

CCP News

Newsletter of the Ceylon College of Physicians



June 2018

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All geared for the annual academic sessions!

Preparations are all afoot for this year's annual academic sessions. It is going to be an unparalleled event – with 12 plenaries, 18 symposia, 18 teaching capsules for registrars and senior registrars, 3 teaching capsules and 3 workshops for senior registrars, and several workshops for specialists. So keep the dates free: September 12-15 at the Galadari Hotel Colombo.

We are waiting for your free papers and applications for orations – please visit our website for details. ***The deadline has been extended! The new deadline is July 10.***

The fellowship applications will soon close – so hurry, if you were planning to apply and still haven't! The details are on our website.

Very soon the conference App will come online, so you will be able to find details of the program, the speakers etc., and plan your attendance to the minute. Keep an eye on the College website for details, and watch out for our email notifications as well.

Join us at the regional meeting in Matara

This year's first regional meeting will be held in Matara on July 20. It promises to be an unprecedented event. The main sponsor of the event is GSK.

On the morning, there will be three parallel activities:

- A series of training modules on emergencies for medical officers, at the GH Matara auditorium.
- A symposium for nurses at the RDHS office in Matara.
- A soft skills workshop for specialists, at the Solis Hotel Matara (see website for details), sponsored by PharmEvo.

In the afternoon following lunch, the program for doctors (medical officers and specialists) will continue at the GH Matara auditorium, with several important update lectures.

Details are on our website.

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The College joins the Royal College of Physicians of London's 500-year celebrations

The College joined in the celebrations of the Royal College of Physicians of London's 500-year anniversary this year, when Dr Panduka Karunanayake, the College President, joined the RCPL at its international presidents' meeting and the Garden Party (June 23), and the Innovation in Medicine 2018 conference (June 25-26).

Dr Karunanayake presented Dame Jane Dacre, president of the RCPL, a special gift from our College to commemorate the event – a beautiful silver-plated 'punkalasa'. The engraving on the gift read:

"The fellows and members of the Ceylon College of Physicians convey their congratulations and felicitations to the fellows and members of the Royal College of Physicians of London, United Kingdom, on the occasion of their quincentenary celebrations and offer best wishes for continuing vitality, vigour and excellence and global leadership for the centuries to come. Sri Lanka 2018."

The RCPL was established in 1518 by a Royal Charter from King Henry VIII, and is the world's first medical professional college. During the international presidents' meeting, which was attended by presidents of physicians' colleges from England, Australia, Bangladesh, Ireland, Hong Kong, Pakistan and Sri Lanka, many common worldwide challenges and issues were discussed, and Dr Karunanayake's suggestion to make a common statement on the current global situation was adopted.



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Emergency Medicine Specialty Day concluded successfully

A star-studded cast delivered a highly successful Specialty day on Emergency Medicine on June 1 at the ClinMARC auditorium, the third for the year. It was sponsored by Zydus.

Topics covered included acute breathlessness, shock, and febrile thrombocytopenia. Diagnostic and therapeutic technologies discussed included NIV, CXR, ECG, ABG/VBG, inotropes, and POCUS.

The program was coordinated by Dr Krishantha Jayasekara, consultant physician.

Dr Channa Wijesinghe, founder-secretary visits the College

The Council of the College had on June 8 the privilege of meeting and hosting to lunch Dr Channa Wijesinghe, who (along with Prof NDW Lionel) was the founder-secretary of our College in its first Council of 1967.

Dr Wijesinghe reminisced the early days before and after the setting up of our College. He also had a memorable reuniting with Dr Lakshman Ranasinghe, who was also a member of the inaugural 1967 Council and is now our Council's Trustee-representative. A gift with mementos was presented to Dr Wijesinghe by Dr Naomali Amarasena on behalf of the Council.



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Young Physicians' Forum goes to Karapitiya

Keeping on its promise to take the YPF to the outstations this year, the College conducted its first YPF sessions on June 14. The event was sponsored by Cipla.

Six senior registrars competing for the top award and 3 new merit awards took part, covering a wide variety of interesting and important topics. The event was conducted in collaboration with the Galle Medical Association, and was coordinated by Dr Arosha Dissanayake, ably assisted by Dr Ganaka Senaratne – both former winners of the Wijerama Award for the best presentation at the YPF in the past.

Leptospirosis laboratory diagnosis guidelines and leaflet

The national reference laboratory for leptospirosis at the Medical Research Institute (MRI) Colombo has now established PCR testing for leptospirosis, which has significantly improved laboratory diagnosis and helped in acute management. The test is offered free to the state sector and for a nominal fee to the private sector. The results are issued immediately via email, cutting short the waiting time considerably.

The laboratory has also issued two documents:

- Guideline for collection and transport of specimens for the diagnosis of leptospirosis to Medical Research Institute (for doctors)
- An information leaflet on leptospirosis (in Sinhala, for the public)

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Leptospirosis laboratory diagnosis guidelines and leaflet

Guideline for Collection and Transport of Specimens for the Diagnosis of Leptospirosis to Medical Research Institute

Laboratory Test	Right Specimen to collect	Best time for collection	Transport conditions	Turn-around-time	Comments
Culture for Leptospira Important to detect local antibiotic resistant strains Inoculate at the bedside into the enrichment media under strict aseptic condition	Fresh blood: 2 drops in to EMJH medium OR 5mL whole blood (EDTA) CSF: 0.5 mL in sterile screw capped bottle	Within 7 days of start of illness and before starting antibiotics Within 10 days of start of illness	At room temperature, dark place without direct exposure to sunlight Ideally, whole blood +4°C / serum	We immediately inform ward by telephone, when growth is present. Negative report issued after 6 weeks of incubation.	Blood for culture should not be done when disease onset is more than 10 days Large volume of blood into culture tubes may inhibit the growth of leptospira After 7 days, consider serological tests
PCR for Leptospira	3mL whole blood in EDTA OR clotted blood /serum CSF: in plain sterile bottles	Within 7 days of start of illness Within 10 days of start of illness	Ideally, whole blood +4°C / serum	24 - 48 hours	After 7 days, consider serological tests

Guideline for the collection and transport of specimens for the diagnosis of leptospirosis

Microscopic Agglutination Test (MAT)	5 mL clotted blood OR 3 mL serum, collected into plain sterile bottle	<u>1st sample:</u> After 7 th day of illness <u>2nd sample</u> 10-14 days after the 1 st sample	Room temperature	48 Hours Results can be given within 24 hours over the phone	'Serological Reference test' A negative serological result in early illness does not exclude leptospirosis
ELISA* - IgM	3-5 mL clotted blood in sterile plain bottle	After 5 th day of illness	Room temperature	Within 48 hours	For early 'presumptive' diagnosis. Should confirm by MAT
Postmortem specimens	Samples should be collected aseptically as soon as possible after death. They should be inoculated into culture media immediately, or keep in +4°C for serological tests or PCR.				

*ELISA - Enzyme-Linked Immunosorbent Assay, RT - room temperature

Leptospirosis laboratory diagnosis guidelines and leaflet

Please note:

1. Confirmed case of leptospirosis is defined as suspected patient with a positive result by MAT, PCR or culture **ONLY**.
2. A **short clinical history** (symptoms, duration, complications if any, whether the patient received prophylactic antibiotics) with risk of exposure and occupation should be included in the request form. Duration of fever at the time of request for the test is **very important**.
3. Since all the above tests are special tests, if the **clinical history is not available** in the request form, the **results will be delayed**.
4. Selection of the test should be based on the duration of the illness of the patient.
5. Collect the tubes with culture medium for leptospira from room no. 344, Department of Bacteriology, 2nd floor, MRI
6. A duly filled request form such as MRI Health 275 or Health 359 should accompany the specimen.
7. The specimen receiving counter at MRI is **open 24 hours, 7 days**
8. Collect the reports from the receiving counter. For urgent results, contact MRI Ext - 344. Reports can be emailed or fax on request.

For Further Information, Please Contact:

Dr. Lilani Karunanayake
Consultant Clinical Microbiologist
National Reference Laboratory for Leptospirosis
Department of Bacteriology

Updated April, 2018

DR DANISTER DE SILVA MAWATHA • COLOMBO 8 • SRI LANKA
PHONE: 94-11-2693532-5
EXT:344 LEPTOSPIRA REFERENCE LABORATORY
FAX: 94-11-2691495

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වෛද්‍ය පර්යේෂණායතනයන් පණිවිඩයකි!

❖ ලෙප්ටොස්පයිරෝසියාව (Leptospirosis) ගැන ඔබ දැනුවත් ද?

- මෙම රෝගය ලෙප්ටොස්පයිරා බැක්ටීරියාව මගින් ආසාදනය වේ.
- ශ්‍රී ලංකාව තුළ "වරායොට්" "පයිලෝසිස්" "කෙ"මිටොමොනාලිස් "කෘෂ්ඩියන්ට්" අයත් ලෙප්ටොස්පයිරාවන් බහුලව දැකිය හැකි බව දන්න ඔබින් අනාවරණය වී ඇත. මෙහි රෝග ව්‍යාප්තයන් ගවයන් සහ මීයන් වේ. මේ සතුන්ගේ අසාදිත මුත්‍රය පරිභෝජනය වීමෙන් අපට ලෙප්ටොස්පයිරෝසියාව වැළඳේ.

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- කුඹුර වැඩවල නිරත වුවාද ?
- කම්මන්, කෙතන්, සෙල්ලං කළාද?
- වැව්, ගංගා, අත්හැර දමන ලද හෝ නොදන්නා මුං වලින් නැව්ද?
- එළි මහතේ වැඩ කළාද?
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- ඔබගේ රුධිර පරීක්ෂණ අපගේ රසායනාගාරය වෙත යොමු කරන්න.

ලෙප්ටොස්පයිරෝසියාව කඩිනමින් හඳුනා ගත හැකි රසායනාගාර සේවාව කොළඹ බොරැල්ල වෛද්‍ය පර්යේෂණායතනයේ නොමිලේ ලබා ගත හැක. ලෙප්ටොස්පයිරෝසියාව සඳහා අප ආයතනය තුළ පහත පරීක්ෂණ කිරීමේ කාර්යය.

- PCR පරීක්ෂාව
- MAT පරීක්ෂාව
- රෝපණ පරීක්ෂාව

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Cricket: Champika (4 for 30) and Wasantha (68 not out) shine in Physicians' victory over Obstetricians

By Dr Nihal Gunathilaka

The seventh annual 25-over cricket encounter between Physicians and Obstetricians/Gynaecologists was played at the Prison Grounds on June 3. The event was sponsored by Zydus.

Physicians led by Athula, playing on this ground for the first time, won the toss and put the Obstetricians to bat. They were given a steady start by openers Dinesh and Peshala until they were separated in the seventh over, when Dinesh was caught in the covers by Yapa off Champika for 22. Left-handed Diluk coming at the fall of the first wicket, played stylishly to score 38 with 6 sixes until he was deceived by a slower ball from Ravi Wijesinghe. The Obstetricians lost momentum after losing Diluk and lost wickets at regular intervals. Their final score of 156 for 8 was largely due to some clean hitting by Lalindra Weerasena, who managed to get 24 in the last 2 overs and remained unbeaten on 28. Champika bowled intelligently and claimed 4 for 30.

Chasing 157 for victory, Physicians started cautiously. Disaster struck in the 4th over, when Sumith Warnasuriya claimed the prize wickets of Nishan and Saman with the score at 14. Dilshan Joined Athula and together they steadied the innings with sensible batting, adding a vital 60 in 10 overs. Athula's contribution was a steady 34 including 2 sixes. Wasantha joined Dilshan who was batting solidly at this stage, with Physicians still needing 84 runs for victory. Wasantha made his intentions clear in the very first ball he faced, pulling it for a six. The Obstetricians bowled well during the next 7 overs, allowing the physicians only 38 runs and claimed the wicket of Dilshan who was caught at deep square leg for a well compiled 42, which included 1 six and 3 beautiful cover drives for four. The 22nd over bowled by Sumith turned the game in Physicians' favour, when Wasantha scored 23 runs. The Physicians reached their target in the 24th over with Wasantha remaining unbeaten on 68, an innings lasting a mere 32 balls, studded with 8 sixes and 2 fours.

Cont.....

Cricket: Champika (4 for 30) and Wasantha (68 not out) shine in Physicians' victory over Obstetricians

The victory increased the Physicians' tally in the series to 3 wins, with Obstetricians leading with 4 victories. Champika received the best bowler's award while Dilshan received the best batsman's award. Wasantha was named the Man of the Match.

This match concluded the games for this year, where Physicians won all the matches for the third consecutive year under the capable leadership of the dynamic all-rounder Athula Weeraratne.

The Physicians were represented by Athula Weeraratne (captain), Saman Kularatne, Nilantha Gamage, Yapa Udayakumara, Ravi Wijesinghe, Dilshan Priyankara, Wasantha Abeywickrama, Nishan Vaas, Sumudu Wickramasinghe, Champika Samankumara and Janaka Pathiraja.



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Forthcoming events

- July 10: Young Physicians' Forum (sponsored by Cipla) and College Lecture, at 11.30 am the ClinMARC auditorium, NHSL.
- July 10: The extended deadline for submission of free paper abstracts and orations for the annual academic sessions, and for fellowship applications for 2018.
- July 20: Regional meeting at Matara (main sponsor GSK), with the soft skills workshop for specialists (sponsored by PharmEvo).

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