



# IMPA

THE OFFICIAL NEWS LETTER OF THE INDEPENDENT  
MEDICAL PRACTITIONERS ASSOCIATION

# NEWS

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

ISSUE 12 | VOLUME - 29 | DECEMBER 2025



## FROM THE **PRESIDENT'S PEN...**



Dear Members of the Independent Medical Practitioners Association,

As we come to the close of another productive year, December marks an important milestone for the IMPA with the successful conduct of our 95<sup>th</sup> Annual General Meeting on 14th December 2025. I sincerely thank all members who attended and contributed to making this event both meaningful and memorable.

The Clinical Update Programme held in conjunction with the AGM was highly informative. I extend my appreciation to Dr. Nilesh Fernandopulle for his insightful lecture on the role of endoscopy in gastrointestinal conditions, and to Dr. H. T. Wickremasinghe for his timely update on influenza. The active discussion that followed reflected the strong academic spirit of our membership.

I am also pleased to acknowledge the publication and distribution of the IMPA Journal 2025 (Volume 19). My sincere thanks go to the Editor, Dr. Neelamani, the Editorial Board, and all contributors for maintaining the high academic standards of this important publication.

The fellowship dinner provided a valuable opportunity for camaraderie and reflection, reinforcing the sense of unity that defines our Association.

Dr Anil Jasinghe has accepted my proposal on incorporating antiaging into clinical practice. I want to propose a working committee in IMPA. I humbly request any volunteers who would like to join this committee even outside our council but IMPA members.

As we look ahead to the new year, let us continue to strengthen continuing medical education, professional collaboration, and service to our communities. I thank the Council, committees, and members for your unwavering support throughout 2025.

I wish you and your families a peaceful festive season and a healthy, successful New Year.

Warm 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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## Annual General Meeting of the Independent Medical Practitioners Association of Sri Lanka.

The 95<sup>th</sup> (96<sup>th</sup> year) Annual General Meeting (AGM) of the Independent Medical Practitioners Association (IMPA) of Sri Lanka was held with the participation of the members at the Office of the IMPA, Professional Centre, 275/75, Prof. Stanley Wijesundera Mawatha, Colombo 7 from 6.00 to 7.15 pm on Sunday, 14<sup>th</sup> December 2025.

Dr Sanath Hettige was elected as the President for the year 2025/2026 for a second term.



# IMPA Office Bearers & Council Members

## Independent Medical Practitioners Association of Sri Lanka Office Bearers - 2025 / 2026

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<b>Assistant Treasurer</b>	Dr D.W. Weerasooriya
<b>Editor</b>	Dr Neelamani Rajapaksa Hewageegana
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<b>Past Presidents</b>	Dr B.G.D. Bujawansa Dr Ananda Perera

# INDEPENDENT MEDICAL PRACTITIONERS ASSOCIATION OF SRI LANKA OFFICE BEARERS - 2025 / 2026



# AGM Presidential Address

## Dr Sanath Hettige

President

Independent Medical Practitioners' Association of Sri Lanka

### Vision for the Year Ahead

Distinguished members, colleagues, and friends,

**T**hank you for the trust you have placed in me once again to serve as President of the Independent Medical Practitioners' Association. I accept this responsibility with humility, commitment, and a clear vision for the year ahead.

During the past year, IMPA has remained strong and active. Our CME and CPD programmes, professional collaborations, academic activities, and engagement with national health bodies have continued to grow. In the coming year, all these successful initiatives will continue and be further strengthened. Continuous professional development, collaboration with government institutions, and advocacy for primary care will remain at the core of our IMPA. However, while continuing what we do well, we must also look ahead.

The major focus of my next term will be the introduction and integration of evidence-based anti-aging care into routine clinical practice in Sri Lanka. Around the world, medicine is shifting from disease-centered care to healthspan-focused care-preventing disease early, slowing biological aging, and improving quality of life. IMPA is well positioned to lead this transformation.

### During the coming year, we plan to:

- Establish a dedicated Anti-Aging and Longevity Committee within IMPA
- Develop practical, evidence-based guidelines for clinicians on integrating anti-aging principles into day-to-day clinical practice

- Engage with the Ministry of Health and relevant authorities to provide professional input on policy and guideline development
- Promote education and training programmes on healthy aging, prevention, and longevity medicine for our members
- Position IMPA as a regional and global voice in this emerging field, collaborating with international bodies and experts

Our aim is not cosmetic or commercial anti-aging, but scientific, ethical, and preventive medicine-focusing on nutrition, lifestyle, early disease prevention, metabolic health, and healthy longevity.

### At the same time, we will continue:

- High-quality CPD and CME programmes
- Strong collaboration with government and professional bodies
- Academic activities including the IMPA Journal and e-newsletter
- Advocacy for the role of independent medical practitioners in Sri Lanka's healthcare system

In short, we will build on our strong foundation while embracing innovation and future-focused medicine.

I sincerely thank the Council, committee members, and all IMPA members for your continued support. Together, let us lead the profession forward-not only treating disease, but shaping a healthier, longer, and better future for our people.

Thank you.

# IMPA CPD Program December 2025

The Independent Medical Practitioners Association held its CPD programme on Sunday the 14<sup>th</sup> December 2025. The event was held at the OPA Auditorium, 275/75, Prof. Stanley Wijesundara Mawatha, Colombo 7.

Two eminent speakers made presentations:

## “Role of Endoscopy in evaluation & diagnosing common GI conditions”

by

**Dr Nilesh Fernandopulle**

MBBS(Col), MD(Col), FCCP (SL), FRCP(Lon). Speciality Cert in Gastroenterology (UK),  
Consultant Gastroenterologist & Senior Lecturer, University Surgical Unit, NHSL

and

## “Influenza”

By

**Dr H T Wickremasinghe**

MD, FRCP, Senior Consultant Paediatrician

The event was sponsored by **ABBOTT LABORATORIES**



## Links to Interesting Articles

### IMPA

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

.....  
**“If you are sure of yourself, stand your ground!” An interview with Professor Sanath P. Lamabadusuriya**

Link : <https://colombomedgrads1962.blogspot.com/2012/10/an-interview-with-sanath-lamabadusuriya.html>

.....  
**“After 42 years: Spousal consent rule for sterilization scrapped”**

Link : <https://ceylontoday.lk/2025/12/23/after-42-years-spousal-consent-rule-for-sterilisation-scrapped/> By Ceylon Today

.....  
**“Guidelines on management of congenital hypothyroidism”**

Link : <https://sljch.sljol.info/articles/7987/files/submission/proof/7987-1-28240-2-10-20151218.pdf>

.....  
**“Guidelines for early management of Leptospirosis”**

Link : [.epid.gov.lk/storage/post/pdfs/en\\_693991333e67b\\_Guidelines\\_for\\_early\\_management\\_-\\_Leptospirosis\[1\].pdf#:~:text=Guidelines%20for%20Early%20Management%20of,has%20resulted%20in%20a%20significantly](http://.epid.gov.lk/storage/post/pdfs/en_693991333e67b_Guidelines_for_early_management_-_Leptospirosis[1].pdf#:~:text=Guidelines%20for%20Early%20Management%20of,has%20resulted%20in%20a%20significantly)

.....  
**“AGA Clinical Practice Update on the Management of Ascites, Volume Overload, and Hyponatremia in Cirrhosis: Expert Review”**

Link : [https://www.gastrojournal.org/article/S0016-5085\(25\)05959-1/fulltext](https://www.gastrojournal.org/article/S0016-5085(25)05959-1/fulltext)

.....  
**Sri Lanka’s 2026 holiday calendar:**

Link : <https://www.adaderana.lk/news.php?nid=116465>

Cont. on page 08



## WONCA Working Party: Women and Family Medicine (South Asia)



# The lifestyle prescription in General Practice

**11<sup>th</sup> January 2026**

10:30 AM GMT

4.00 pm (Pakistan)

4.30 pm (Sri Lanka/ India)

4.45 pm (Nepal)

5.30 pm (Bhutan/Bangladesh)

7.00 pm (Malaysia)



### Speaker

#### **Dr Eranthee Walgampaya**

MBBS(Manipa India) MCGP(SL)DipIBLM(USA)  
Family Physician /Lifestyle Physician



### Moderator

#### **Dr Dineshani Hettiarachchi**

Family Physician



**Meeting ID: 879 4940 8128**

**Passcode: 446977**

# The APICE Way

## In Management of Sepsis (2025 Guidelines)

**A**

### ALERT & ASSESS (Time = Now)

Suspect Sepsis In Infection + Organ Dysfunction

- NEWS2 ↑ / confusion
- SBP < 90 or MAP < 65
- RR ≥ 22, SpO<sub>2</sub> ↓
- Lactate ≥ 2
- Oliguria, mottling

Septic shock =

Vasopressors required ± lactate ≥ 2 after fluids

**P**

### PERFUSE & PROTECT OXYGENATION

- Oxygen to target:
  - SpO<sub>2</sub> 94–98% (88–92% if COPD)
- Secure IV access early
- Continuous monitoring (ECG, BP, SpO<sub>2</sub>, Urine Output)

**I**

### INFECTION: IDENTIFY & HIT EARLY

- Blood cultures x2 (if no delay)
- Lactate (repeat if ≥ 2)

Antibiotics

- Shock / high risk → within 1 hour
- No shock → within 3 hours
- Broad spectrum → plan early de-escalation

**C**

### CIRCULATION: FLUIDS THEN PRESSORS

- Balanced crystalloids
- Bolus 250–500 mL, reassess dynamically
- Avoid blind 30 mL/kg

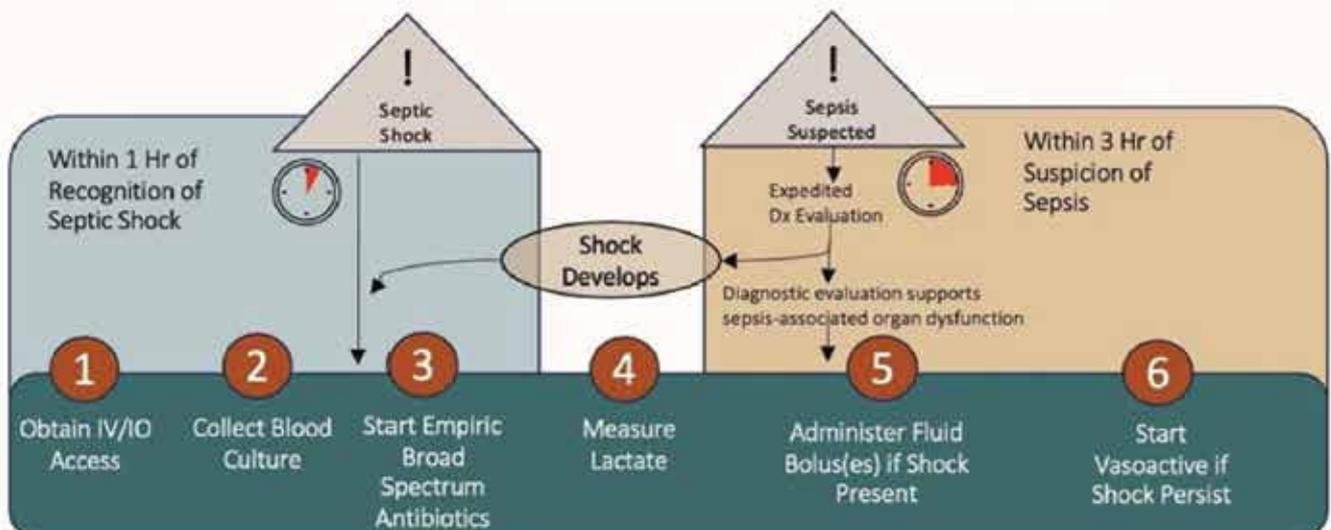
If MAP < 65:

- Early norepinephrine [2 - 4 µg/min]
- Peripheral acceptable short-term
- Refractory shock → Hydrocortisone 200 mg/day

**E**

### EVALUATE, ESCALATE & ERADICATE SOURCE

- Source control ASAP (drain, remove, operate)
- Echo / PLR / dynamic indices for fluid response
- Early ICU involvement
- Review antibiotics at 24–48 hrs
- Procalcitonin → Guide Stopping, not Starting [ $<0.5$  µg/L or ≥80% Decrease]



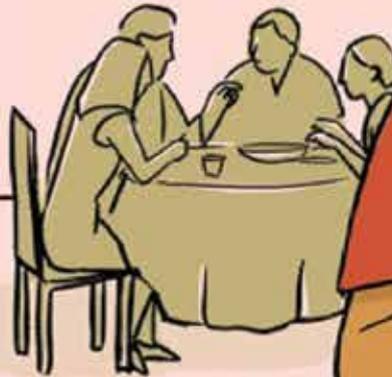
# STAY HEALTHY

Open windows when you need good ventilation

Cover sneezes and coughs



**Clean your hands** frequently with soap and water or alcohol-based hand sanitizer.



World Health Organization  
Philippines

## STAY HEALTHY

This holiday season and always

Stay physically active whether at home or on vacation



World Health Organization  
South-East Asia Region

## DAILY WELLNESS CHECKLIST

Simple Steps for a Balanced Day

### Physical Health



- ✓ Drink Water (8 glasses)
- ✓ Move Your Body (30 min walk)
- ✓ Eat Whole Foods
- ✓ Get Enough Sleep (7-9 hrs)
- ✓ Take a Short Break
- ✓ Get Some Sun

### Mental Clarity



- ✓ Read or Learn
- ✓ Limit Social Media
- ✓ Practice Gratitude
- ✓ Journal Your Thoughts
- ✓ Creative Hobbies
- ✓ Mindful Breathing

### Emotional Balance



- ✓ Connect with Loved Ones
- ✓ Express Your Feelings
- ✓ Say No When Needed
- ✓ Practice Self-Care
- ✓ Listen to Music

# Launch of the IMPA Journal

Launch of the IMPA Journal  
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**Paracetamol (Paracetamol Tablets BP 500 mg 10x10 & Oral Solution BP 120mg/5ml 100 ml)**



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