



IMPA

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THE OFFICIAL NEWS LETTER OF THE INDEPENDENT
MEDICAL PRACTITIONERS ASSOCIATION

NEWS

www.impa-sl.com



FROM THE PRESIDENT'S PEN...



It is with great pleasure that I present the March edition of the Independent Medical Practitioners Association newsletter.

Having returned to Sri Lanka, I am now focused on planning the upcoming Presidential Induction Program, which promises to be a significant event for our association.

Although the medical update program scheduled for this month had to be postponed, we have an exciting lineup of medical upgrade programs planned for the year ahead. These sessions will provide valuable opportunities for professional development and knowledge sharing.

I look forward to your continued participation and support in all our initiatives.

Best regards,

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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Global Fund support to Sri Lanka and the engagement of IMPA

The Global Fund has built a long and productive relationship with Sri Lanka. From its inception, the Global Fund has provided funds to support the fight against HIV/AIDS, tuberculosis, and malaria to strengthen health systems in Sri Lanka. Further, funds are allocated for Health Information Improvement and Quality Improvement (HIQI) and for the Covid-19 Response Mechanism (C19RM) as well. **Currently, there are three active grants in Sri Lanka, namely HIV/AIDS, Tuberculosis / Covid-19 and Resilient Systems for Health-Project HIQI.**

IMPA is one of the civil society organizations representing the private sector at the Country Coordinating Mechanism, Sri Lanka (CCMSL), which is chaired by the Secretary Health and Mass Media. CCMSL forms an integral part of the Global Fund partnership, which brings a diverse group of stakeholders, including governmental organizations, civil society organizations and developmental partners to facilitate the implementation and monitoring of grants. The engagement of the private health sector is important in these health programs as a significant proportion of the Sri Lankan population is receiving the services through them, especially when seeking

out patient care, and IMPA inclusion is to strengthen this collaboration further.

A 3-member Country Team from the Global Fund visited Sri Lanka from 24th to 28th March 2025. The Team comprised of Ms. Sylwia Murray - Fund Portfolio Manager, Mr. Luckson Sichamba, Specialist Health Product Management and Mr. Robert Cryer, Senior Manager, Country Digital Services.

The main areas the Mission focused on were:

- Implementation of the Grant Cycle 7(GC7) of TB and HIV grants
- Acceleration of the implementation of the Resilient SSH grant- Project Health Information and Quality Improvement (Project HIQI)
- Implementation of Covid 19 Response Mechanism (C19RM) investments.

Dr Sarath Samarage, who represents the IMPA at CCMSL participated in the Key Population Task Force Meeting held on 18th March and the CCMSL meeting held on 25th March 2025, which was organized during the Global Fund Mission.



Non-Consensual Sex Across All Ages in Both Sexes

**Dr Neelamani S R Hewageegana and
Dr Sarath Samarage**

Compared to reported sexual violence against women, sexual violence against men and boys in Sri Lanka is underreported and inadequately documented. Rigid masculinity norms and gender stereotypes discourage male victims from coming forward, leading to a lack of awareness and response to this issue.

A study on teenage pregnancy conducted in 2012 (1) in a District in Sri Lanka highlights the prevalence of non-consensual sex. This study included three components: Component I: Pregnant adolescents (Sample: 450), Component II: Partners of pregnant adolescents (Sample: 150), and Component III: School adolescents (Sample: 2,020).

Data were collected using interviewer-administered questionnaires for pregnant adolescents and their partners and self-administered questionnaires for school adolescents. Ethical approval was obtained from the Sri Lanka Medical Association (SLMA) Ethical Review Committee.

Findings revealed that nearly a quarter (6/23) of sexually active schoolgirls and one-fifth (10/46) of sexually active schoolboys reported non-consensual initiation of sex (either unwanted or forced). Among pregnant adolescents, 4% reported non-consensual first intercourse, as did 1% of their partners.

Bivariate analysis indicated that male partners who were uncertain (n=24) or forced (n=2) in their first sexual experiences were more likely to report their adolescent partner's pregnancy as unplanned.

Multivariate analysis further showed that male partners who described the pregnancy as unplanned had three times the odds of experiencing non-consensual first intercourse. Similarly, underage pregnant adolescents were three times more likely to have experienced non-consensual first intercourse than older pregnant adolescents.

According to more recent available data, rape and sexual violence remain significant concerns in Sri Lanka, affecting diverse segments of the population. These data indicate 1,792 rape cases in 2018, 1,779 in 2019, 1,016 in 2020, and 1,377 in 2021 were reported. Alarming, in 2019, 84% (1,490) of reported cases involved children².

These findings further highlight that both males and females are vulnerable to sexual victimization, demonstrating the presence of non-consensual sex across all ages. The recent incident in Anuradhapura Hospital in Sri Lanka underscores the urgent need for enhanced safety measures and stronger policy interventions at all levels.

References

1. Neelamani S. Rajapaksa-Hewageegana and S. Samarage Vulnerability of adolescents in their sexual behaviour Clin Obstet Gynecol Reprod Med, 2017 doi: 10.15761/COGRM.1000185 Volume 3(3): 1-5.
2. The Leader "Nearly 6000 cases of children abuse recorded in Sri Lanka" Friday 17th July 2020.

1. Original Articles

- Articles to be short to accommodate an e-news
- Must be professionally related and relevant to the Independent Medical Practitioners Association.
- It should be original, well-structured, and engaging.

2. News Section

- Covers updates related to IMPA and its members.
- Includes events, highlights, announcements, achievements, and initiatives.
- Appreciation and Obituaries.

3. Links Section

- Relevant links to professional resources, guidelines, research articles, and other useful content for members.

4. Shares Section

- Features member-contributed insights, case studies, experiences, or recommendations.

5. Felicitations Section

- Recognizing professional achievements, milestones, and contributions of IMPA members.

6. Submission Timeline

- Articles and content must be submitted on and before the third Friday of each month for editorial board review.
- Submissions should be well-edited and formatted before sending.

7. Formatting & Submission

- Articles should be sent in a Word document format with the author's name and credentials.
- Images and photos, if included, should be high-resolution and accompanied by captions.
- Submissions must be emailed to **champa.impa@gmail.com** and **drneelamani@yahoo.com**

All decisions will be taken by the editorial board and will be final.

Links to Interesting Articles

IMPA

Link : impa-sl.com

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The Vaping Veil: Unmasking the dangers of E-Cigarettes by Dr B. J. C. Perera

Link : <http://island.lk/the-vaping-veil-unmasking-the-dangers-of-e-cigarettes/>

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Lessons from COVID-19: Strengthening Antimicrobial Stewardship Prior and During Pandemics

Link : <https://www.southcentre.int/policy-brief-136-25-february-2025/>

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Breath Free

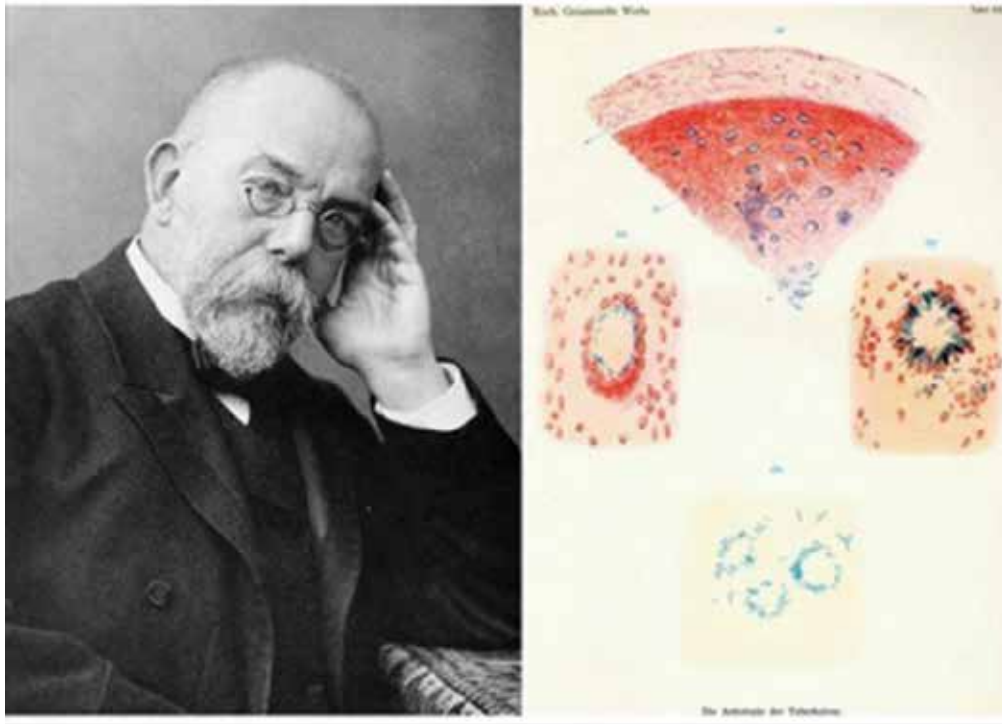
Link : <https://srilanka.breathefree.com>

On 24 March 1882, German physician Robert Koch announced the discovery of the bacterium that causes tuberculosis (TB) - a date marked by [#WorldTBD](#) today.

In the 1800s, it is estimated that the disease caused a quarter of all deaths in Europe. Koch's discovery opened the way for diagnosis and cure, and during the 1900s, the mortality rate declined drastically due to research and the introduction of antibiotics.

One of the founders of bacteriology, Koch was awarded the 1905 Nobel Prize in Physiology or Medicine for his discovery.

Learn more: <https://bit.ly/49bojCE>





Advocacy and
Communications
Toolkit

World Tuberculosis Day

24 March 2025



YES! WE CAN
#ENDTB
Commit, Invest, Deliver!

**"YES! WE CAN END TB:
COMMIT, INVEST, DELIVER"**

The NPTCCD

WORLD TB DAY - 2025

Date - 25th March, 2025

Event -1 : TB Day Walk

Time - 8.00 am onwards

Starting point - Colombo Chest Clinic (CCC), Borella

**Event -2 :Multi-stakeholder advocacy
program**

Time - 10.00 am onwards

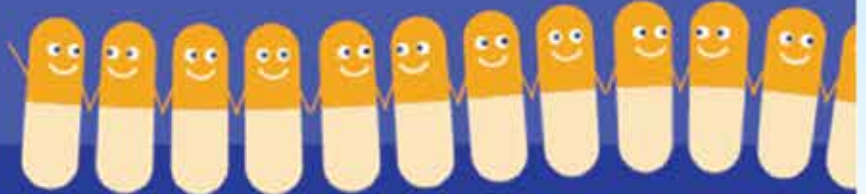
Venue - New OPD Auditorium - NHSL

TUBERCULOSIS TREATMENT

Three things you need to know:



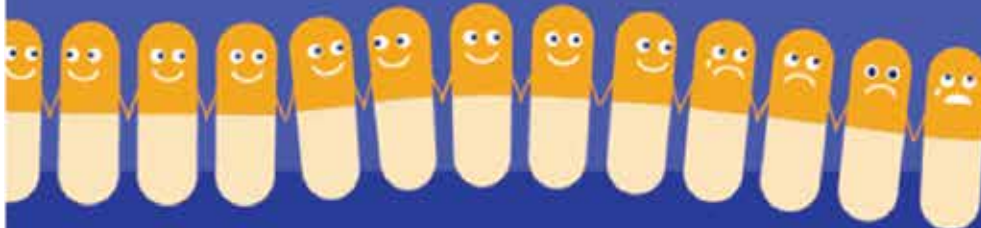
#1 TB is treated with **antibiotics**



#2 **Medications** must be taken daily for 4-6 months to be effective



#3 Stopping treatment early can lead to **drug-resistant** tuberculosis



YES!
WE CAN
#ENDTB



World Health
Organization

CDC GUIDELINES

TO PREVENT ANTIMICROBIAL RESISTANCE

- Follow clinical guidelines: Use the right antibiotic, at the right dose, for the right duration, and at the right time.¹
- Use evidence-based diagnostic criteria and treatment recommendations²
- Use delayed prescribing practices or watchful waiting, when appropriate²
- Monitor and track the antibiotic prescribing and resistance patterns to identify areas for improvement¹
- Educate patients about antibiotic resistance & appropriate use of prescribed antibiotics²



EmpaMor

becomes

Number One

in volumes across all
Empagliflozin brands

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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