



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 November 2024 e-newsletter .

- The 95th AGM of the IMPA will be held on Sunday 8th December 2024 at 6.00 pm at the IMPA Office.
- I wish to congratulate the newly elected Members of Parliament at the General Elections held recently with the newly appointed Minister of Health Dr Nalinda Jayatissa. We also congratulate the Chairman State Pharmaceutical Corporation Prof (Dr) Manuj Chrisantha Weerasinghe.
- I wish to state that the IMPA would co-operate with the Ministry of Health in several important programs with the Private Health Sector.
- The IMPA organized a very successful public awareness program on HIV/AIDS, Tuberculosis and Malaria in collaboration with the Organization of Professional Associations of Sri Lanka (OPA) on behalf of the Country Coordinating Mechanism (CCM) lead by the IMPA Joint Secretary Dr Kanthi Ariyaratne.

The IMPA was represented by Dr S M Goonesekera (Senior Vice President) at the on-line (zoom) meeting held by the Ministry of Health on 26th November 2024 , on the allocation of funds by the Fleming Fund for the National Action Plan-NAP for enhancement of the Anti-Microbial-Resistance-AMR activities of the laboratory sector of hospitals.

- The IMPA was represented by Dr Sujatha Samarakoon at the Tuberculosis Stakeholder meeting held at the Ministry of Health on Friday 29th November 2024.
- The IMPA was represented by Dr Kanthi Ariyaratne (Joint Secretary) on Thursday 28th November 2024 for the Childhood Tuberculosis Working group meeting instead of the IMPA representative Dr Priyadharshini Samarasinghe.

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

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- ◆ Live well Health Fair
Dr (Mrs) Eranthee Walgampaya
- ◆ Congratulations !

Minister Dr Nalinda Jayathissa reporting as the Minister of Health. Former Secretary of Health Dr Palitha Maheepala and the Director General of Health Services Dr Asela Gunawardana are also in the picture.



Establishment of a Network with Member Associations of Organization of Professional Associations (OPA) for prevention of AIDS, Tuberculosis and Malaria

Dr Kanthi Ariyaratne

Joint Secretary / IMPA and
Executive Secretary/Oversight Officer CCMSL

Introduction

The event to establish a network with member associations of Organization of Professional Associations (OPA) was held with the coordination of Independent Medical Practitioners Association (IMPA) and with the sponsorship of Country Coordinating Mechanism Sri Lanka (CCMSL). This was the first event of such nature which was funded through the CCMSL. The event was held on 28th November 2024 at the Auditorium of OPA. There were nearly 60 participants from member organizations of the OPA as well as from professional groups who are closely associated with IMPA such as Primary Care Respiratory Group (PCRG) and Primary Care Diabetic Group (PCDG). This network of members will advocate and communicate to increase the knowledge, favorable attitudes and to bring sound practices in the prevention of HIV/AIDS, Tuberculosis and Malaria among members of relevant associations.

Objectives

The main Objective of this event was to establish a network with member associations of Organization

of Professional Associations (OPA) for prevention of AIDS, Tuberculosis and Malaria. Specific Objectives of the event were to establish a network with representatives of member associations of OPA, to create awareness on HIV/AIDS, Tuberculosis and Malaria among the representatives of member associations of OPA and to obtain the services of those representatives as advocates and as communicators in creating awareness among the members of respective organizations.

Resource Persons and Moderator

The resource persons were Dr Vindya Kumarapeli Director/National STD/AIDS Control Programme, Dr Pramitha Shanthilatha Director / National Programme for Tuberculosis Control and Chest Diseases and Dr Pubudu Chulasiri Consultant Community Physician/Anti Malaria Campaign. Dr Kanthi Ariyaratne Executive Secretary/Oversight Officer CCMSL was the moderator.

A summary of the HIV/AIDS presentation made is given here. The TB and Malaria presentations will be in the next IMPA e news

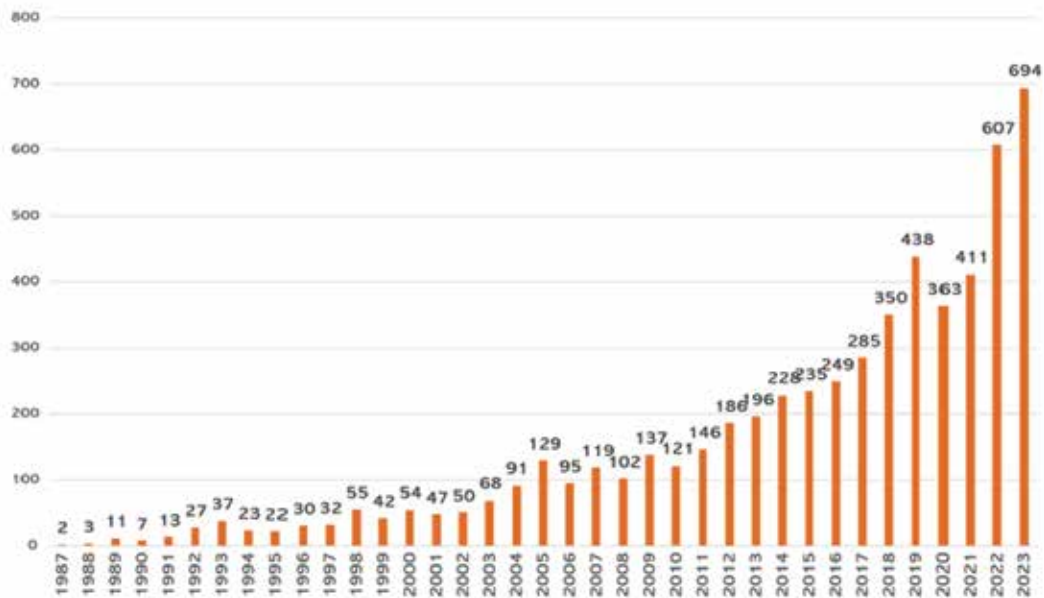
HIV / AIDS Prevention

Dr Vindya Kumarapeli presenting the current trend and status of HIV/AIDS, priority areas in prevention & control and role of different professional groups in strengthening these activities highlighted that they are working to achieve the goal of ending the AIDS epidemic in Sri Lanka by 2030 as a public health burden. She further explained the difference

between HIV and AIDS as there were professionals other than the medical professionals at the meeting. Talking about the Epidemiology of HIV and AIDS in Sri Lanka she further said that Sri Lanka is still a low-risk country for the spread of HIV of which the prevalence is <0.1% in the general population whereas Adult HIV incident rate <0.01%

Cont. on page 04

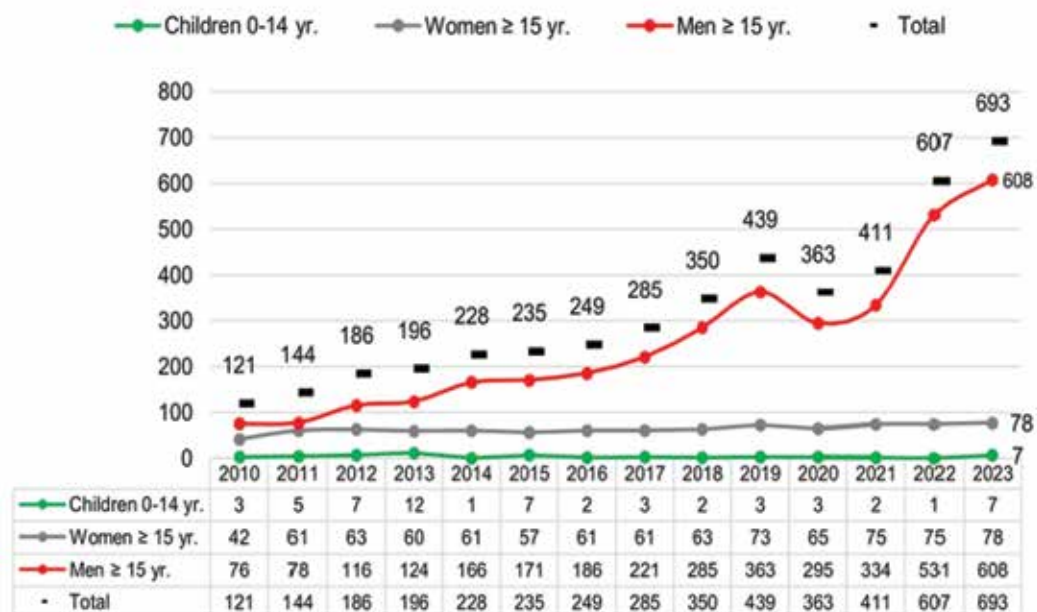
Annually Reported HIV Cases 1987-2023



She highlighted the trends of HIV cases in 2020-2023 and stressed the point that men in the age group of 15 years or more are at most risk. Majority of females have got the HIV through heterosexual transmission

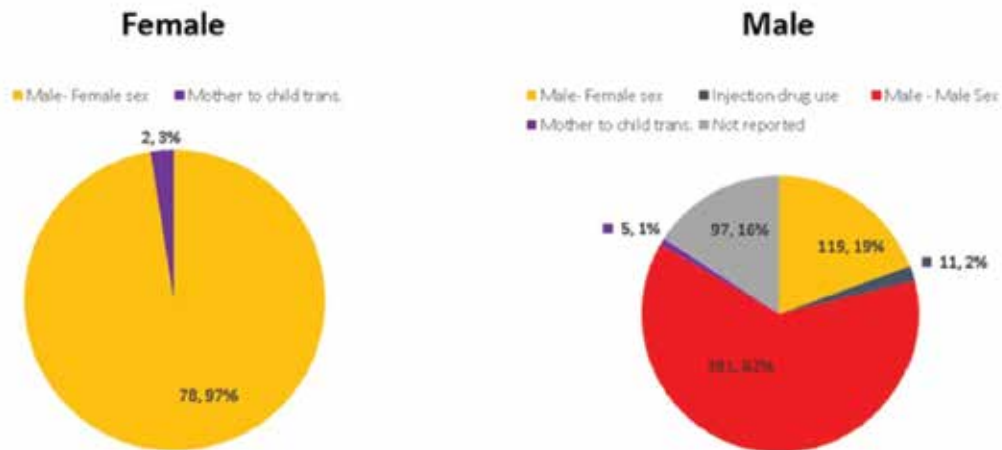
(97%). while majority of males were infected through male to male transmission x (62%). Mother to child transmission has been kept at zero since 2019.

Trends of HIV cases by age and sex 2010-2023



Cont. on page 05

Modes of Transmission 2023



*Females-majority attributed to heterosexual transmission (97%, 78 cases)
Males-majority is malemale sex (62%, 381 cases)*

Highlighting the national response in prevention on HIV, she presented the 95-95-95 targets by 2025 and strategies they implement in collaboration with government, non-government and international stakeholders such as Family Health Bureau, Health Promotion Bureau, Directorate of Mental Health, Epidemiology Unit, Private Health Sector, Education and Higher Education Sectors including Vocational Training Centres, National Youth Service Council ,

National Youth Corps, Tri-forces, Sri Lanka Police, Sri Lanka Bureau of Foreign Employment , Tourist industry, Social Service Department, Child protection Authority and National Dangerous Drug Control Board. One of the important points stated was that as Sri Lanka is a low prevalence country (< 0.1%) , most of the prevention activities are targeted on Key Population groups.

**Sri Lanka is a low prevalence country (< 0.1%)
Most of the prevention activities are targeted on
Key population groups**

- Sex workers (21 times higher)
- Men Having sex with men (MSM) (22 times higher)
- Trans Gender (TG) (12 times higher)
- People Who Inject Drugs (PWID) (21 times higher)
- Prison Inmates
- Beach boys

Vulnerable population – Migrants, Armed forces, Tourist industry workers

Cont. on page 06

Finally, she highlighted the preventive strategies and the existence of a network of institutions which provide the free of charge services to the citizens of Sri

Lanka all over the country and requested to advocate for using these facilities by anyone who need the services.

Prevention strategies

- Limiting sexual intercourse to one faithful partner.
- Using a condom correctly and consistently when having sex.
- Adhere to Anti Retroviral treatment to control the viral load to undetectable level so that the onward sexual transmission is negligible, U=U.
- Pre-Exposure Prophylaxis for people engage in high-risk behaviors such as MSM, TG
- Post Exposure Prophylaxis after high risk sexual and occupational exposure

Free of charge service

Network of 40 district sexual health clinics

36 clinics provide antiretroviral treatment (ART)

With National Institute of Infectious Diseases (NIID)

Altogether 37 ART facilities



Cont. on page 07



Multisectoral meeting on TB Control

A Multi-sectoral meeting on TB Control was held at the Auditorium Ministry of Health on - 29th November 2024 IMPA was represented by Dr Sujatha Samarakoon.

1. Highlights of the meeting Incidence of TB in the country is increasing and NPTCCD is scaling up screening to find new cases. The gap between the estimate of new cases and actual cases must be narrowed. NPTCCD is seeking the support of private practitioners to screen suspected cases with symptoms as per the algorithm of NPTCCD (which is on the web site). A list of IMPA members is available with NPTCCD and when the referral form is in place they will share with the membership.
2. The WHO Multi-stakeholder Framework (MSF) is being adopted by NPTCCD and an International Consultant has conducted key informant interviews and the report will be ready soon. The designations of KII were not mentioned.
3. Anti-TB drugs are available only through the Government Chest clinics and Private Practitioners should liaise with them when needed.
4. Gene X Pert machines are available in 32 TB clinics and a sputum PCR test can be done in these centres.

INDEPENDENT MEDICAL PRACTITIONERS ASSOCIATION OF SRI LANKA OFFICE BEARERS 2023 / 2024



SEATED LEFT TO RIGHT

Dr. S.M. Samarage, Dr. Kanthi Aniyaratne (Hony. Joint Secretary), Dr. S.M. Goonesekera (Vice President), Dr. A.H.A. Hazari (President), Dr. Iyanthi Abeyewickreme (Hony. Joint Secretary), Dr. Maxi Fernandopulle, Dr. Neelamani Rajapakse Hewageegana

STANDING LEFT TO RIGHT

Dr. A.A.M. Haroon (Treasurer), Dr. (Mrs) E.J.M. Walgampaya, Dr. D.K.D. Mathew, Dr. Kayathri Periyasamy, Dr. M.S.R. Mihilar, Dr. Radhik Wijesooriya, Dr. A.K. Black, Dr. Christo Fernando, Prof. Jennifer Perera, Mrs. Champa Nishanthi (Administration Officer), Dr. Sanath Hettige

ABSENT

Dr. Palitha Abeykoon (Vice President), Dr. B.G.D. Bujawansa, Dr. S.A.P. Gnanissara (Vice President), Dr. Joe Fernando (Patron) Dr. S. Jayathikeke, Dr. Lucian Jayasuriya, Dr. Sujatha Samarakoon, Dr. Tilak Silva, Dr. Seneth Samaranyake, Dr. Sabith Salle, Dr. Ananda Perera, Dr. Sarath Paranavitane, Dr. A.L.P. de S. Senewiratne (Editor), Dr. D.W. Weerasooriya

A WaRe classification

AWaRe classification

Access	Watch	Reserve
Antibiotics		
Amoxicillin	Amikacin	Ampicillin sulbactam
Amoxicillin/clavulanic acid	Azithromycin	Astronam
Ampicillin	Cefixime	Ceftazidime/Acylbactam
Benzathine-benzylpenicillin	Cefotaxime	Cefepime
Benzylpenicillin	Ceftazidime	Cefepirazole Sulbactam
Cefalexin	Ceftriaxone	Celastin
Cefazolin	Chloramphenicol	Daptomycin
Cefuroxime	Ciprofloxacin	Fasfomycin
Clarithromycin	Ertapenem	Fusidic acid
Clindamycin	Imipenem Cilastatin	Levofloxacin
Cloxacillin	Mecillinam	Linezolid
Doxycycline	Meropenem	Minocycline
Erythromycin	Netilmicin	Moxifloxacin
Flucloxacillin	Ofloxacin	Polymyxin-B
Gentamicin	Piperacillin tazobactam	Rifampicin
Metronidazole	Pymecillinam	Tigecycline
Nitrofurantoin	Rifamycin	
Norfloxacin	Rifaximin	
Ornidazole	Roxithromycin	
Phenoxyethylpenicillin	Secnidazole	
Procaine-benzylpenicillin	Spectinomycin	
Sulfamethoxazole trimethoprim	Spiramycin	
Tetracycline	Streptomycin	
Trimidazole	Sulfadiazine	
Trimethoprim	Sulfadiazine trimethoprim	
	Tecoplanin	
	Vancomycin	
Access	Watch	Reserve
Anti-Fungal		
Griseofulvin	Fluconazole	Amphotericin B
	Itraconazole	Anidulafungin
	Terbinafine	Caspofungin
		Flucytosine
		Posaconazole
		Voriconazole
Access	Watch	Reserve
Anti-Viral		
Acyclovir (Oral)	Acyclovir IV	Cidofovir
	Oseltamivir	Foscarnet
	Valganciclovir Oral	Ganciclovir IV
		Ribavirin IV



Sri Lanka College of
Microbiologists

A Thief's Thanks

The short story A Thief's Thanks follows a retired expatriate who, preparing for a short trip to Western Europe with his family, contemplates the safety of his modest home in their absence. Concerned that a potential thief might vandalize the property out of frustration from finding no valuables, he leaves a thoughtful letter on the dining table along with a thousand rupees as a "gift."

The letter empathizes the hypothetical thief, acknowledging the hardships that may drive someone to crime. It candidly explains the lack of cash or valuables in the house and offers a slice of cake and juice from the fridge for sustenance. In an unexpected twist, the letter provides "tips" on wealthier targets in the building, identifying residents who are allegedly corrupt officials and public figures responsible for embezzling public funds and contributing to societal decay.

Upon returning from the trip, the expatriate discovers a surprise: the thief has not only spared the house but left behind 100,000 rupees, a note of thanks, and gifts including dried fruits, cardamom, and a chocolate cake. The thief expresses gratitude for the "profitable tips" that led to a successful heist and promises a continued partnership in undermining corrupt elites.

The story humorously critiques systemic corruption, juxtaposing the supposed morality of the thief with the exploitation by powerful officials. It blends wit, irony, and moral reflection, ultimately celebrating an unusual camaraderie between the protagonist and the thief, who emerges as a symbol of poetic justice against entrenched societal inequalities.



Independent Medical Practitioners Association of Sri Lanka

Professional Centre
275/75, Baudhaloka Mw.,
Colombo 7.
4th November 2024

Dear Member,

NOTICE

The 94th (95th year) Annual General Meeting of the Independent Medical Practitioners Association of Sri Lanka.

Notice is hereby given of the Annual General Meeting to be held at 6.00 pm. on Sunday 08th December 2024 at the IMPA Office.

AGENDA

1. Reading of the Notice convening the Meeting.
2. Confirmation of the Minutes of the 93rd AGM.
3. Presidential Address
4. Reading of the Report of the Council (Secretary's Report.)
5. Presenting of Balance Sheets and Audited Accounts. (Certified by the Auditor)
6. Election of office bearers to the Council. The office bearers who will be elected will be The President, Three Vice Presidents, Joint Secretaries, Treasurer, Assistant Treasurer, Editor and Twenty (20) members of the Council.
7. Address by newly elected President.
8. Resolutions.
9. Vote of thanks.

Resolutions to be submitted must reach office before 12.00 noon 1st December 2024.

Dr Iyanthi Abeyewickreme
Dr Kanthi Ariyaratne
Hon. Joint Secretaries
IMPA

Programme on 08th December 2024

- | | | |
|-----------|---|--|
| 7.15 p.m. | - | Registration |
| 7.30 p.m. | - | National Anthem |
| 7.35 p.m. | - | Welcome Address by IMPA President |
| 7.40 pm | - | "Constipation in the Elderly"
by
Prof Dr Ishan Zoysa
Consultant Surgeon / Gastroenterologist MD, FRCP |
| 8.10pm | - | "Influenza"
by
Dr H T Wickremasinghe
Senior Consultant Pediatrician |
| 8.40 p.m. | - | Discussion |
| 8.55 p.m. | - | Vote of thanks |
| 9.00 p.m. | - | Fellowship & Dinner |
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**The President and the Council of
The Independent Medical Practitioners Association
Invite**

Dr/Dr(Mrs)/Mr/Mrs.

To

A Medical Education Programme

On

"Constipation in the Elderly"

By

Prof Dr Ishan Zoysa

Consultant Surgeon / Gastroenterologist MS, FRCS

And

"Influenza"

by

Dr H T Wickremasinghe MD, FRCP

Senior Consultant Paediatrician

on

Sunday the 08th December 2024 at 7.30 p.m.

At

The OPA Auditorium, 275/75, Prof. Stanley Wijesundara Mawatha, Colombo 7.

Followed by Fellowship & Dinner

Sponsored by

ABBOTT LABORATORIES

Dress Code - Smart Casual

RSVP

Champa Silva 0112 501113
0771 674913

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Live well Health Fair

Dr (Mrs) Eranthee Walgampaya

MBBS (Manipal India), MCGP(SL), DipIBLM(USA)

Family Physician and Certified Lifestyle Medicine Physician



This year the World Diabetes Day's theme is Diabetes and Well-being. Among people living with diabetes, approximately 1/3 experience diabetes distress, 2/3 fear that complications are going to affect their wellbeing and 1/4 find it hard to remain positive in relation to their condition. With these statistics, and in our country where 1 in 4 adults are having diabetes, we need to look beyond blood sugar for a better diabetes life. Prevention is key, awareness and support are important

A plan for a Health Fair was hatched. The aim here is to bring together the many stakeholders who can help people with diabetes as well as those who are trying to prevent diseases and live a healthier life. Doctors from the Sri Lanka College of Endocrinology, and the Society of Lifestyle Medicine will be discussing hand in hand on management as well as prevention of Diabetes and other NCDs. Special focus is being given to the topic of "Fatty liver", diabetes foot complications, cancer prevention and the effects of tobacco and alcohol on health.

At the same time a Fair has to be fun. Exciting children's activities that relate to health in a fun way have been planned. Physical fitness and mental health workshops, delicious and healthy locally made cost effective foods will add excitement and dietitians will be in hand to disseminate simple education to improve day to day eating habits. Of course discounts, free health assessments and advice are important to encourage participants to learn about their health.

Health Promotion is always a collaboration of all stakeholders and if this experiment is a success it may be something to replicate from time to time in different areas, with private public partnership

Congratulations !



Heartiest Congratulations to our IMPA Secretary,
Dr Kanthi Ariyaratne
(Consultant Community Physician), on obtaining the
Master of Arts in Sociology from Sri Jayawardhenapura University.



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

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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

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