



# **CEYLON COLLEGE OF PHYSICIANS**

**Annual Report**

**2019**

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## 1. Annual General Meeting 2018

The 51<sup>st</sup> Annual General Meeting was held on 14<sup>th</sup> of December 2018 in the Board room of the Ceylon College of Physicians, with the President Dr Panduka Karunanayake in the chair; 41 members were present.

The minutes of the 50<sup>th</sup> AGM held on 8<sup>th</sup> December 2017, were adopted and office bearers for the year 2019 were elected.

## 2. Council 2019

The following were elected to office for the year 2019.

President:	Professor Chandanie Wanigatunge
President Elect:	Dr Ananda Wijewickrama
Immediate Past President:	Dr Panduka Karunanayake
Honorary Joint Secretaries:	Dr. Dumitha Govindapala
	Dr. Achala Balasuriya
	(Resigned 30th April 2019)
	Dr. Thushara Matthias
	(Elected by the Council in accordance with Section 15.5 of the Constitution, wef 1st May 2019)
Honorary Treasurer:	Dr Suranga Manilgama
Trust Representative:	Dr. Lakshman Ranasinghe
Past-Presidents' Representatives:	Dr M K Ragunathan
	Dr Naomali Amarasena
	Professor S D Jayaratne
Fellows' Representatives:	Dr Upul Dissanayake

	Dr Dinithi Fernando
	Professor Senaka Rajapakse
Council Members:	Dr Shamitha Dassanayake
	Dr Amitha Fernando
	Dr Chinthana Galahitiyawa
	Dr Lasantha Ganewatta
	Dr Maduwanthi Hettiarachchi
	Dr Yapa Udaya Kumara
	Dr Carmeline Motha
	Dr Ahamed Riyaz
	Dr Nalayini Jegathesan
	Dr Chandimani Undugodage
Outstation Council Members:	Dr Udayangani Ramadasa
	Dr Wimal Siri Hewa Uluwattage
Junior Council Members:	Dr Inuka Kishara Gooneratne
	Dr. Thushara Matthias
Co-Editors:	Dr Namal Wijesinghe
	Professor Kamani Wanigasuriya (wef. March 2019)
Ex-Officio Members:	Dr Duminda Munidasa
Co-opted Members:	Dr T Sutharsan
	Dr Shehan Silva
Representatives from Other Colleges:	Dr Chathurie Suraweera
	(Sri Lanka College of Psychiatrists)

### 3. College Trust

The following senior Past Presidents constituted the College Trust

Dr. Lakshman Ranasinghe (Chairman)

Dr. Nanda Amarasekera (Secretary/Treasurer)

Dr. P. Nihal Thenabadu

Dr. Henry Rajaratnam

Dr. J B Peiris

### 4. Induction of President for 2019

Professor Chandanie Wanigatunge was inducted as the President for the year 2019 by the immediate Past President Dr Panduka Karunanayake at a ceremony held at the Lotus room, BMICH, Colombo on 4<sup>th</sup> January 2019. The theme for the year 'Beyond knowledge, Across boundaries, Towards holistic care' was introduced by the president in her address.

### 5. Council meetings

Eleven Council Meetings were held during the year up to November. The attendance was as follows;

Members	Number of Meetings attended
Prof. Chandanie Wanigatunge	11
Dr. Ananda Wijewickrama	11
Dr. Panduka Karunanayake	07
Dr. Dumitha Govindapala	10
Dr. Achala Balasuriya	03
Dr. Thushara Matthias	11
Dr. Suranga Manilgama	08
Dr. Naomali L Amarasena	08
Prof. S.D. Jayaratne	10
Dr. M.K. Ragunathan	05
Dr. Upul Dissanayake	11

Dr. Anne Dinithi Fernando	05
Prof. Senaka Rajapakse	05
Dr. S.M.S. Shamitha Dassanayake	08
Dr. Amitha Fernando	10
Dr. Chinthana Galahitiyawa	10
Dr. Lasantha Ganewatta	07
Dr. N. Maduwanthi Hettiarachchi	07
Dr. Yapa Udaya Kumara	06
Dr. M.B. Carmalie Motha	09
Dr. A.A. Ahamed Riyaz	09
Dr. Nalayani Rajaratnam	02
Dr. Chandimani Undugodage	07
Dr. Lakshman Ranasinghe	03
Dr. Namal Wijesinghe	10
Prof. Kamani Wanigasuriya	05
Dr. G. Udayangani Ramadasa	05
Dr. Wimalasiri Hewa Uluwattage	08
Dr. Inuka Kishara Gooneratne	10
Dr. Duminda Munidasa	05
Dr. P. Sutharsan	06
Dr. Shehan Silva	08
Dr. Chathuri Suraweera	05



## 6. Anniversary Academic Sessions (AAS)

The 52<sup>nd</sup> Anniversary Academic Sessions was the pinnacle of the year's academic calendar and was held in collaboration with the Royal College of Physicians of Edinburgh, from the 12<sup>th</sup> – 14<sup>th</sup> September 2019 at the Galadari Hotel, Colombo. In consonance with the theme for the year “Beyond knowledge, Across boundaries, Towards holistic care”, the programme featured areas of importance necessary to ensure holistic care to patients.

The Inauguration Ceremony took place on the 12<sup>th</sup> of September and Dr. SinhaRaja Tammita-Delgoda was the Chief Guest and Professor Derek Bell the President, Royal College of Physicians of Edinburgh was the Guest of Honour.

Professor Kamani Wanigasuriya delivered the Ceylon College of Physicians Oration at the Inauguration Ceremony. The E V Peiris memorial oration was delivered by Professor Niru Nirthanan.

Four pre congress workshops supplemented the main academic programme. The ‘Clinical Immunology Update 2019’ was held on the 11<sup>th</sup> of September at the ClinMARC, National Hospital of Sri Lanka. The workshops on Critical Care Medicine, Palliative Care Medicine and Medical Research were held on 12<sup>th</sup> of September at Galadari Hotel. All workshops had an impressive participation and was greatly appreciated by all attendees.

The scientific programme was a rich mix of Science and Art of Medicine and included 7 teaching Capsules, 6 plenaries and 12 parallel symposia. These were delivered by 19 overseas speakers, 38 local speakers, and distinguished representatives from the scientific and clinical fronts. The conference also featured a special workshop for editors of medical journals and a panel discussion on Medical Negligence, which was held in collaboration with the Bar Association of Sri Lanka. The main academic programme was conducted from 7.00 am to 4.30 pm and the teaching capsules for postgraduate trainees were conducted on each morning from 7- 8 am and in the evenings from 5- 7 pm along. Complementary free Wi-Fi (courtesy Mobitel (Pvt) Ltd) was provided to all participants.

For the first time, all free papers submitted for the sessions were reviewed by the Editorial Board of the Journal of the Ceylon college of Physicians and those selected were published as a supplement of the journal.

The congress concluded with the conference dinner on the 15<sup>th</sup> of September, where the awards for free papers were given away.

The congress was well attended and there were 378 local registrations with 167 full conference registrants.

### **6.1 Committees of the 52<sup>nd</sup> AAS**

#### Scientific Committee

Dr Chandimani Undugodage  
(Chairperson)  
Dr Dumitha Govindapala (Secretary)  
Professor Chandanie Wanigatunge  
Dr Thushara Matthias  
Dr Suranga Manilgama  
Dr Carmeline Motha  
Dr Upul Dissanayake  
Dr Dinithi Fernando

#### Organising Committee

Professor Chandanie Wanigatunge  
Dr Dumitha Govindapala  
Dr Thushara Matthias  
Dr Suranga Manilgama

#### Oration review committee

Prof Sarath Lekamwasam  
Professor Senaka Rajapakse  
Prof Anuja Premawardena

#### Fellowship evaluation committee

Prof S D Jayaratne  
Dr Sarath Gamini De Silva  
Professor Chandanie Wanigatunga

#### Abstract Review Committee

Professor Kamani Wanigasuriya  
Dr Namal Wijesinghe  
Dr Sarath Gamini de Silva  
Professor T P Weeraratne  
Professor Dinithi Fernando  
Professor Nirmala Wijekoon  
Dr Thushara Matthias  
Dr Priyamali Jayasekera  
Dr Achala Balasuriya  
Professor Jegarajah Indrakumar  
Dr N Madhuwanthi Hettiarachchi  
Dr Dushyantha Medagedara  
Dr Kishara Gooneratne

#### IT and AV committee

Dr Kishara Gooneratne  
Dr Udara Perera  
Dr Ravidu Kodituwakku  
Mr Rajamohan Rajamanan  
Mr Dinuka Nimesh Jayasinghe  
Mr Fazil Ahmed  
Mr Ashan K Bopitiya

## 6.2 Selection Committees for Awards -2019

### Most Innovative outstation Physician

Dr Panduka Karunanayake

Dr Upul Dissanayake

### Best publication by a Physician in 2018

Prof Kamani Wanigasuriya

Professor S D Jayaratne

### Awards for Free Papers

Professor Derek Bell

Dr Nick Beeching

Dr Umapathy N Thirugnanam

Dr Indira Samarawickrama

Professor Senaka Rajapakse

Dr Panduka Karunanayake

Dr S D Jayarathne

Dr Ananda Wijewickrama

Dr Wimalasiri Uluwattage

## 6.3 Faculty of the 52nd Anniversary Academic Sessions 2019

### Overseas Faculty

1. Dr A G Unnikrishnan
2. Dr Ed Neville
3. Dr Fraz Mir
4. Dr Hari Menon
5. Dr Indira Samarawickrema
6. Dr Jacqueline Faccenda
7. Dr Kelum Wimalaratne
8. Dr Mevan Wijetunga
9. Dr Nick Beeching
10. Dr Susan Nimmo
11. Dr Susan Pound
12. Dr Umapathy N Thirugnanam
13. Dr Voon Ong
14. Prof Derek Bell OBE
15. Prof Graham Nimmo
16. Prof Mohammad Ghnaimat
17. Prof Scott Murray
18. Prof Selvanayagam N Nirathanan
19. Prof Suranjith Seneviratne

## **Local Faculty**

1. Prof Janaka de Silva
2. Prof S A M Kularatne
3. Prof Sarath Lekamwasam
4. Prof Senaka Rajapakse
5. Dr Anoma Weerawardena
6. Dr Buddhika Somawardana
7. Dr Chamari Weeraratne
8. Dr Chandimani Undugodage
9. Dr Chathurie Suraweera
10. Dr Chula Herath
11. Dr Daminda Domingoarachi
12. Dr Dilhar Samaraweera
13. Dr Enoka Corea
14. Dr Gamini Pathirana
15. Dr Hasitha Wijewantha
16. Dr Lakmali Paranehewa
17. Dr Mahesh Rajasuriya
18. Dr Mananjala Senanayake
19. Dr Manilka Sumanatilleke
20. Dr Naomali Amarasena
21. Dr Nayani Madarasinghe
22. Dr Noel Somasundaram
23. Dr Panduka Karunanayake
24. Dr Prabhath Wickrama
25. Dr Prakash Priyadarshan
26. Dr Ravini Karunathilake
27. Dr Saman Hewamana
28. Dr Sayuri Perera
29. Dr Shehan Silva
30. Dr Shyamale Samaranyake
31. Dr Susitha Amarasinghe
32. Dr Udayangani Ramadasa

## **Panelists for the discussion on Medical Negligence**

1. Dr Avanti Perera
2. Dr Clifford Perera
3. Mr Saliya Peiris PC
4. Prof Narada Warnasuriya

## **Workshop for Journal Editors**

1. Dr BJC Perera
2. Prof Senaka Rajapakse
3. Prof A Pathmeswaran
4. Prof Udaya Ranawaka

## 6.4 Fellowships

The following distinguished members were conferred the Fellowship of the Ceylon College of Physicians during the inauguration ceremony of the 52<sup>nd</sup> Annual Academic Sessions.

1. Dr. Balachandran Thamocharan
2. Dr. Chemindra Biyanwila
3. Dr. Neranjan Lassantha Anuruddha Dissanayake
4. Dr. Mahel Chintana Bandara Galahitiyawa
5. Dr. Atapattuge Don Chinthaka Jaliya Gunasekera
6. Dr. Priyamali Jayasekera
7. Dr. Kanagasingam Arulmoly
8. Dr. Wickramasuriyage Ajith Indika Kularatne
9. Dr. Maheswaran Umakanth
10. Dr. Pakkianathan Prakash Priyadharshan
11. Dr. Asanka Prabhath Ratnayake
12. Dr. Vathulan Sujanitha
13. Dr. Rajawasam Wellala Hettige Janaka Prasad Waidyasekara
14. Dr. Eranga Sanjeewa Wijewickrama
15. Dr. Jagath Indranath Parakrama Herath
16. Dr. Basnayake Mudiyansele Nilanthi Renuka Kumari Basnayake Athauda
17. Dr. Edinadura Sajiv De Silva
18. Dr. Champa Samanthie Dharmasena
19. Dr. Gnanamoorthy Mayurathan
20. Dr. Don Ajith de Silva Gurusinghe
21. Dr. Hittarage Ariyasena
22. Dr. Mohamed Hashim Fathima Hasmiya
23. Dr. Mohamed Raseed Mubarak
24. Dr. Periyasamy Pillai Sathananthan
25. Dr. Dissanayake Mudiyansele Nihal Ranjith Ralapanawa
26. Dr. Kariyakaranage Shirmila Withana

## 6.5 Orations

The following orations were delivered during the 52nd Anniversary Academic Sessions.

### I. The Ceylon College of Physicians Oration 2019

“The Chronic Kidney Disease of Unknown aetiology in Sri Lanka; Unravelling the Mystery”  
by Professor Kamani Wanigasuriya

### II. EV Peiris Memorial Oration

“Back to basics with receptors and ligands: molecules, mechanisms and medicine” by  
Associate Professor Selvanayagam N Nirathanan

## 6.6 Awards

### Award Winners – Anniversary Academic Sessions 2019

**Dr Soma de Sylva Award** for the best performances in the Selection Examination MD  
Medicine October / November 2018:

Dr Dawundasekara Mudiyanseelage Dilini Prarthana Chandrasiri

**Dr Nanda Amarasekara Award** is awarded to the candidate who obtains highest overall  
marks on the first attempt in the MD Medicine Examination:

MD Medicine – August / September 2018:

Dr Dhulashiha Jegavanthan

MD Medicine –February / March 2019 (2016 Prospectus):

Dr Harsha Anuruddhika Dissanayake

MD Medicine – MD Medicine February / March 2019 (2015 Prospectus):

Dr Rathnayake Mudiyanseelage Lakshi Ama Senevirathne

**Dr EM Wijerama award** for the best presentation in the young Physician's forum for the year 2019:

Dr BMDM Basanayake

**YPF Merit awards**

Dr Anomali S Widanagamage

Dr Shenal Appuhami

Dr Karthiha Balendran

**Best Publication by a Physician (2018) Award**

Zinc supplementation in prediabetes: A randomized double-blind placebo-controlled clinical trial.

Ranasinghe P<sup>1</sup>, Wathurapatha WS<sup>1</sup>, Galappathy P<sup>1</sup>, Katulanda P<sup>2</sup>, Jayawardena R<sup>3,4</sup>, Constantine GR<sup>2</sup>.

1 Department of Pharmacology, Faculty of Medicine, University of Colombo, Colombo, Sri Lanka.

2 Department of Clinical Medicine, Faculty of Medicine, University of Colombo, Colombo, Sri Lanka.

3 Department of Physiology, Faculty of Medicine, University of Colombo, Colombo, Sri Lanka.

4 Institute of Health and Biomedical Innovation, Queensland University of Technology, Brisbane, Queensland, Australia.

J Diabetes. 2018 May;10(5):386-397. doi: 10.1111/1753-0407.12621.

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**Most innovative Out Station Physicians' award:**

Dr Jayamalee Jayaweera, Consultant Physician, BH Akkaraipattu for her work on identifying and controlling an outbreak of Melioidosis in Kolavil, Akkaraipattu and for improving the services in the area.

**Dr Henry Rajaratnam Award for the Best Free Paper on Endocrinology Diabetes and Metabolism**

“Incidence and predictors of diabetes mellitus: a 7-year community cohort follow-up of urban Sri Lankan adults”

De Silva ST, Ediriweera D, Beddage T, Niriella MA, Kasturiratne A, de Silva AP, Dassanayake AS, Pathmeswaran A, Kato N, Wickramasinghe AR, de Silva HJ

**Prof W.A.S. de Silva Award for the Best Paper in Tropical Medicine –**

“Sensitivity of detection of NS1 antigen in urine compared to blood samples in patients with acute dengue infection”

Gunasinghe DN, Wickramanayake DSDS, Gomes LG, Jeewandara CK, Wijewickrama A, Malavige GN

**Deshamanya Dr J.B. Peiris Award for the Best Paper in Neurology**

“Carotid artery stenosis in patients with ischaemic stroke in a tertiary care centre: prevalence and associated factors”

Ranawaka UK, Mettananda KCD, Eshani MDP, Wettasinghe LM, Somaratne S, Premadasa HMSD, Sirigampola C, Upasena A, Sathkorala W, Pathmeswaran A

**The Sri Lanka Stroke Association Award for Best Paper on Stroke**

“A study of patients presented with strokes to an Emergency Department in a tertiary care hospital in Sri Lanka”

Jayasekera MMPT, Dasanayaka GKG, Bandara PMK, Jayawardhana DANL, Malkanthi KMS

**Dr E.M. Wijerama Award for the best oral presentation at the Anniversary Academic Sessions**

“The need, ability and difficulties of visually disabled persons to measure liquid medications and their suggestions for a suitable liquid medicine measuring device and dispenser”

Fernando N, Weeraratne CL



**Prof K. Rajasuriya Award for the best poster presentation at the Anniversary Academic Sessions**

“A comparison of staphylococcal carriage rates among patients with and without kidney disease attending outpatient units of University Medical Unit of National Hospital of Sri Lanka”

De Silva AMNL, Mufeen MNF, Sam G, Dayarathna S, Kumari LEDI, Wijeratne DR, Patabendige CGUA, Jayasinghe S.

**The Award for best research work in an outstation setting**

“An audit on nasogastric tube placement and feeding techniques and introduction of best practice protocol”

Rathnayake RMNP, Andradi WMC, Rathnayaka RMWK, Wijewardena AS, Gunawardena SACU

## 7. Regional Meetings

Four regional meetings were held during the year. The meetings had parallel sessions for both medical officers and nurses’, and members of the CCP as well as experts from the region contributed to the academic programmes. The topics were selected based on the requirements of the local organizers.

All programmes were extremely well attended and greatly appreciated by participants.

### 7.1 Regional Meeting- Matale

The first regional meeting of the year was held in collaboration with Matale Clinical Society on 6<sup>th</sup> of March 2019. The academic programme for the doctors was conducted at the Auditorium of the District General Hospital Matale, while a parallel programme for nursing officers was carried out in the Auditorium, RDHS Matale.

We thank Dr Maduwanthi Hettiarachchi and Dr Zarook Sahabdeen (VP, Matale) for organising this meeting.

Doctors' Academic Program

Dr Chinthana Galahitiyawa Dr Rajitha Abeysekera	Modular learning session AKI
Dr Manura Lekamwattage	Tachyarrhythmias Diagnostic & Management Challenges
Dr Chandimani Undugodage Dr Barana Millawithana	Modular learning session Anaphylaxis
Prof. Chandanie Wanigatunge	Medicines use: Maximising benefits and minimising harm
Dr Manil Peiris	Obstructive Sleep Apnoea
Dr Wimalasiri Uluwattage	Leptospirosis New Challenges in Diagnosis & Management
Dr Upul Dissanayake	Newer Drugs in Diabetes

Nurses' Academic Program

Dr Namal Wijesinghe	Recognizing the critically ill in the ward
Dr Shehan Silva	Nutrition in in ward patient
Dr Suranga Manilgama	Oxygen therapy
Dr Madhuwanthi Hettiarachchi	Inhaler techniques
Dr Dumitha Govindapala	Monitoring of a dengue patient
Dr Ahamed Riyaz	Insulin therapy
Dr Thushara Matthias	Practical aspects of management of CPR in a medical ward

## 7.2 Regional Meeting- Embilipitiya

The second regional meeting was held at the District General Hospital, Embilipitiya on 12<sup>th</sup> June 2019, in collaboration with the Walawa Clinical Society.

The doctor's program was held at the Auditorium, DGH Embilipitiya and Nurses Programme was held at the Auditorium, MOH Office Embilipitiya. Two interesting lectures on "Falls and frailty" and "Accident and emergency model of care" were delivered by the two physicians of Embilipitiya DGH.

We thank Dr Ravindra Lokugamage, Dr Anupama Adhikari and Dr Yapa Udaya Kumara for their valuable contribution in organising this meeting.

### Doctors' Academic Program

Dr Chinthana Galahitiyawa	Modular learning session AKI
Dr Amila Walawwatta	ECG in cardiac arrhythmias
Dr Upul Dissanayake	Dengue: a practical approach
Dr Anupama Adhikari	Falls and frailty
Dr Ravindra Lokugamage	Accident and emergency model of care
Dr Wimalasiri Uluwattage	Changing face of leptospirosis Challenges in diagnosis & management
Dr Wathsala Gunasinghe	Practical essentials in oxygen therapy
Dr Athula de Silva	X rays in the diagnosis of medical conditions

### Nurses' Academic Program

Dr Namal Wijesinghe	Recognizing the critically ill in the ward
Dr Yapa Udaya Kumara	Proper Inhaler techniques
Dr Shamitha Dassanayake	Nutrition in in ward patient
Dr Thushara Matthias	Practical aspects of management of CPR in a medical ward
Dr Shehan Silva	Falls and frailty
Dr Dumitha Govindapala	Monitoring of a dengue patient

Dr Ahamed Riyaz	Insulin therapy
Dr Chinthana Galahitiyawa	Management of AKI & dialysis

### 7.3 Regional Meeting- Chilaw

The third regional meeting was held on 21<sup>st</sup> October at the District General Hospital Chilaw, in collaboration with Chilaw Clinical Society. A parallel session was conducted for the nursing officers at the Auditorium, RDHS in Chilaw.

“Prescription errors” and “Cultural competence”, the special topics included in the programme were received well. The contribution of the CCP members and experts from the region to this academic programme is greatly appreciated and acknowledged. We thank Dr Sanath Fernando for the support extended in organizing this meeting.

#### Doctors’ Academic Program

Dr Chinthana Galahitiyawa	AKI Module
Dr Sanath Fernando	Personal reflections of errors in diagnosis and prescribing
Dr Ananda Wijewickrama	Dengue: a practical approach
Dr Nilukshi Fernando	Management of Migraine
Professor Chandanie Wanigatunge	Cultural Competence and the Physician
Dr Chathuri Suraweera	Novel Narcotics
Dr Chandimani Undugodage	COPD
Dr Wimalasiri Uluwattage	Changing face of leptospirosis Challenges in diagnosis & management

Nurses' Academic Program

Dr Namal Wijesinghe	Recognising critically ill patients
Dr Thushara Matthias	Monitoring patients with Dengue
Dr Chandimani Undugodage	Oxygen therapy
Professor Chandanie Wanigatunge	Insulin therapy
Dr Yapa Udaya Kumara	Inhaler therapy
Dr Suranga Manilgama	Practical aspects of CPR
Dr Chinthana Galahitiyawa	AKI and Dialysis
Dr Lasantha Ganewatte	Nutrition therapy in patients

**7.4 Regional Meeting - Vavuniya**

The last regional meeting of the year was held at the Base Hospital Vavuniya in collaboration with Vavuniya Medical Association on the 4<sup>th</sup> December 2019. The CCP team received a very warm welcome and a request to conduct two training programmes for nurses in Vavuniya district every year. Every minute detail of this meeting has been looked into with care and we specially thank Dr K Vickneshwaran, President , Vavuniya Medical Association and Dr Chamara Ratnayake (Consultant Cardiologist, BH Vavuniya) for their help in organizing the event.

Doctors' Academic Program

Dr Chinthana Galahitiyawa	AKI Module
Dr Naomali Amarasena	Testing Angina- a patient tailored approach
Dr N Suganthan	Management of Snake bites
Dr Upul Dissanayake	Update on Dengue
Professor S. D. Jayaratne	Management of Dyspepsia
Dr Chamara Ratnayake	Managing Dyslipidemias: A tale of two worlds

Dr Brahma Thanga	CKDu- knowing the unknown
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Nurses' Academic Program

Dr Namal Wijesinghe	Recognising critically ill patients
Dr Dumitha Govindapala	Monitoring patients with Dengue
Dr Shehan Silva	Oxygen therapy
Professor Chandanie Wanigatunge	Insulin therapy
Dr Suranga Manilgama	Inhaler therapy
Dr Chamara Ratnayake	Practical aspects of CPR
Dr Chinthana Galahitiyawa	AKI and Dialysis

A special note of thanks to Dr Shehan Silva, who coordinated all four regional meetings this year and Dr Dinithi Fernando for helping to coordinate the academic programme. We also thank the Matrons/ Chief Nursing Officers of the respective hospitals for the support extended towards planning and conduct of the academic programmes for nursing officers.

## 8. Continuous Professional Development Programmes

The College joined the SLMA's national initiative on Continuing Professional Development. We now award CPD points for all academic activities and the certificates of participation are provided electronically to all participants.

The following activities were organized by the College during the year.

### 8.1 Specialty updates

Four specialty updates were held this year to facilitate the continuous professional development of the specialists, postgraduate trainees and the medical officers. In keeping with the theme for the year, these updates highlighted multi- disciplinary areas.

The update on Nephrology was a collaborative effort with the Sri Lanka Society of Nephrology (SLSON) and International Society of Nephrology (ISN).

We thank all the resources persons for their contributions. The commitment and hard work of the coordinators are greatly appreciated.

Specialty Update	Date	Collaborations	Coordinators
Nephrology	28 <sup>th</sup> Jan 2019	Sri Lanka Society of Nephrology (SLSON) and International Society of Nephrology (ISN)	Dr Chinthana Galahitiyawa
Maternal Medicine	3 <sup>rd</sup> May 2019	-	Dr Carmeline Motha
Diabetes	30 <sup>th</sup> July 2019	-	Dr Upul Dissanayake
Emergency Medicine	1 <sup>st</sup> Nov 2019	-	Dr Amitha Fernando

**Resource Persons**

**Maternal medicine**

Professor Athula Kaluarachchi  
Dr Chaminda Garusinghe  
Dr Hasitha Wijewantha  
Dr Lalindra Gooneratne  
Dr Sanjeewa Rajapakshe  
Dr Duminda Munidasa  
Professor Chandanie  
Wanigatunge

**Nephrology**

Dr. Fredric Finkelstein  
Dr. Nalaka Herath  
Dr. Neill Duncan  
Dr. Chintana Galahitiyawa  
Dr. A.W.M.Wazil  
Prof. Edwina Brown  
Dr. Brahmma Thangaraja  
Dr. Eranga Wijewickrama

**Emergency Medicine**

Professor Chandanie  
Wanigatunge  
Dr Indika Lanerolle  
Dr Manoj Edirisooriya  
Dr Afla Sadikeen  
Dr Ganaka Senaratne  
Dr Amitha Fernando  
Dr Nuwan Ranawaka

**Diabetes**

Dr Manilka Sumanatilleke  
Dr Chamila mettananda  
Dr Chinthana Galahitiyawa  
Dr Pradeep Siriwardana  
Dr Arjuna Fernando  
Prof Mandika Wijeyratne



## **8.2 Young Physicians' Forum (YPF)**

Twelve (12) YPFs were held during the year, two of these were held in Kandy and Galle. The presentations were made by Associate Members of the College.

*8<sup>th</sup> January 2019*

### **“Artificial intelligence – Are we losing our jobs?”**

Dr Roshan Piyarathne, Senior Registrar in Medicine, Teaching hospital Ragama

*2<sup>nd</sup> February 2019*

### **“Stroke, new developments and physician's role”**

Dr. Pubudu M Jayawardana, Senior Registrar in Medicine, National Hospital of Sri Lanka

### **“Tar the roads, not the lungs, Evidence based approach to smoking cessation”**

Dr. Pubudu Guruge, Senior Registrar in General Medicine, National Hospital of Sri Lanka

*5<sup>th</sup> March 2019*

### **Hypopituitarism**

Dr Dhulashiha Jegavanthan, Senior Registrar in Endocrinology, Teaching Hospital Kandy

### **Acute Pulmonary Embolism**

Dr. M.J.M Nawshad, Senior Registrar in Cardiology, Teaching Hospital Kandy

### **Motor Fluctuations in Parkinson's Disease**

Dr H.L.P Amarasena, Senior Registrar in Neurology, Teaching Hospital Kandy

### **Pyrexia of Unknown Origin**

Dr.M.F.M Ruswan, Senior Registrar in Medicine, Teaching Hospital Kandy

### **Young Patient with Bilateral Lower Limb Weakness**

Dr Thilini Nadeesha Sudusinghe, Senior Registrar in General Medicine, Teaching Hospital Kandy

### **Lupus Nephritis**

Dr B.M.D.B Basnayake, Senior Registrar in Nephrology, Teaching Hospital Kandy

*2<sup>nd</sup> April 2019*

**“Glycaemic index: the physician's perspectives”**

Dr. Selladurai Pirasath, Senior Registrar in Medicine, Colombo South Teaching Hospital

**“Acute medical disorders in alcohol use”**

Dr. Sameera Asanga Kumarasinghe, Senior Registrar in Medicine, North Colombo Teaching Hospital Ragama

*14<sup>th</sup> May 2019*

**Non-alcoholic fatty liver disease: is it all about weight?”**

Dr Dhanushi Ruwanthika Abeynayake, Senior Registrar in Gastroenterology, National Hospital of Sri Lanka

**A simplified approach to a complex lung condition: Interstitial Lung Disease”**

Dr T.A. Dilanka Tilakaratne, Senior Registrar in Respiratory Medicine, National Hospital for Respiratory Diseases, Welisara

*11<sup>th</sup> of June 2019*

**Is it cryptogenic?” review of cryptogenic organizing pneumonia**

Dr. D.P.G.S.P. Fernando, Senior Registrar in Medicine, Teaching Hospital Karapitiya

**How to approach when all are connected, but not in order.**

Dr. Hewagamage Supun Nilanka, Senior Registrar in Rheumatology and Rehabilitation, Teaching Hospital Karapitiya

**Demyelinating disorders of the central nervous system.**

Dr. W.C.S. Perera, Senior Registrar in Neurology, Teaching Hospital Karapitiya

**Antibiotic resistance**

Dr. Warna Fonsekage Chamal Nilanga, Senior Registrar in Medicine, Teaching Hospital Karapitiya

**Diagnosis of non- motor seizures.**

Dr S.P.Mohotti, Senior Registrar in Clinical Neurophysiology, National Hospital of Sri Lanka

*9<sup>th</sup> July 2019*

**“Management of disabling illnesses in the light of rehabilitation.”**

Dr L.K.G.Nadeesha Nayomi Senarathne, Senior Registrar in Rheumatology and Rehabilitation, Rehabilitation Hospital Ragama

**“What does brain do?”**

Dr H.M.M.T.B. Herath, Senior Registrar in Neurology, National Hospital of Sri Lanka

*6<sup>th</sup> August 2019*

**Guillain Barre Syndrome- known and unknown. An update and the Sri Lankan scenario**

Dr Anomali S Vidanagamage, Senior Registrar in Neurology, National Hospital of Sri Lanka

**Haematuria beyond the scope**

Dr H.G.C.R.Aberathne, Senior Registrar in Nephrology, Sri Jayewardenepura General Hospital

*3<sup>rd</sup> September 2019*

**Sugar is not so high, can I relax? Update on euglycemic ketoacidosis**

Dr Kurukulasuriyage Shehan Kaushalya Perera, Senior Registrar in Internal Medicine, National Hospital of Sri Lanka

**Secrets of Cinnamon**

Dr G.J.K.A.A Jayawardana, Senior Registrar in Medicine, Colombo South Teaching Hospital

**Beyond the stony dullness**

Dr Prasanjanie Anuruddhika Jayasinghe, Senior Registrar in Respiratory Medicine, National Hospital of Sri Lanka and Central Chest Clinic Borella

*8<sup>th</sup> October 2019*

**“If we had enough time”**

Dr Mahen De Silva Boralessa, Senior Registrar in Cardiology, Institute of Cardiology, National Hospital of Sri Lanka

**Evaluation of proteinuria**

Dr Karanam Munige Randika Chaminda Wijerathne, Senior Registrar in Nephrology, National Hospital of Sri Lanka

*5<sup>th</sup> November 2019*

**Recent trials on Mechanical Thrombectomy for Acute IschemicStroke**

Dr Samaratunge Arachchige Dona Gayani Madhuka Samaratunge, Senior Registrar in Medicine, Teaching Hospital Anuradhapura

**Diabetes care in the hospital**

Dr Anuranga Prabuddhi Senanayake, Senior Registrar in Medicine, Professional Medical Unit, Teaching Hospital, Anuradhapura

*10<sup>th</sup> December 2019*

**“A patient with muscle weakness; What if it is metabolic?”**

Dr S.A.Dilukshi N Pilapitiya  
Senior Registrar in Nephrology  
Sri Jayewardenepura General Hospital

**“Conundrums in the diagnosis of Tuberculous meningitis”**

Dr I Ravindra Sudath  
Senior Registrar in Neurology  
National Hospital of Sri Lanka

We thank Dr Shamitha Dassanayake for his unwavering commitment throughout the year in organising YPF. A special thank you goes out to Dr Arosha Dissanayake, President, Galle Medical Association, Dr Ganaka Senaratne and Dr Wimalasiri Hewa Ulluwattage for their support in organising the YPF in Galle. We also thank the Kandy Society of Medicine and Dr Maduwanthi Hettiarachchi for helping us to conduct a successful YPF in the Teaching Hospital Kandy. We express our sincere gratitude to the YPF judges: Dr Panduka Karunanayake, Prof. Chandanie Wanigatunge, Dr Upul Dissanayake, Prof SD Jayaratne and Dr Dinithi Fernando, Dr Kirthi Kularatne (Kandy), Prof Tilak Weeraratne (Galle) and Dr Kodikaraarachchi (Galle).

### 8.3 College Lectures

During the year nine college lectures were delivered by our members.

*08<sup>th</sup> January 2019*

#### **Chronic pain- Brain and Body. Which matters most?’**

Dr Nalayini Jegathesan MBBS, MRCP(London) Consulta Physician,  
General Internal Medicine, Base Hospital Point Pedro

*12<sup>th</sup> February 2019*

#### **Update in Hypertension”**

Dr. Yapa Udaya Kumara Kengallegedera (MBBS MD, MRCP), Consultant Physician in  
Internal Medicine, District General Hospital, Moneragala

*2<sup>nd</sup> April 2019*

#### **“To err is human. What about physicians?”**

Dr. F.H.D Shehan Silva MBBS (Sri Jayewardenepura) MD (Colombo) MRCP (London) Dip  
MedPract (LSTM UK), MRCP (Diabetes and Endocrinology) IFME (Cantab), AFHEA (UK),  
Consultant Physician, National Institute of Mental Health, Angoda

*14<sup>th</sup> May 2019*

#### **“Unseen aspects of Parkinson’s disease”**

Dr T. N. P. Rathnayake MBBS MD MRCP (UK), Consultant Neurologist,  
District Hospital Matale

*9<sup>th</sup> July 2019*

#### **Should I stay or should I go? Challenges faced by a young consultant in Sri Lanka”**

Dr Chamara Ratnayake MBBS MD(Col) MRCP(UK), Consultant Cardiologist  
District General Hospital Vavuniya

*6th August 2019*

**Hypothyroidism- The knowns and the unknowns**

Dr N. Madhuwanthi Hettiarachchi

MBBS MD FCCP FACP(USA)FRCP(Edinburgh)

Consultant Physician in Internal Medicine and Head of the Toxicology Unit

Teaching Hospital Peradeniya

*8th October 2019*

**“Ceiling of care”**

Dr Champika Swarna Sri Saman Kumara Gamakaranage

MBBS MD(Col) MRCP(UK)MRCP(LON), Senior Lecturer, Department of Clinical Medicine, Faculty of Medicine, University of Colombo

Hon. Consultant Physician, National Hospital of Sri Lanka

*5th November 2019*

**“Physician Scientist: To be or not to be?”**

Dr Nianka Perera MBBS MD MRCP(UK) DPhil (Oxon),

Senior Lecturer and Consultant Physician

Department of Medicine University of Sri Jayewardenepura

*10th December 2019*

**“Pulmonary Embolism- an overlooked diagnosis”**

Dr G.V.Nilangika Sandakumari MBBS MD MRCP(London) MRCP (Acute Medicine)

Consultant Physician and Lecturer in Pharmacology, Department of Pharmacology,

Faculty of Medical Sciences, University of Sri Jayewardenepura

A special thank you goes out to Dr Maduwanthi Hettiarachchi, who worked tirelessly to line up this interesting and intellectually stimulating lecture series.

#### **8.4 Guest Lecture**

A Guest lecture on “State of the Art: How to recognize and manage vestibular disorders” was delivered by Prof Herman Kingma, Professor of Clinical Vestibulology, Maastricht University, Netherlands on 14<sup>th</sup> February 2019 at the ClinMARC Auditorium, National Hospital of Sri Lanka. The meeting was well attended by Consultants and Postgraduate Trainees in Medicine, Neurology and ENT. Professor Kingma took the audience through simple but effective ways of detecting vestibular disorders and their management. A lively discussion followed his presentation.

#### **8.5 Joint Clinical Meeting with the Sri Lanka Medical Association (SLMA)**

The monthly clinical meeting of the SLMA for May 2019, was organised in collaboration with the Ceylon College of Physicians. The meeting was held on 21<sup>st</sup> May 2019 at the Lionel Memorial Auditorium of the SLMA and a case discussion was done by Dr Dumitha Govindapala, Dr Namal Wijesighe, Dr Priyamali Jayasekara and Dr Nipun de Silva. Dr Anula Wijesundara, President of SLMA, chaired this well attended meeting.

#### **8.6 Workshop on SPSS**

The workshop on SPSS conducted by Dr Masood Jawaaid, Associate Editor, Pakistan Journal of Medical Sciences was held at the ClinMARC Auditorium on 29<sup>th</sup> July 2019. It was limited to 40 participants and was well received by all.

#### **8.7 Presentation Skills workshop**

A novel feature of this year’s CPD programme was the introduction of presentation skills training for specialists and postgraduate trainees. This was conducted on the 30<sup>th</sup> of November 2019 at the SLLMA Auditorium and we thank the three resource persons, Mr Niranjan De Silva, Dr Marikkar and Prof. Senaka Rajapakse for their valuable contribution to make this event a success. The workshop was coordinated by Dr Dumitha Govindapala and it was decided to make this a regular activity in the College’s Academic Calendar.

## 9. Teaching Courses

### 9.1 MCQ course for the Selection Examination in Medicine

Two courses were held during the year; From January -March and July- August.

We thank Dr Carmeline Motha for coordinating this activity. We are grateful to all the resource persons who readily agreed to help us in conducting the two courses.

The resource persons of the courses are as follows:

#### January to March course

Dr Dulanie Kottahachchi  
 Dr Panduka Karunanayake  
 Dr Lailindra Gooneratne  
 Prof Neelika Malavige  
 Dr Namal Wijesinghe  
 Dr Kishara Gooneratne  
 Prof M.Niriella  
 Dr Sanjeewa Rajapakshe  
 Dr Ranga Weerakody  
 Dr Chamila Dalapadathu  
 Dr Sujeewani Kurukulasooriya  
 Dr Chamila Mettananda  
 Prof Priyadarshanie Galapaththy  
 Dr Rishikeshwan  
 Dr Lasantha Ganewatta  
 Prof Shehan Williams  
 Dr Namal Wijesinghe  
 Dr Sriyani Samaraweera  
 Dr Priyamali Jayasekera  
 Dr Lalindra Dias  
 Dr Nandana Dickmadugoda  
 Dr S. Anandarajah  
 Dr E. M. Narangoda  
 Dr K. V.C.Janaka

#### July to August course

Dr Ranga Weerakody  
 Dr Panduka Karunanayake  
 Dr Dulanie Kottachchi  
 Dr Dhanushka Dasanayake  
 Dr Namal Wijesinghe  
 Dr Kishara Gooneratne  
 Dr Sriyani Samaraweera  
 Prof. Shehan Williams  
 Dr Chamila Methananda  
 Dr Niroshan Lokunarangoda  
 Dr Chamila Dalapadathu  
 Dr Sujeewani Kurukulasooriya  
 Dr Lasantha Ganewatta  
 Dr Sanjeewa Rajapakshe  
 Dr Namal Wijesinghe  
 Dr Lalindra Gooneratne  
 Prof. Madunil Niriella  
 Dr Rishikeshwan  
 Dr Priyamali Jayasekera  
 Dr Nandana Dickmadugoda  
 Dr Lalindra Dias  
 Dr K.V.C. Janaka  
 Dr S. Anandarajah



## 9.2 MD (Medicine) Part II preparatory course

The preparatory courses were conducted to aid the candidates sitting for the MD Part II examination this year. Two courses were held during the year and both were well attended. We thank Dr Upul Dissanyake, Dr Thushara Matthas and Dr Dumitha Govindapala for coordinating the course. A special thank you to Dr Panduka Karunanayake for conducting and Dr Dumitha Govindapala, Dr Thushara Matthias and Dr Shehan Silva for organizing the Communication Skills Course.

Our heartfelt gratitude is extended to all our resource persons for their commitment and dedication.

MD Part 2- First Course	Clinical Course (8 <sup>th</sup> February to 26 <sup>th</sup> February 2019) Communication Skills (25 <sup>th</sup> & 26 <sup>th</sup> February 2019)
MD Part 2- Second Course	Clinical 1st group (15 <sup>th</sup> August to 28 <sup>th</sup> August 2019) Clinical 2nd group (16 <sup>th</sup> August to 27 <sup>th</sup> August) Communication skills (29 <sup>th</sup> August 2019)

## 9.3 MRCP preparatory course

MRCP preparatory course was conducted to enhance the knowledge of the prospective candidates of the MRCP PACES examination. This was held on 1<sup>st</sup> of March 2019 at the ClinMARC building NHSL. The course was well attended and a very positive feedback received from the participants. We thank the course coordinators Dr Panduka Karunanayake, Dr Dumitha Govindapala and Dr Ahamed Riyaz. The following resource persons are acknowledged for their valuable contribution to this course.

Prof Arjuna P. De Slilva

Prof Arjuna Medagama

Dr Chandimani Undugodage

Dr Lasantha Ganewatte

Dr AA Ahaned Riyaz

Dr Panduka Karunanayake

## **10. MRCP (UK) Examinations**

The College facilitated the conduct of MRCP examinations in Sri Lanka and the following examinations were held during the year.

### **10.1 MRCP Part I & II (written) examinations**

During the year, three Part II and two Part I examinations were conducted and we greatly appreciate Prof Rezvi Sheriff, who has been the key figure in this activity since 1999. We specially thank the college staff for coordinating the activities of MRCP examinations.

### **10.2 MRCP PACES**

Two MRCP PACES examinations were held during the year and the first examination took place from 28<sup>th</sup> – 30<sup>th</sup> March at the ClinMARC building NHSL. The second examination was held at the same venue from 10<sup>th</sup> – 12<sup>th</sup> of October 2019. Both these exams were highly commended by the Chief Examiners in their respective reports to the Federation.

There were 28 Sri Lankan and 17 foreign candidates for the March examination and 39 Sri Lankan and 6 overseas candidates for the November examination.

Our heartfelt sincere gratitude goes out to Dr Lalith Wijeratne who represented the College as Federation Leader since 2017. We greatly appreciate the unwavering commitment and hard work of the PACES organizing team who ensured the flawless conduct of both these examinations. A special note of thanks to the College of Anesthesiologists and Intensivists of Sri Lanka for their support in organizing the two examinations.

## 11. Research Grants

### 11.1 CCP Research Grants

Two (2) CCP research grants were awarded during this year and the recipients are as follows:

Dr. Dumitha S Govindapala Consultant Physician & Senior Lecturer in Medicine, General Sir John Kotelawala Defence University

Title: Recognition, diagnosis and Management of overweight and obesity by medical practitioners and assessment of the perception, knowledge and attitudes toward obesity among overweight and obese patients

Dr Thushara Matthias, Consultant Physician and Senior Lecturer, Department of Medicine, University of Sri Jayewardenepura

Title: Prevalence of undiagnosed dyslipidaemia in patients presenting with Acute Coronary Syndrome

### 11.2 Ranji Wikramanayake Research Grants

A total of 6 grants were awarded this year.

Awardee	Project Title
Dr G. J. K.A.A. Jayawardana Senior Registrar Professorial Unit Csth	Social demographic factors, risk profile, associated co morbidities and blood sugar control of Diabetic Nephropathy patients admitted to a Tertiary care Hospital in Sri Lanka
Dr Subatharshini Sountharalingam Senior Registrar Professorial Unit Csth	Demography, presentation, management and outcome of patients with chronic kidney disease admitted to Colombo South Teaching Hospital
Dr. M. Saamir Mohideen- Senior Registrar in Neurology, NHSL	Clinical profile, pattern and evaluation of quality of life measures in a cohort of myasthenia gravis patients attending in a neurologic clinic at National Hospital of Sri Lanka

<p>Dr H. I. Ranathunga Senior Registrar in Endocrinology, NHSL</p>	<p>The prevalence of PCOS among premenopausal females presenting with hyperandrogenism, menstrual irregularity and /or subfertility/ infertility in a tertiary care institute in Colombo</p>
<p>Dr S. Pirasath Senior Registrar in Medicine CSTH</p>	<p>Study on knowledge, awareness of hypertension and adherence to medication among hypertensive patients followed up at Medical Clinics, Colombo South Teaching Hospital Kalubowila Sri Lanka</p>
<p>Dr Prabath K Abeyesundara Senior Registrar in Internal Medicine University Medicine Unit CNTH Ragama</p>	<p>Effects of Selenium and Zinc supplementation in the progression of chronic kidney disease of uncertain etiology in Sri Lanka: Pilot single blinded randomized controlled trial.</p>

## **12. Publications**

### **12.1 Journal of the Ceylon College of Physicians (JCCP)**

The JCCP undertook the task of reviewing the abstract received for the AAS and published the selected abstracts as a supplement to the JCCP

The June 2018, December 2018 issues were published. The June 2019 issue is in print.

The following were appointed to the Editorial board for a period of 3 years

Dr Dushyantha Medagedera

Prof Nirmala Wijekoon

Dr Dinithi Fernando

Dr Achala Balasuriya

Dr Priyamali Jayasekera

Dr Maduwanthi Hettiarchchi

Dr Kishara Gooneratne

Dr Thushara Matthias

### **12.2 College Newsletter**

Ten (10) Newsletters from January to October were circulated via e-mails to the membership. In addition to the activities of the College, the newsletters also included summaries of presentations made at the YPFs.

### **12.3 Medicine Update**

The Medicines updates were circulated as electronic copies to all members this year. Three updates were circulated for the year and we thank Dr Henry Rajatanam for his dedication and commitment for continuing to compile the Medicine Update for the past 26 years.

### **12.4 CCP website**

We thank Dr Udara Perera and Dr Ravidu Kodituwakku for the support given to maintain an up to date College website, HISP Pvt Ltd for maintaining the website and Dr Kishara Gooneratne for overlooking the activities of the website.

### 13. Pre-intern training Programme

Accident & Emergency Care Scenario Training for the Pre-Intern Medical Officers was held in collaboration with the Sri Lanka College of Internal Medicine under the patronage of the Ministry of Health. A total of 1108 pre interns attended the programme. The training programmes were held in five locations throughout the country. We thank all resource persons and coordinators of this programme and Dr Namal Wijesinghe, the National Coordinator for his tireless efforts in coordinating this programme.

<b>Hospital</b>	<b>Date</b>	<b>Coordinator</b>
Kotalawala Defence University Hospital, KDU	23rd, 24 <sup>th</sup> , 26 <sup>th</sup> . 30 <sup>th</sup> , 31st of July and July 01 <sup>st</sup> of August 2019	Dr Priyamali Jayasekara
RDHS office, Unawatuna, Galle	31 <sup>st</sup> of July 2019	Dr Arosha Abeywickrama, Dr Ganake Senaratne
Postgraduate Medical Centre (Teaching) Hospital, Kandy	30 <sup>th</sup> of July and 6 <sup>th</sup> of August 2019	Dr Suranga Manilgama, Dr Maduwanthi Hettiarachchi
Medical Students' Hostel Auditorium, University of Jaffna	22 <sup>nd</sup> of July 2019	Dr N. Suganthan
Professorial Unit Auditorium, Teaching Hospital, Anuradhapura	25 <sup>th</sup> of July 2019	Dr Senaka Pilapitiya, Dr Hemal Senanayake

## 14. Meetings

### 14.1 Finance committee meeting

The Finance Meeting for the year was held on 21<sup>st</sup> May 2019 at the Office of Ceylon College of Physicians. The members present at the meeting were:

Prof Chandani Wanigatunge (PCCP)  
 Dr Suranga Manilgama (Treasurer)  
 Dr H.N Rajaratnam (Trust representative)  
 Dr Naomali Amarasena (Council nominee)  
 Prof S.D. Jayaratne (Council nominee)

Decisions taken in the Finance Meeting are included in the respective minutes.

### 14.2 Past Presidents' meeting

This was held on the 12<sup>th</sup> July 2019. The nominations submitted for the post of President elect of CCP for the year 2020 was discussed at the meeting. Prof Senaka Rajapaksa was elected as the President Elect for 2020 and as the College President for 2021.

### 14.3 Meeting of the Board of Trustees

There were three Meetings Meeting of the Board of Trustees held this year at the Office of Ceylon College of Physicians. The President, President Elect and the Honorary Treasurer of the CCP attended by invitation.

The members present for respective meetings:

01.02.2019	22.03.2019	13.11.2019
Dr Lakshman Ranasinghe	Dr Lakshman Ranasinghe	Dr Nanda Amarasekara
Dr Henry Rajaratnam	Dr Nanda Amarasekara	Dr Henry Rajaratnam
Dr P. Nihal Thenabadu	Dr Henry Rajaratnam	Dr P. Nihal Thenabadu
Dr Nanda Amarasekara	Dr P. Nihal Thenabadu	Prof Chandanie Wanigatunge
Dr J.B. Peiris	Dr J.B. Peiris	Dr Suranga Manilgama
Prof Chandanie Wanigatunge	Prof Chandanie Wanigatunge	Dr Ananda Wijewickrema
Dr Suranga Manilgama	Dr Suranga Manilgama	
Dr Ananda Wijewickrema		

The decisions taken are given in the Annual report of the Trustees for 2019.

#### **14.4 Meeting of the Building Committee**

The following were appointed by the Council to the Buildings Committee to plan and oversee the renovations of the College premises.

Prof SD Jayaratne (Chair)

Prof Chandanie Wanigatunge

Dr Ananda Wijewickrema

Prof Rezvi Sheriff

Dr Sarath Gamini de Silva

Dr Upul Dissanayake

Dr Suranga Manilgama

The structural Engineer appointed for the project

The Committee had four meetings with the architects Mr Roshan Chadrarathne, General Manager, 1:2:4 Designs (Pvt) Ltd and one meeting with the Quantity Surveyor Mr Prasad Jasinghe, Managing Director, 3G Consultants (PVT) LTD and Structural Engineer Mr Nuwan Senaka, Design & Structural Consortium (Pvt) Ltd to plan out the activities. The cost of the renovations was estimated at Rs 30 million and this was approved by the Trustees. The project will commence in 2020 and we look forward to the completion of the project.

Decisions taken in the Building committee Meetings are present in the respective Council minutes

#### **14.5 Meeting with the delegates of the Royal College of Physicians and Surgeons of Glasgow**

Professor Jackie Taylor, President, Royal College of Physicians and Surgeons of Glasgow met the CCP team at the College office on 12th February 2019. Professor Taylor was accompanied by Professor Hany Eteiba, Vice President, Medical and International Director of RCPS and Ms. Lisa McManus, International Manager.

The CCP was represented by Professor Chandanie Wanigatunge, President, Dr Dumitha Govindapala, Honorary Joint Secretary, Dr Suranga Manilgama, Honorary Treasurer and Dr. Upul Dissanayaka, Council Member.



The teams discussed mutually beneficial activities. The RCPS (Glasgow) team agreed to make available the web links of their academic activities to CCP members and discussed the MTI programme through which the RCPS would place registrars in training positions. The CCP team suggested that the RCPS should explore avenues in sending their members for short visits to Sri Lanka to focus on areas such as Tropical Medicine.

### **15. Important decisions taken at the Council meetings**

#### **Cancellation Policy for Registration fees of AAS:**

1. For all registrants:
  1. Registrations cancelled more than 30 days before the event are eligible for an 80% less the bank charges of the registration fees paid
  2. Registrations cancelled less than 30 days, but more than 10 days before the event are eligible for a 50% refund less the bank charges of the registration fees paid
  3. Registrations cancelled less than 10 days before the event are **not eligible** for a refund.

#### **Borrowing of College Mace**

The Council decided not to lend the Mace of the CCP to other Colleges and Associations.

#### **Standing Committees**

The following Standing Committees and Chairpersons were appointed. By the Council to provide improved oversight and guidance to the functions of the CCP which has diversified over the years.

1. Standards of care, quality improvement, patient's safety – Prof Senaka Rajapakse
2. Advocacy committee – Dr Ananda Wijewickreme
3. Education training and research committee - Dr Panduka Karunanayake
4. Membership development and member services – Dr Pradeep Kumarasinghe de Silva
5. Finance committees – President, CCP

Applications have been called from interested Members and Fellows of the College to serve in Committees 1-4. The Finance committee was appointed by the Council.

We thank Dr Amitha Fernando and Dr Wimal Siri Uluwattage for spearheading this activity.

## **16. Overseas Training Opportunities**

### **16.1 The MTI Scheme with the Royal College of Physicians of London**

In April 2019 MTI interviews were conducted by Dr Peter Newman, representative of the RCP London and there were 6 applicants.

### **16.2 The MTI scheme with the East of England Deanery**

For the year of 2019 there were 12 applicants, and interviews were held during the Anniversary Academic Sessions. The interviewers were Dr Barana Millawithana, Dr Lalith Wijayarathne, Dr Chandimani Undugodage, Prof Udaya Ranawaka and Dr Fraz Mir.

## **17. New Members (Until November 2019)**

Twenty one (21) Life Members and 36 Associate Members were enrolled during the year.

### **17.1 Life Members**

1. Dr Fransisco Hettige Dhanushka Shehan Silva
2. Dr Rajitha Asanga Abeysekera
3. Dr Sivagamaroobasunthari Sivanthiran
4. Dr Priyani Apsara Daluwatte
5. Dr Sakunthala Kadotgajan
6. Dr Piraba Kanandeepan
7. Dr D. Pushpa Kantha De Silva
8. Dr A. V. Danesh Lakmal Vithanage
9. Dr Thudugala Nadia Priyadarshika Rathnayake
10. Dr Gajanthan Raveendran

11. Dr Lasanthika Jayamalee Jayaweera
12. Dr Wathuyaye Gamaethiralalage Shashi Gangani Karunaratna
13. Dr Arachchilage Gayani Nimali Seneviratne
14. Dr Mirisse Galbokke Hewage Dinusha Thilakaratna
15. Dr Gangoda Pathirannehelage Upul Pathirana
16. Dr Durga Manohari Hettiarachchige
17. Dr Geerthan Kalaichelvi
18. Dr Shirmila Geethanjalee Kumarage
19. Dr Rajapaksha Kumarennehelage Ajith Dushan Alponsu
20. Dr Senthil Chandrasekaram
21. Dr Nilangika Sandakumari Gonagala Vithanage

## **17.2 Associate Members**

1. Dr Selladurai Pirasth
2. Dr Manikkuwahandi Sanka Kalhara Vijayabandra
3. Dr Vidana Gamage Maduka Sanjeewa
4. Dr Nanedirige Thakshila Nirmani Wimalarathna
5. Dr B.M.D.Bandara Basnayake
6. Dr A.P. Nishan De Vas Goonewardane
7. Dr Mohamed Farook Mohamed Ruswan
8. Dr Thilini Nadeesha Sudusinghe
9. Dr Ahamed Fareed Samsudeen
10. Dr A.M. Nipun Lakshitha De Silva
11. Dr Pubudu Mangala Jayawardana
12. Dr R.M.Buddhisha Sri Mali Sanjeewani Mahanama
13. Dr W.A. Thushan Amila Wijesinghe
14. Dr Isuru Chamika Indeewara Kahandawaarachchi
15. Dr Harsha Anuruddhika Dissanayake
16. Dr Wickramaarachchi Atukoralage Erandi Udeshika
17. Dr Samaratunga Arachchige Dilukshi Niroshiniee Pilapitiya
18. Dr Chamith Thushanga Rosa
19. Dr Jasiththa Anpalagan
20. Dr. Pingamagae Don June Bernard

21. Dr. Dalugama Arachchige Chamara Lakmal Dalugama
22. Dr Jayasooriya Arachchilage Namalee Jayasooriya Ranasinghe
23. Dr Mohamed Nadheem
24. Dr Iddagoda Hewage Don Sandun Prabath
25. Dr Keshinie Randika Samarasekara
26. Dr Fathuma Sharafaath Shariff
27. Dr Herath Mudiyanse Kiridena Ralahamilage Nuwan
28. Dr Weerasinghe Arachchige Harsha Priya Sanjeewa
29. Dr Arthihai Srirangan
30. Dr Nayomi Dananjika Wadduwage
31. Dr Rajapaksha Pathirage Don Asanka Wijayawardhana
32. Dr Janalani Sashikaran
33. Dr (Mrs) Irushana Antonette Perera
34. Dr Dhanushi Ruwanthika Abeynayake
35. Dr Gustinnadura Chinthaka De Silva
36. Dr Vadivel Vijitharan

## **18. The Annual Cricket and Netball Encounters**

### **18.1 Cricket matches played during the year**

The Physicians played four matches in 2019 and won all. The matches were played against the Community Physicians, Cardiologists, Surgeons and Paediatricians. The Cricket team was captained by Dr Athula Weeraratne.

### **18.2 Netball matches played during the year**

The CCP team led by Dr Jayanthimala Jayawardena won the match played in April against the College of Paediatricians.

We thank Dr Nihal Goonethileke and Dr Jayanthimala Jayawardene for coordinating the activities of the cricket and netball teams respectively.

**18.3 Felicitation Ceremony 2019**

A felicitation ceremony was held at the Grand Monarch Hotel, Thalawathugoda on the 28th July 2019 to acknowledge the cricketers and net ball players of the CCP.

**19. College Office**

Administrative Officer	Ms. Manel Hidellearachchi
Academic Affairs Assistant	Dr Ravidhu Kodithuwakku(Pre- intern) Dr Udara Perera (Pre intern)
Management Assistant	Mr K H M Kumara Fernando Ms Kosalie De Silva (January to November 2019) Ms Nilanthi Munagama Arachchi
Peon / Watcher	Mr. Sarath Hettiarachchi

**20. Financial Activities**

We thank the following establishments for assistance rendered to the College finances.

Bankers - Hatton National Bank PLC.

Sampath Bank PLC

Merchant Credit of Sri Lanka Limited

National Savings Bank

National Savings Bank

Bank of Ceylon

Auditors -Ernst & Young - Chartered Accountants

## **21. Acknowledgments**

Many individuals and Associations helped us in numerous ways throughout the year and we extend our sincere gratitude to all of them.

A special acknowledgement is made of the following:

### **Sponsors for the CCP Anniversary Academic Sessions 2019**

**Diamond Sponsor:** Torrent Pharmaceuticals

**Platinum Sponsors:** Cipla Pharma Lanka Ltd, Boehringer Norvartis , GSK,  
George Steuart

**Gold Sponsors:** Abbott, Asiri Hospitals (pvt) LTD, Stafford motors

**Silver Sponsors:** Getz, Zydus Cadila (Sunshine Healthcare), Seven Seas,  
PharmeVo, Sun Pharma, Sanofi Lanka, Bours, Emergen, USV, Lanka Hospitals (pvt)  
LTD

**Other Sponsors:** National Savings bank, Eli Lilly, Dr. Reddy's, Darley Butler & Co.  
Limited, Bagó, Kalbe, Sandoz, GSK consumer, State Pharmaceutical Corporation of  
Sri Lanka, Morisons

#### **Sponsorship of Awards:**

Merit Award for presentations at the Young Physicians Forum 2019: Cipla Pharma  
Lanka

**Sponsors for Young Physicians' Forum - Cipla Pharma Lanka**

**Sponsors for Specialty Update Programme – Zydus Hemas Pharmaceuticals**

**Sponsors for Regional Meeting - GlaxoSmithKline Pharmaceutical**

**Sponsors for transport for Regional Meetings - Zydus Hemas Pharmaceuticals**

**Sponsors for Presentation Skills Workshop - Baur's & Co. (Pvt.) (Sandoz)**

**Sponsorship for the Guest Lecture - CIC Abbott**

## **22. Conclusion**

A sincere heartfelt gratitude goes out to the Board of Trustees, Members of the Council, Past Presidents, Fellows and Members of the College who helped us throughout the year. We appreciate the support given to us by the Office Staff in all activities.

We extend our best wishes to the incoming President and his Council for a very successful year.

.....  
Dr Dumitha Govindapala  
Honorary Joint Secretary

.....  
Dr Thushara Matthias  
Honorary Joint Secretary

341/1, Kotte Road  
Rajagiriya

13<sup>th</sup> December 2019