

# CCP News

*Newsletter of the Ceylon College of Physicians*



**January 2019**

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## The Ceremonial Induction of the President for 2019

The Ceremonial Induction of the new President of the Ceylon College of Physicians (CCP), Professor Chandanie Wanigatunge was held at the BMICH Lotus Hall on 4th of January 2019. This ceremony was attended by more than 350 guests including Fellows and Members of prestigious Ceylon College of Physicians, representatives of professional Colleges and special invitees. Professor Chandanie Wanigatunge is the 43rd President of CCP which was established 52 years ago.

Dr. Panduka Karunanayake the President for 2018 welcomed the gathering and described in brief many activities of the CCP which were carried out throughout the year 2018. He thanked the Members of the Council for 2018 for their dedication and tireless efforts to accomplish the many tasks of CCP over the past year with emphasis on the completion of successful 4 day Annual Academic Sessions and Regional Meetings.

Speaking after her induction as the President for 2019, Professor Wanigatunge thanked the Past Presidents, Fellows and Members of the CCP for electing her to the high office of the President, CCP and promised to do her utmost to be worthy of the trust placed upon her.

Her Presidential address was entitled “Medical Ethics – Challenges and Dilemmas”. She began by highlighting the differences between three closely related areas, namely Ethics, Morals and Law and traced the development of Medical Ethics as a separate specialty. She then went on to discuss selected commonly encountered ethical problems in clinical practice related to “End of Life Decisions and Advanced Life Support”.

Highlighting the socio-cultural issues that have an impact on ethical issues, Prof Wanigatunge stated that applying Western values on which current medical ethics are based on to a local setting, should be attempted with care. She highlighted the need for Physicians to be culturally competent to manage such dilemmas in a sensitive and effective manner.

Stating that patient management goes beyond achieving a Cure, especially for those who have terminal illnesses, she emphasised the need for holistic care, with all involved. She then introduced the theme for 2019, “Beyond Knowledge – Across Boundaries Towards Holistic Care”. She concluded by stating this concept is enshrined in the CCP’s motto “Arogyam, Shanthi, Sukham”, the closest English translation “Cure, Relief, Comfort”, which is also the universal motto of healing and caring for the sick.

During the ceremony two illustrious past Presidents of the College Dr. Rifdy Mohideen (President 2008) and Dr. Naomali Amarasena (President 2009 ) were felicitated.

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# The Ceremonial Induction of the President for 2019



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# The Ceremonial Induction of the President for 2019



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## President's Message

Dear Members,

I thank you for the singular honour in electing me as the 43rd President of the CCP in its 52nd year. I accept this post with great humility, acutely aware of my responsibilities in upholding the principles upon which the College was established in 1967. In keeping with the CCP's objectives, I promise to work towards advancement of knowledge and promote research of our members.



Health demographics are changing. With more people living longer and a significant proportion of them with chronic disorders and disabilities, patient management is moving towards holistic care. This is despite increasing fragmentation of patient care due to the many specialties and sub-specialties in existence today. The problem is confounded by the active but essential involvement of paramedical personnel in patient care. It is this scenario that Physicians are increasingly called upon to be leaders of such a Care Team. In management of such patients, cure from an illness is not the main component. Providing relief where possible and comfort at all times are equally, if not more, important. Our patients expect all these from us, today more than ever.

It is time now for us to rethink our patient management strategies and goals. The College motto, adopted in 1967, "Arogyam, Shanthi, Sukham" – "Cure, Relief, Comfort" eloquently states the ideal role of the Physician, all that is needed from us today is that we think about these aspects of patient care and act accordingly.

Chandanie Wanigatunge  
President CCP 2019

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## CCP Young Physician Forum & College Lecture

The first Young Physician's forum and College lecture were held at ClinMARC auditorium at NHSL on 8th of January. Dr Roshan Priyantha, Senior Registrar from Colombo North Teaching Hospital, Ragama delivered the Young Physicians' lecture on "Artificial Intelligence- Are we losing our jobs?". Dr. Nalayaini Jegatheshan, Specialist Physician in Internal Medicine delivered the College lecture on "Chronic Pain Brain and Body. Which matter most?"

## Nephrology Specialty Update

The first Specialty update for 2019 "Nephrology Specialty Update" was successfully conducted at ClinMARC auditorium on the 28th of January in collaboration with Sri Lanka Society of Nephrology (SLSON) and International Society of Nephrology (ISN) with over 150 in attendance. World renowned nephrologists Dr Fredrick Finklestein from the USA, Dr Neill Duncan and Prof Edwina Brown from the UK adorned this academic activity together with five Consultant Nephrologist from Sri Lanka.

Dr Fredrick Finklestein in his opening remarks stated that the International Society of Nephrology (ISN) is working towards the aim of "0 by 25" (0 deaths from acute kidney injury by 2025) for the prevention of acute kidney injury (AKI). He further stated that there are 1.7 million deaths worldwide from AKI and hence the measures to prevent this catastrophe is imperative. ISN is actively exploring the many challenges of treating AKI in low income settings as the incidence of AKI is on the upward trend. He stated that inadequate training and shortages of health workers, lack of awareness, limited access to health care facilities and limited diagnostic and treatment facilities are the main causes for poor outcomes in AKI in resource poor settings. He emphasized the need to develop educational programs for health care workers, formulate guidelines for management of AKI and the need for the governments to get more actively involved in this regard.

Dr. Nalaka Herath , Consultant Nephrologist from Teaching Hospital Ragama delivered a lecture on " AKI in Sri Lanka: Aetiology and Outcomes". He discussed the causes of AKI in the country elaborating on some research done at Colombo North teaching Hospital. He stated that the main causes for AKI in the country were infections (especially uro-sepsis), dehydration, drugs, and toxins. The less common causes were immune mediated illnesses and snake venom in some parts of the island. He also stressed the need to detect the AKI early so that relevant treatment plan can be implemented.

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# Nephrology Specialty Update

Dr. Neill Duncan from Imperial College NHS Trust UK gave a comprehensive outline of clinical manifestations of glomerulonephritis and management of lupus nephritis.

Dr. Chinthana Galahitiyawa, Consultant Nephrologist who spoke about rapidly progressive glomerulonephritis (RPGN) mentioned that ANCA associated vasculitis has a considerable mortality and morbidity despite achieving remission with medication. Early referral to a Nephrologist to diagnose this from of RPGN (by performing renal biopsy) would be very important as delayed diagnosis can lead to worse outcomes. Dr. Wazil, Consultant Nephrologist gave a detailed lecture on management of renal vasculitis.

Dr. Edwina Brown, Consultant Nephrologist from Hammersmith Hospital United Kingdom spoke about diabetic kidney disease and prevention of chronic kidney disease. Dr. Eranga Wijewikrama discussed about the chronic kidney disease in Sri Lanka including chronic kidney disease of unknown aetiology.



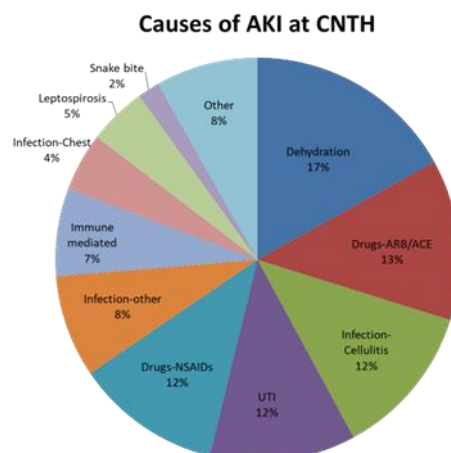
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# Nephrology Specialty Update

## Acute Kidney Injury (AKI) in Sri Lanka

*Dr Nalaka Herath, Consultant Nephrologist, CNTH, Ragama*

- AKI is a serious problem which causes high morbidity and mortality. Epidemiological evidence supports even mild, reversible AKI has important clinical consequences, including increased risk of death.
- Increased severity of AKI was associated with an increased risk of death independent of co morbidities & incomplete recovery causing CKD
- Causes of AKI varies depending on the area of the country. We analysed the AKI data base of Colombo North Teaching Hospital, Ragama from May to December 2018, which showed following results.
  1. Drugs, dehydration, infection associated AKI and urosepsis were commonest cases of AKI.
  2. Russell's & humped nosed viper bites were accounted for the snake bite related AKI.
  3. Star fruit ingestion is a rare cause of AKI.
  4. Incidence of AKI in ICU patients are high as 60%. It is associated with poor outcome and reduced survival. Some of these causes are preventable especially drugs and contrast induced AKI.
  5. Contrast induced nephropathy is a common condition needing more attention. Adequate pre and post intravenous hydration is the main stay of prevention of contrast induced nephropathy.
  6. Early diagnosis of AKI is important. High serum creatinine is a late phenomenon. Monitoring of urine output & drug levels, UFR, tubular markers and high degree of suspicion will lead you to diagnose AKI early.
  7. Prevention of AKI is always important. Early establishment of renal perfusion by volume expansion and or use of inotropes, avoidance of nephrotoxic medications and contrast are the most important steps in preventing AKI in high risk patients.
  8. In established AKI, limiting the extent of injury by stopping all culprit medications, volume expansion, monitoring and timely renal replacement therapy will improve the prognosis.



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## Forthcoming events

### February:

- Council meeting: 8th February at the College office
- Young Physician's Forum: 12th February, 2019 at 11.30am, at ClinMARC auditorium National Hospital of Sri Lanka.
- Guest Lecture - "New Exciting Developments in Management of patients with Vestibular Disorders", by Prof Herman Kingma, Professor of Clinical Vestibulogy, Maastricht University, Netherlands: 14th February 12 noon to 1 pm, at ClinMARC auditorium National Hospital of Sri Lanka.
- MD part 2 preparatory course: 8th to 28th February

### March

- PACES Prep course : 1st March, at ClinMARC National Hospital of Sri Lanka.
- Young physicians forum : 5th March at Kandy.
- Regional meeting : 6th March at Matale.
- Council meeting and council photograph: March 8th, 2019 at the College office.
- PACES examination: 28th to 30th March, at ClinMARC National Hospital of Sri Lanka.