



# IMPA

THE OFFICIAL NEWS LETTER OF THE INDEPENDENT  
MEDICAL PRACTITIONERS ASSOCIATION

# NEWS

[www.impa-sl.com](http://www.impa-sl.com)

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## FROM THE PRESIDENT'S PEN...



Dear Members of the Independent Medical Practitioners Association of Sri Lanka,

It is both an honor and a privilege to write to you as the newly elected President of this prestigious organization, one of the oldest medical establishments in the world. As I take on this role, I am acutely aware of the tremendous legacy left by my predecessors and the responsibility that comes with guiding this association into the future.

Our association has always stood as a beacon of medical excellence, professional integrity, and a commitment to the betterment of healthcare in Sri Lanka. In this new chapter, I am committed to upholding these values while focusing on areas where we can continue to innovate, adapt, and excel.

The field of medicine is evolving at an unprecedented pace, with advancements in technology, research, and clinical practices reshaping the way we serve our communities. It is imperative that we, as an association, stay at the forefront of these developments, ensuring that our members are well-equipped to meet the challenges and opportunities of modern healthcare.

In the coming months, my focus will be on:

- Professional Development:** Enhancing opportunities for continuous medical education and fostering collaborative learning platforms.
- Research and Innovation:** Encouraging and supporting groundbreaking research that addresses local and global healthcare needs.
- Community Engagement:** Strengthening our outreach programs to ensure that the benefits of our expertise reach those who need it most.
- Member Well-Being:** Prioritizing the physical and mental well-being of our members, acknowledging the challenges they face in their vital roles.

I invite all members to actively participate in our initiatives and share your insights, ideas, and feedback. Together, we can build on the strong foundations of our association and pave the way for an even brighter future for healthcare in Sri Lanka.

Let us move forward with unity, purpose, and a shared vision for excellence.

I take this opportunity to wish the past Presidents, the Council Members and all the Members of the IMPA including their family members, a HAPPY, PROSPEROUS and PEACEFUL NEW YEAR 2025. Thank you for your trust and support.

Thank you,  
Yours Sincerely,

**Dr. Sanath Hettige** MBBS, DFM, MD, FCGP

President, Independent Medical Practitioners Association of Sri Lanka

Board Certified Specialist in Family Medicine

Honorary Senior Lecturer, Faculty of Medicine, University of Colombo

Chief Scientist, Oil of Dermae Laboratories & Dermae Research Medical Center

Chairman, Health & Nutrition Committee, Organization of Professional Association of Sri Lanka

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- Dr Kayathri Periasamy*

# INDEPENDENT MEDICAL PRACTITIONERS ASSOCIATION OF SRI LANKA OFFICE BEARERS - 2024 / 2025

The 95<sup>th</sup> IMPA AGM was held on Sunday 8<sup>th</sup> December 2024  
at the IMPA office,  
the following members were elected to the council

<b>Patron</b>	Dr. Joe Fernando
<b>President</b>	Dr. Sanath Hettige
<b>Immediate Past President</b>	Dr. A.H.A. Hazari
<b>Vice Presidents</b>	Dr. S.M. Goonesekera Dr. Palitha Abeykoon Dr. S.A.P. Gnanissara
<b>Hony. Joint Secretaries</b>	Dr. Kanthi Ariyaratne Dr. M. Sabith Salie
<b>Hony. Treasurer</b>	Dr. A.A.M. Haroon
<b>Asst. Treasurer</b>	Dr. D.W. Weerasooriya
<b>Editor</b>	Dr. Neelamani Rajapakse Hewageegana
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<b>Past Presidents</b>	Dr. B.G.D. Bujawansa Dr. Ananda Perera

## IMPA Monthly CPD Programme

The monthly CPD program of IMPA was held on 08<sup>th</sup> December 2024 at the OPA Speakers “**Constipation in the Elderly**” by Prof Ishan de Zoysa, Consultant Surgeon / Gastroenterologist MS, FRCS.

“**Influenza**” by Dr H T Wickremasinghe MD, FRCP Senior Consultant Pediatrician The two eminent speakers presented their valuable inputs. The audience actively participated asking questions and clarifying their doubts.







“  
Editor Dr. A.L.P. de S. Seneviratne handing over the first copy of the IMPA journal 2024 to the President Dr. A.H.A. Hazari at the 95<sup>th</sup> IMPA AGM which was held on Sunday 8<sup>th</sup> December 2024.”

# World AMR Awareness Week (WAAW) - The National Event

**Dr Kayathri Periasamy**

IMPA

Sri Lanka's National event for the World Antimicrobial Resistance (AMR) Awareness Week (WAAW) was held on the 12<sup>th</sup> of December 2024 at the Sri Lanka Foundation Institute.



WAAW is celebrated worldwide between the 18<sup>th</sup> and 24<sup>th</sup> of November, but due to the recent elections this celebration in Sri Lanka was moved to December. The Theme is Educate, Advocate and Act Now. AMR is one of the 15 core capacities of the International Health Regulations. The call is for a One Health Approach to create a meaningful impact, where the call is for all disciplines from Agriculture, Health, Livestock and Fisheries to come together to create, advocate, and develop action plans to mitigate AMR.

The National event was organized to summarise the activities in Sri Lanka. Officials from the Ministry of Health and Mass Media, Dept. of Agriculture, Dept. of Animal Production and Health, Ministry of Environment, National Aquatic Resources Research and Development Agency, WHO, Sri Lanka College of Microbiology were present. As the National Focal Point for Combating AMR in Sri Lanka, Dr. P.L. Athapattu, DDG/Laboratory Services of the Ministry of Health, opened the day's sessions.

He highlighted Sri Lanka's activities towards combatting AMR over the past year, and emphasized

the One Health approach, where humans, the environment, and the animals work together for the eco system and thus any activities that lead to AMR in any of these divisions can steam roll into the other.

The drivers of AMR are essentially the over-use and misuse of Antimicrobials (AM) in humans, livestock and fisheries and in the environment. The ease of international travel is another factor which drives the quick spread of AMR. It is important to note here that there has been continued innovation and production of stronger and stronger antimicrobials, but since the late 1990's the pipeline has become dry and there is a discovery void. GLASS data shows that the resistance of E. coli to 3<sup>rd</sup> generation cephalosporins stands at > 50% in Sri Lanka compared to around 10% in UK and 3% in Switzerland.

In the Livestock industry, growth promotion and the prophylactic use of AM in animals are banned since 2018, and hence AM use in this sector has been reducing. Many 3<sup>rd</sup> generation Cephalosporins too have been banned. Older tetracyclines and macrolides are mainly used for treatment in this sector.

In Aquatics and fisheries, as most consumable fisheries products are exported, there is strict compliance in AM use.. However, this is not the same for ornamental fish industry and there is worry that there will be spillover effects into the consumable fishery industry and water resources.

Sri Lanka's concerted efforts to combat AMR over the past year are :

1. Securing the Fleming Fund of UK for the second time for £800,000 for 2024-2025, to strengthen One Health governance and data sharing, strengthen AMR and AMU surveillance system in

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human health and in animal and environmental health.

2. GO BLUE campaign - with media briefing and activities on increasing awareness among decision makers, health officials, practitioners, hospitals, and the public on AMR.
3. School competitions to create awareness among public through kids art .
4. Burden assessment by extending the number of Sentinel sites to 25. Surveillance protocol created and information linked with GLASS AMR, WHONET, LIMS.
5. Prevention and control of infection via collaboration with the Ministry of Environment.
6. Optimising the use of AMs - AWaRe came into play, the AMR prescribing chart. AMR stewardship guidelines and circulars among health practitioners.
7. Research and innovation
8. Environmental safety through hospital wastewater surveillance, and antibiotic disposal in the country

Further, during the event we heard the presentations from the President of the College of Microbiologists, Dr Sujatha Pathirage, and officials from the Dept of Aquatic Resources and Dept of Livestock. The audience was also addressed by DDG, Dr Panapitiya and Director General of Health Services Dr Anil Jasinghe, as well as the WHO country representative.

Of note was the presentation by the Medical Superintendent of the Base Hospital Udugama who detailed all the activities of his hospital during the awareness week, including using separate blue colour prescriptions for antibiotics, childrens art competition and quizzes for the health care staff and awareness programs for health workers as well as the public.

Finally prizes were given for the medical faculty students who participated in quiz competitions and awareness video creations. Their work was showcased and they were very impressive and imaginative.

As Independent Health Practitioners we are an important guardian against AMR as we remain the first point of contact in most cases. By clearly refining our antibiotic use through the AWaRe prescribing chart and perhaps auditing the process along the way we can make a tremendous contribution to preventing AMR.



# Tuberculosis Prevention

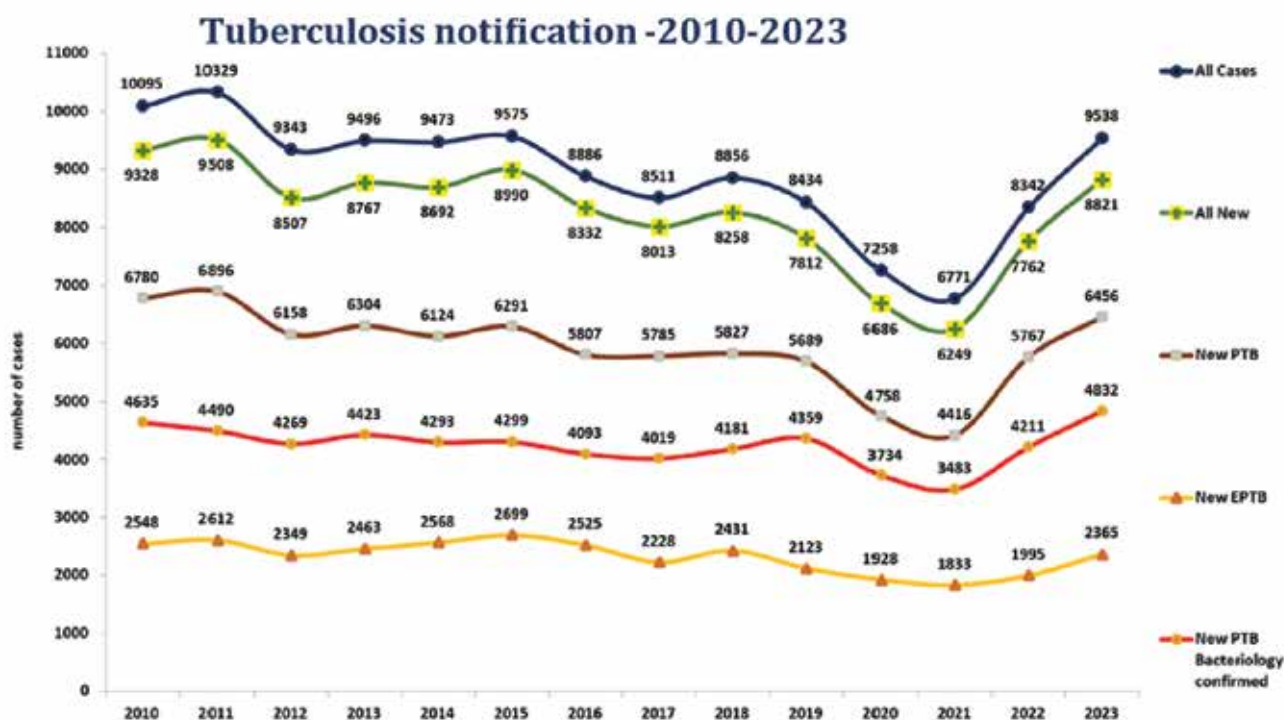
Establishment of a Network with Member Associations of Organization of Professional Associations (OPA) for prevention of AIDS, Tuberculosis and Malaria was held on 28<sup>th</sup> November 2024 at the Auditorium of OPA.

The summary done by the IMPA Secretary *Dr Kanthi Ariyaratne* of the presentation done by *Dr Pramitha Shanthilatha* Director / National Programme for Tuberculosis Control is given below.

## Tuberculosis Prevention

Dr Pramitha Shanthilatha speaking about the disease stated that Tuberculosis is an infectious disease caused by the bacterium called *Mycobacterium*

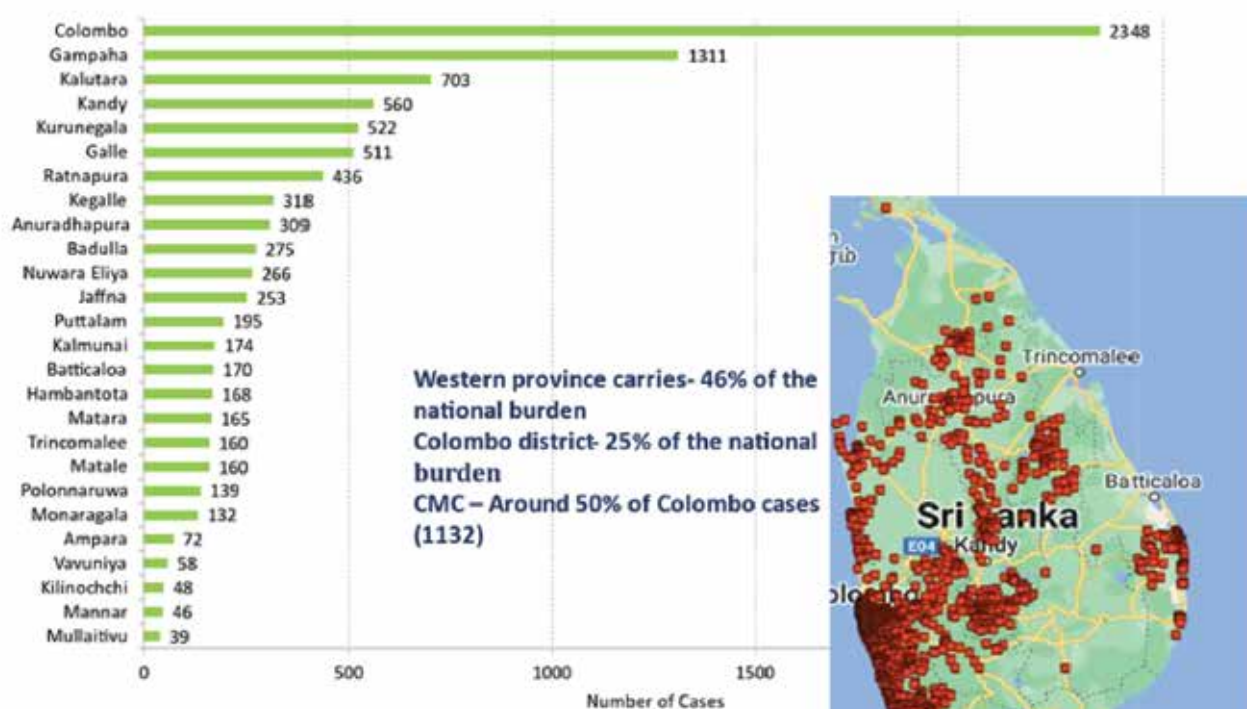
tuberculosis. She further stated that 75% of all TB cases are pulmonary TB affecting the lungs whereas 25% of all TB cases are Extra Pulmonary TB affecting any other organs except hair and nail. She showed the categories of persons who are at higher risk of developing TB as contacts of pulmonary TB patients, healthcare workers, undernourished/malnourished personnel, immunocompromised patients and those who are on immunosuppressive therapy, patients with chronic diseases such as Diabetes and Chronic Kidney Diseases, elderly and institutionalized persons and displaced persons. She highlighted the TB situation in the country presenting the case distribution by districts including the... Resistance (RR) and Multi Drug Resistance (MDR) cases.



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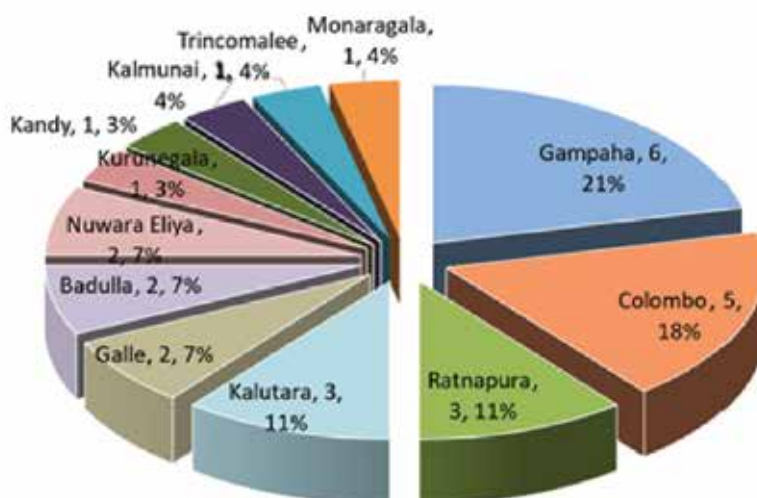


## Distribution of TB cases by Districts - 2023



## MDR and RR TB Cases Detected - 2023

Year	2023
Gampaha	6
Colombo	5
Ratnapura	3
Kalutara	3
Galle	2
Badulla	2
Nuwara Eliya	2
Kurunegala	1
Kandy	1
Kalmunai	1
Trincomalee	1
Monaragala	1
<b>Total</b>	<b>28</b>



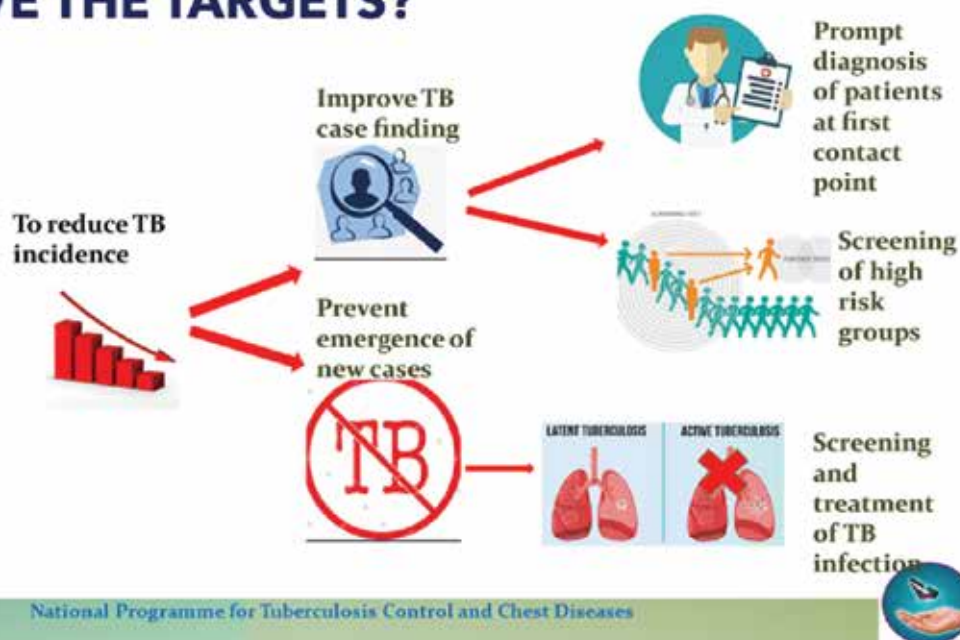
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Dr Pramitha Shanthilatha I highlighted the existing strategies for ending TB and appealed the different professionals to contribute to increasing case findings, preventing the emergence of new cases, promoting

early treatment seeking and managing TB / TB with co-morbidities targeting reduction of TB incidence and TB deaths.

## WHAT NEEDS TO BE DONE TO ACHIEVE THE TARGETS?



# DOCTORS Change before it's too late

## Adopted version

The year-end introspection by Dr Ullas Mahesh highlights the relentless work ethic of many doctors and its consequences. Early in their careers, physicians and surgeons often prioritize clinical work to establish their identity and reputation, working tirelessly to build a name for themselves. Over time, this pursuit evolves into maintaining relevance amidst younger, equally competent professionals entering the field. Driven by ego, fear of losing patients, or competition, many doctors push themselves to the brink, believing they are indispensable to their patients. However, the reality is stark—patients move on to the next available “top doctor” without hesitation, even when their favoured doctor is unavailable or has passed away.

The obsession with work often comes at a steep cost, both tangible and intangible. Spouses bear the brunt of the doctor's stress-filled lifestyle, worrying about their health while receiving little acknowledgement for their support. Children, though provided with material comforts, miss out on the presence of their parents during crucial formative years. Ageing parents, too, worry about their children's well-being, adding to their stress.

Most significantly, doctors themselves suffer, trading their health and personal time for punishing schedules. Overworking leads to neglected relationships, lost hobbies, and deteriorating physical and mental health. Dr. Mahesh emphasizes the irony of doctors advising patients on healthy lifestyles while failing to maintain their own.

Citing a young cardiologist's untimely death and the swift professional replacement that followed, Dr. Mahesh underscores a hard truth: doctors are replaceable in their profession but irreplaceable as family members. Reflecting on his own journey, he reveals his decision to retire from full-time practice on December 31, 2021. Now, he works only on his terms—limited hours with pre-pooled patients—while dedicating time daily to his passions, relationships, and health.

His message is clear: change before it's too late. Pursue balance, prioritize what truly matters, and avoid the regrets of a life spent solely in the pursuit of professional goals. “Physicians, heal thyself first!”

### The Theory and practice of corruption in Sri Lanka

Link : [https://youtu.be/5OWIRKfOqWY?si=rUvblzZmnXM4\\_3nK](https://youtu.be/5OWIRKfOqWY?si=rUvblzZmnXM4_3nK)

.....

### Fighting the underdiscussed: Tuberculosis, HIV and Malaria

Link : <https://www.themorning.lk/articles/bjwt4sdyTe5b6WXz1j0d>

.....

### Unveiling the Interplay-Vitamin D and ACE-2 Molecular Interactions in Mitigating Complications and Deaths from SARS-CoV-2

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

### 36-room house for Cancer care

A new 36-room house with free food and complete facilities has been built for the poorest families from outside districts who come for treatment at the Maharagama Cancer Institute. If you know someone who will be coming here for treatment, this advertisement will be very helpful to you. For them. Share this as much as possible. **Phone: 0112745800.**

### Malaria Deaths

Delayed diagnosis of malaria has led to two avoidable deaths in imported malaria patients. Elicit travel history and repeatedly test for malaria in all fever patients. **AMC Hotline 0712 841 767.**

## Are you forgetful?

**Get your memory checked!**

Cognitive Wellness Centre of the Faculty of Medicine now offers memory testing. We assess your memory, attention, language and thinking including a dementia assessment if needed. You only have to answer a series of questions.

This service is available to anybody interested.

**Is your family worried about your memory?**



The form includes sections for: **GENERAL INFORMATION** (Name, Age, Sex, Education, Occupation, Date of Birth, Date of Test), **TEST RESULTS** (with checkboxes for various memory tasks), **ASSESSMENT** (with checkboxes for various cognitive functions), and **Optional** (with checkboxes for various additional tests). It also has a section for **Comments** and a **Signature** line.

## How to book an appointment?



**Charges Rs.3000 per test**

**To book call us**

**011 2691 688**  
**0112695300 ext 211**  
on weekdays between 9am - 3pm  
Or else email us on [secy@psych.cmb.ac.lk](mailto:secy@psych.cmb.ac.lk) and we will call you.

**What to bring?**

You must bring medical records, spectacles and hearing aids if using any. You should preferably come with a family member or another person who knows you well.

**DOCTOR**

Department of Psychiatry, Faculty of Medicine, University of Colombo







**SAVE THE DATE**



**Sri Lanka College of Paediatricians**  
in collaboration with  
**College of General Practitioners of Sri Lanka**

# Essential Paediatrics for General Practice



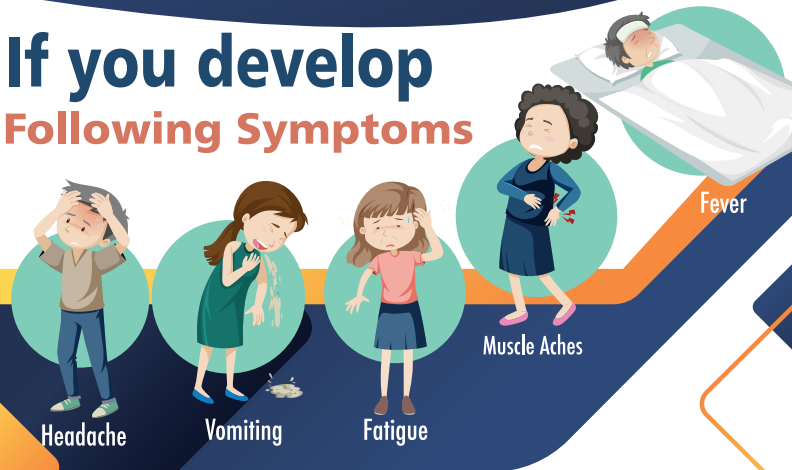
**19<sup>th</sup> January 2025**  
**@UCFM Tower**  
**8 am to 1 pm**

**Join us for QA sessions and expert panel discussions**

**Registration will open soon!**

# ARE YOU ARRIVING FROM A MALARIA PREVALENT COUNTRY?

**If you develop**  
**Following Symptoms**



**Within one year of arrival,**  
**IT COULD BE MALARIA**

Please check your blood

**Call +94 71 284 1767**  
**for more details**

## Malaria Prevalent Countries



**Anti Malaria Campaign**  
**Ministry of Health**



# Essential Paediatrics for General Practice

Sri Lanka College of Paediatricians in collaboration with  
College of General Practitioners of Sri Lanka



**19th January, 2025**

**@ UCFM Tower, Faculty of Medicine,  
Colombo 08**

**For more details  
contact us  
from 9AM - 4PM**



**0777508218  
0112683178**



**office@slcp.lk**



**www.slcp.lk**

08:20 AM	WELCOME ADDRESS	DR DUMINDA SAMARASINGHE President, Sri Lanka College of Paediatricians
08:30 AM	GPS' ROLE IN PAEDIATRIC SURGICAL PROBLEMS	PROFESSOR MALIK SAMARASINGHE Professor in Paediatric Surgery, University of Colombo
09:00 AM	BEHAVIOURAL CONCERNS IN CHILDREN – WHEN TO REFER?	DR ANURADHA HERATH Senior Lecturer in Child and Adolescent Psychiatry, University of Colombo
09:30 AM	FEBRILE CHILD RED FLAGS	PROFESSOR GUWANI LIYANAGE Professor in Paediatrics, University of Sri Jayewardenepura
10:00 AM	CARING A CHILD WITH HEART DISEASE IN GENERAL PRACTICE	DR DUMINDA SAMARASINGHE Consultant Paediatric Cardiologist, LRH, Colombo
10:30 AM	PANEL DISCUSSION NUTRITIONAL PEARLS IN PAEDIATRICS	PROFESSOR PUJITHA WICKRAMASINGHE Professor in Paediatrics, University of Colombo  PROFESSOR ISHANI RODRIGO Professor in Paediatrics, UHKDU
11:00 AM	TEA BREAK	
11:30 AM	DIFFERENTIATING NORMAL FROM ABNORMAL NEWBORN	DR NALIN GAMAATHIGE Consultant Neonatologist, DMH, Colombo
12:00 PM	QUIZ COMMON SKIN CONDITIONS	DR SRIYANI SAMARAWEEA Consultant Dermatologist, LRH, Colombo
12:30 PM	FOOD ALLERGIES HURDLES AND SOLUTIONS	PROFESSOR NEELIKA MALAVIGE Head of Department of Immunology and Molecular Sciences University of Sri Jayewardenepura
01:00 PM	PANEL DISCUSSION	MODERATED BY DR AMALI DALPATADU Senior Lecturer in Paediatrics, UHKDU
01:30 PM	LUNCH BREAK	

**Register Now**

**SCAN HERE**



**Early Bird Offer 3000LKR  
open until 3rd January 2025**



**CPD Points  
Awarded**





*CME Programme:*

# SYMPTOM EVALUATION AND EARLY DIAGNOSIS IN CANCER



Dr. Mervil Joseph  
Consultant in Surgical Oncology  
CNTH



Dr. Prabani Madumasesochi  
Consultant in Paediatric and  
Adolescent Oncology  
NHSL



Dr. Buddhika Somaratilaka  
Consultant in Haemato-oncology  
NHSL



Dr. Rudhika Munasinghe  
Consultant in Surgical Oncology  
National Hospital, Galle



Dr. Narendh Joseph  
Consultant in Clinical Oncology  
District General Hospital, Muturu



Dr. Sajeewa Gunasekera  
Consultant in Paediatric and  
Adolescent Oncology  
NHSL



Dr. Manukhet Peris  
Consultant Clinical Oncologist  
District General Hospital,  
Buenaville



Dr. Shyamshree Sumanasekera  
Chair Professor, Department of  
Family Medicine (Master Trainer  
in Palliative Care) University of  
Sri Jayawardenapura

**Time: 8:00 AM – 1:30 PM**

**Venue: ClinMARC auditorium, NHSL**

## HIGHLIGHTS:

- Expert talks by leading specialists
- **Earn CPD Points**
- Lunch and refreshments will be provided
- Registration fee (Non SLCO member): Rs. 1500/-



**www.slco.lk**

## Topics Include:

- Breast lumps: Red flags
- Paediatric oncology: Common presentations
- Cytopenias: Evaluation in adults and elderly
- Bowel symptoms: Systematic diagnostic approaches
- Solid Tumours: Uncommon presentations
- Cancer incidence and trends
- Cancer screening and prevention
- Challenges in Cancer Diagnosis and Management in the Community





## Transforming Healthcare: A Sustainable Approach to Quality and Patient Safety.



 **18th January 2025 | 8:30 am - 5:30 pm**

**Venue: The College of Surgeons of Sri Lanka, No.6,  
Independence Avenue, Colombo 07, Sri Lanka**

**CAHO LANKACON 2025** is a pioneering event uniting healthcare leaders, experts, and innovators from India and Sri Lanka to drive collaboration, knowledge exchange, and impactful discussions focused on patient-centric and safer healthcare systems.

### Event Overview:

As part of CAHO's global mission to raise healthcare standards, **LANKACON 2025** will provide a vital platform to address key areas of healthcare improvement. This includes a strong focus on patient safety, leadership, digital transformation, and fostering cooperation between public and private sectors.

This event will be the beginning of an enduring partnership between **India and Sri Lanka**, aimed at advancing patient safety and healthcare outcomes. With the key stakeholders, **CAHO LANKACON 2025** seeks to establish a foundation for long-term collaboration, opening avenues for sharing best practices for healthcare in Sri Lanka.

Join us at **CAHO LANKACON 2025**, and be part of a transformative journey, building lasting partnerships to enhance patient safety and elevate healthcare quality in Sri Lanka.

Reach the venue: [College of Surgeons, Colombo, Sri Lanka](#)





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

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**Editorial Board Assistants:** Mr Nilupul Gooneratne, Mr P H Eranga Pushpanath