be/zuewN5fFuDo>

.....

Suicide Prevention - Dr Lalith Mendis

Link : <https://youtu.be/lk72IpGBuUg?si=eOceaJOG2sid7CZw>

.....

Vitamin D and ACE-2 Molecular Interactions in Mitigating by SJ Wimalawansa

Link : <https://www.mdpi.com/2079-7737/13/10/831>



National Programme for
Tuberculosis Control &
Chest Diseases



23101

Name
 Age
 Address
 Telephone
 Referred to
 Doctors
 Signature



National Programme for Tuberculosis Control & Chest Diseases
GP/Private Healthcare Institution (PHCI) Referral Form



23101

Name of GP/PHCI
 Contact Number of GP/PHCI
 Referred to
 Name of the Patient
 Age Sex: Male / Female
 Address
 District
 Tel. No.
 Reason for Referral
 Signature

12th ANNUAL ACADEMIC SESSIONS

OF THE VACCINES AND INFECTIOUS DISEASES FORUM OF SRI LANKA

SUNDAY | 10TH NOVEMBER 2024

Venue: Lionel Memorial Auditorium,
Sri Lanka Medical Association, 06, Wijerama Mawatha, Colombo 07

Time: 8.30 am to 4.30 pm



The Vaccine and Infectious
Diseases Forum
of Sri Lanka

Address by the Chief Guest

Vidyajyothi Prof. Asita de Silva
Senior Professor of Pharmacology,
University of Kelaniya.



Keynote Address Pandemic Influenza

Prof. Malik Peiris
Chair Virology,
University of Hong Kong



Understanding long COVID

Dr. Harsha Sathischandra
Consultant Physician
National Hospital, Colombo



Significant Strides in Malaria Vaccine Development

Dr. Anusha Gunasekara
Senior Regulatory Advisor,
Sanaria Ins. USA



Veterinary vaccines: an overview

Prof. Asoka Dangolla
Professor in Clinical Veterinary Science
University of Peradeniya



Development of a 10-valent Pneumococcal Conjugate Vaccine

Dr. Vistasp Sethna
Head Medical Affairs,
Serum Institute, India



New strategies in the control of dengue

Dr. Hasitha Tissera
Consultant Epidemiologist



Meningococcal disease and prevention: The Sri Lankan perspective

Dr. Dilini Nakkawita
Senior Lecturer and Consultant Clinical Microbiologist,
University Hospital KDU, Werahera



Vaccine associated anaphylaxis; what a vaccine provider should know

Dr. Rajiva de Silva
Consultant Immunologist
Colombo



Infection Control protocols for Emerging Infectious Diseases: Preparing for the next pandemic

Dr. Monica Arora
Technical Specialist and Education Manager
Siramoxo Chemicals India



Immunization for the elderly

Dr. Kanthi Nanayakkara
Consultant Vaccinologist & Virologist
Medical Research Institute Colombo



CPD points
will be awarded
to all participants

REGISTER

Tickets: Doctors Rs. 3000/=
Members, Medical students and Nurses: Rs. 2000/=
inclusive of morning tea with snacks,
lunch and evening tea

Coordinator: M Zawahir 0777562109

Tickets available at the following centers
IMPA office – 077 1674913
SLMA Library – 011 2695188

CAHO EX-CO SESSIONS

A specialized forum for Leaders in Healthcare

ROUND 2

Kings Hospital Colombo proudly invites you to the 2nd session of the Pre **CAHO LANKACON 2025** EX-CO Meeting

“Health Economics”

by COO Dr. Joy Chakraborty

Date – November 8th 2024

Time – 3.00 – 4.30PM

Open to all Hospital Leaders and Decision Makers, No Registration fee!

Dr. Joy Chakraborty

COO, P. D. Hinduja Hospital & Medical Research Centre

Qualifications;

Post Graduation in Healthcare Management

Harvard Business School, Boston, USA, in Managing Healthcare Delivery

MDP on Finance for Business Leaders, organized by IIM – Ahmedabad

Executive profile;

Chairman – Healthcare Initiatives of CII

Governing Council Member for CAHO

Member of Advisory Board of Healthcare Programs

Former National President – Voice of Healthcare

Member of Accreditation Committee of NABH

[CLICK HERE TO REGISTER](#)
or [SCAN QR CODE BELOW](#)



WHAT IS CAHO?

- The Consortium of Accredited Healthcare Organizations (CAHO) is a pioneering body in India, dedicated to fostering quality and patient safety within healthcare institutions.
- Formed in 2012, CAHO serves as a vital link between accredited hospitals and healthcare organizations, helping them maintain the highest standards of care through collaboration, education, and quality improvement initiatives

CAHO INTERNATIONAL

- CAHO International was officially launched in April 2024, marking a significant milestone in CAHO's journey.
- This new extension of CAHO will oversee and manage the global portfolio in a more consolidated and focused manner, expanding CAHO'S international footprint.

WHY IS THIS RELEVANT

- Accreditation, Quality and Patient Safety standards are becoming an essential part of operations for all hospitals.
- There is a significant lack in hospital training programs, facilities and policies in Sri Lanka.
- Aim is to give all hospitals in Sri Lanka access to important educational facilities which can aid in strengthening our own healthcare system.

WHAT ARE CAHO EX-CO SESSIONS

- Free virtual discussions that are targeted towards Hospital Decision Makers with the hope of fostering an environment of quality enhancement, collaboration, knowledge-sharing, and innovation.
- Sessions will be conducted monthly by international veterans in the Healthcare Industry

SCAN TO REGISTER!



For further inquires, please call or email us by the the 5th of NOV 2024. Upon registration, a link will be provided to you to join the discussion.

We hope to see you there!

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Empagliflozin brands

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- IQVIA data 2023 Q3



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

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