

PRESIDENT'S MESSAGE

Dear Members and Fellows,

This will be the final newsletter for 2009 and as your president. I would like to thank you for the confidence you placed in me and say what a privilege it was to hold this office during such a challenging period during the history of this country.

I am writing to you after the conclusion of a very busy period conducting the 42nd Annual Academic Sessions, the high point of the academic calendar of the CCP. The colourful inauguration ceremony was graced by Justice Shiranee Tilakawardene, our chief guest, who mesmerized the audience with her powerful dissection of "A Murder of a Judge" which was a theme quite out of the common way. The P.B.Fernando orator Dr. Kolitha Sellhewa too held his audience with his practical and topical discussion on "A clinician's approach to the management of dengue".

The annual sessions held over a period of three days were an enormous success. We had 273 participants and 38 speakers. 19 speakers were from overseas, with the United Kingdom being well represented. The other speakers were from India, Australia, USA and Singapore. The pre congress session on cardiology was very successful and culminated in a debate between a cardiologist and a cardiac surgeon who kept the audience enthralled with their verbal duel. All the symposia, plenary and guest lectures were of the highest quality. The College joined the Society of Critical Care and Emergency Medicine and the Menopause Society to conduct two symposia. The interactive session on ECG's conducted once again by the dynamic Dr. Yash Lokandwalah was a great success, although a little more interaction on the part of the participants would have made it more interesting.

Although the program was planned keeping our postgraduate trainees in mind, Dr. John Dent from Dundee University conducted a useful lunchtime workshop for trainers. A symposium on evidence based medicine was thought to be one of the highlights of the program. In spite of the sessions being well attended, the participants were mainly postgraduate trainees. The continuous trend of poor participation by our own members is worrying. Our outstation members were conspicuous by their absence. This is unfortunate as CPD certification is due to be implemented.

This year there was a large number of submissions for orations and free papers and after many years all 3 orations were delivered by our members who had submitted their own research. I hope this trend will continue.

The Royal College of Physicians of London was well represented. An important aspect of this was the interest expressed by the RCP, London in expediting the placement of Sri Lankan postgraduate trainees in the UK. Dr. Nick Beeching, Associate International Advisor, RCPL arrived a week before the academic sessions and conducted interviews with postgraduate trainees who had been pre selected by the PGIM. These interviews were held in the College auditorium with Dr. Ragunathan, Chairman, Board of Study of Medicine and I assisting Dr. Beeching conduct them. During the sessions a breakfast meeting hosted by the RCP, London was held in the Ebony room, Cinnamon Grand with the participation of Fellows and council members of the CCP, Professor Rezvi Sheriff, Director PGIM and trainees who had come for the interviews. The meeting was chaired by Dr. Michael Cheshire, Clinical Vice President of the RCPL. The International Sponsorship Scheme (ISS) was discussed along with plans for smoothing the way for postgraduate trainees in medicine to obtain placements in the UK. Details of the ISS scheme will be posted in our website. The effort made by the RCPL to obtain placement for trainees from Sri Lanka is a tribute to the quality of our postgraduate trainees.

The corporate sponsors rallied round the college during this period of a global economic meltdown and helped a great deal towards making the academic sessions a success. We also have made a tidy profit which will help us in running our day to day college activities.

The college website was successfully re launched a week before the academic sessions with a more user friendly format. All college lectures, lectures delivered during the Young Physicians Forum and during the academic sessions will be accessible to our members through the website.

There is still some unfinished business to be completed. Namely the Health Sector Development Project, where the remaining workshops need to be conducted. We still have to conduct a joint session with a peripheral

clinical society using Skype. I hope we will achieve it before the end of the year. The Non Communicable Disease clinics at the IDP camps, coordinated by the CCP are scheduled to begin this month.

I would like to take this opportunity to thank all those who helped me in making 2009 a successful year for the council. Chandanie and Rohan our two energetic secretaries worked tirelessly the year round. Their innovative ideas went a great way towards making many changes in our academic program this year. The rest of the council too did a tremendous job, so too did some of our other members, particularly when it came to organizing the

academic program for the sessions. Our meticulous treasurer Dr. Nihal Gunatilleke guided the college finances to a very healthy position. The support of the administrative staff Mrs. Pinto, Medha, Nayanarisi and Sarath as well as Dr. Rasantha Kuruppumullage of the HSDP project, has been fantastic. I am sure the new President will find their commitment and experience a great help.

Wishing you the best in health and happiness for 2010.

Naomali Amarasena
President CCP
October 2009

ANNUAL ACADEMIC SESSION 2009 - AWARDS

- ❖ **Best Presentation for the Young Physicians Forum**
Dr. Wasanthi Rathnayake
- ❖ **The Most Innovative Outstation Physician**
Dr. Nandana Dickmadugoda
- ❖ **Dr. Soma de Sylva Award for the best performance in the Selection Examination in Medicine – 2009**
Dr. D Nandadewa
- ❖ **Dr. EM Wijerama Award for the best oral presentation**
Effect of meditation on symptoms of stress and depression in cancer outpatients in Sri Lanka
de Vas Goonewardane A.P.N, Jayaratne C, Daminda RMG, Dayasiri MBKC
- ❖ **Dr. K Rajasuriya Award for the best poster presentation**
Prevalence and correlates of tobacco use among adolescent school children in Sri Lanka
Liyanage IK, Wickramasinghe WAKK, Kulatunga S, Palmer P, Karunathilake IM, Piyadigama I, Pathirana ACA, Withanage T, Mathews DR, Katulanda P
- ❖ **Dr. Henry Rajaratnam Award for the best free paper (oral presentations) in Endocrinology, Diabetes and Metabolism**
Association of body height with diabetes, blood pressure and metabolic syndrome among Sri Lankan adults
Ranasinghe P, Jayawardana MANAAD, Ganegoda UA, Constantine GR, Sheriff R, Matthews DR, Katulanda P
- ❖ **Dr. JB Pieris award for the best performance in the Neurology Quiz**
Non-Neurologist Category
Dr. P. A. Semage

HIGHLIGHTS OF ANNUAL ACADEMIC SESSIONS - 2009

The ceremonial procession



Justice Shiranee Tilakawardene lighting the lamp of learning. President, CCP and President RCPL looks on.



Dr Naomali Amarasena, President, CCP welcoming the guests for the 42nd Annual Academic Sessions



The Council



Justice Shiranee Tilakawardene, Chief Guest, addressing the audience
"Life is learning to live victoriously in times of trouble."



Dr Mike Cheshire, Clinical Vice President, RCP London, addressing the audience



Prof Mohan Nair receives the Honorary Fellowship of the Ceylon College of Physicians



Dr Jeremy Torstveit receives the Honorary Fellowship of the Ceylon College of Physicians



Dr Wasanthi Ratnayake receives the award for Best Presentation of the Young Physicians Forum Award – 2009



Dr Nandana Dickmadugoda receives the award for the Most Innovative Outstation Physician - 2009



Dr Kolitha Sellahewa receives the P.B. Fernando Memorial Oration medal



Shiva Thandava – from the cultural performance



BREAKFAST MEETING WITH RCP, LONDON

A breakfast meeting was held with the RCP, London on 25th September 2009 to discuss the issues faced by Sri Lankan physician trainees when trying to obtain placements in UK. The RCPL was represented by Dr Mike Cheshire, Clinical Vice President, Dr Nick Beeching, Associate International Director (South Asia), and Ms. Naa Akleh Noi, ISS Coordinator in the International Office. The President and senior members of CCP, Prof Rezvi Sheriff, Director, PGIM and few post MD trainees attended the meeting.

The RCP delegates explained to the participants the procedure to be adopted when applying for physician trainee posts in UK.

The participants also discussed the problems faced by the trainees and how to overcome these.



Dr Mike Cheshire with some trainees

Message from Dr Nick Beeching to postgraduate trainees

Physician trainees in the UK

The situation for trainees wishing to go to the UK has improved considerably over the past year, and now works well. However, few British consultants are familiar with the recent changes in the International Sponsorship Scheme (ISS) and it was apparent during recent discussions in Colombo that some Sri Lankan trainees are having difficulty identifying trainers in the UK who will accept them. We also identified some other bureaucratic problems which we will try to resolve and we will do our best to educate our colleagues about the new system, as many people are still keen to host trainees from Sri Lanka.

Meanwhile, a booklet – *International Sponsorship Scheme & Tier 5 Support Handbook for Sri Lankan Doctors* has been prepared by the International Office of the RCP London. Once you have identified a trainer in the UK or if you wish to use our evolving job

matching scheme, whereby the RCP tries to find a placement for you, follow the instructions in the booklet and consult the International Office website at www.rcplondon.ac.uk/international/Pages/international.aspx. The process can now be completed in as little as 2 months. The important thing is NOT to apply separately to the UK GMC or Home Office, as this confuses the situation rather than speeding things up.

Miss Naa Akleh Noi, who some of you met in Colombo, is the ISS Coordinator in the International Office who looks after trainees from Sri Lanka. You should contact her if you need further advice or assistance. Her email is Naa.No@rcplondon.ac.uk.

We are in regular communication with the Director, PGIM and the President, CCP about developments and hope that you will provide both them and us with regular feedback about any problems (and successes!).

Dr Nick Beeching FRCP FRACP
Associate International Director (South Asia)
Royal College of Physicians of London

NEW MEMBERS AND FELLOWS - 2009

LIFE MEMBERS

Dr. S. Gheteeswaran No. 96, 1st Cross Street JAFFNA	Dr. Eranga S Wijewickrama 109/1, Divulpitiya BORALESGAMUWA	Dr. N. Suganthan No: 93/2A, Hilda Lane DEHIWALA
Dr. B. Thamotharan No. 18, International Buddhist Centre Rd COLOMBO 06	Dr. R. W. H. J. P. Waidyasekara Ananda Mawatha Kithulampitiya GALLE	Dr. A. M. Anupama Adhikari "Ranweli" Wadugoda HIKKADUWA
Dr. R. A. Upul Rathnasiri No: 60/6, 1/1 Wiliyam Gopallawa Mawatha KANDY	Dr. Randula Samarasinghe No: 279/4, Chandana Gardens Pamunuwa Road, Pamunuwa MAHARAGAMA	Dr. A. D. J. P. K. Athukorala 91/B, Hiripitiya PANNIPITIYA
Dr. V. Sujanitha No: 17/5, Kawdana-Attidiya Rd Kawdana DEHIWALA	Dr. H. M. N. Jeewa Herath "Dangahena", Wilgamuwa Wennoruwa ALAWWA	Dr. P. Sutharsan No: 42, 3/3, Rudra Mawatha COLOMBO 06
Dr. D. M. Chaminda Gamage "Champa", Dehiwinna ETTAMPITIYA	Dr. N. Padmalal Gurugama 203/2A, Uduwana HOMAGAMA	Dr. S. A. Chanaka Nandasiri 6/6, Papiliyana Road NUGEGODA

<p>Dr. N. L. A. Dissanayake 280/4, Elhena Road Siddamulla PILİYANDALA</p>	<p>Dr. N. Arunthavachelvam Daffodil Apartment No: 426/16 - ¾ K. Cyril C. Perera Mawatha COLOMBO 13</p>	<p>Dr. R. Thambippillai No: 5, 3/1, Francess Lane Wellawatte COLOMBO 06</p>
<p>Dr. Janath R. M. Liyanage Sudharshan Mawatha Malkaduwwa KURUNEGALA</p>	<p>Dr S. Prabhakaran 18, Fussels Lane Wellawatte COLOMBO 06</p>	

ASSOCIATE MEMBERS

<p>Dr. G. J. Pratheepan Q/10, Soyza Flats Moratuwa</p>	<p>Dr. W. M. Thusitha Muhandiram AX 18G, Mangala Road Colombo 08</p>	<p>Dr. S. A. Abhayaratna No. 5/1, Gunasekera Lane Colombo 08</p>
<p>Dr. G. B. L. Samarasekera 3/115, Sadaham Mawatha Walpola, Angoda</p>	<p>Dr. Avanthi Vidanagamage No: 16, Elliot Place Borella, Colombo 08</p>	<p>Dr. W. S. Priyankara Perera No: 18/2, School Garden Weliweriya (WP)</p>
<p>Dr. K. C. Dinushi Mettananda "Sisira", Polgasowita</p>	<p>Dr. N. C. Lokunarangoda Chitral, Ihala Lelwala Wanduramba, Galle</p>	<p>Dr. H. E. M. I. W. K. Mahendra Ekanayake 111, Thalawathugoda Road Pitakotte, Kotte</p>
<p>Dr. S. Geethnjalee Kumarage 19/47 Gurugama</p>		

FELLOWS

Honorary Fellowships	Fellowships conferred in Person	Fellowships conferred in absentia
<p>Prof. Mohan Nair Dr. Jeremy Torstveit</p>	<p>Dr Arjuna Priyadarsin De Silva Dr Lalith Ekanayake Dr J Indrakumar Dr Ranjith Kalupahana Liyanage Dr R M Dushantha Madegedara Dr Udaya Kumara Ranawaka Dr Chitranganie Sukumal Perera Dr Bimsara Sajotha Nalin Senanayake Dr Sisira Hemananda Siribaddana</p>	<p>Dr Wasantha P Dissanayake Dr Selvanayagam Niranjan Dr Gotabhaya Ranasinghe Dr Manjula Ratnaweera Dr Deshapriya Ananda Wijewickrama</p>

CEYLON COLLEGE OF PHYSICIANS
CALL for APPLICATIONS
for
Professor K Rajasuriya Oration 2009

The Ceylon College of Physicians invites applications for the above oration

- Please submit FOUR copies of the script with a covering letter and CV.
- Three copies must be anonymous, while the fourth should indicate the name of the applicant along with his/her current position and place of work.
- The deadline for receipt of applications is **3.00 pm on Friday 27th November 2009.**

Please contact the College office for any clarifications.

Hony Joint Secretaries

Ceylon College of Physicians

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COLLEGE NEWS

Annual General Meeting

4th December 2009, CCP Office, Rajagiriya, at 7.00 p.m.

Induction of the New President for 2009

23rd January 2010, Cinnamon Grand, Colombo at 6.00 p.m.

College web site

Has been revamped and upgraded. It can be accessed at <http://www.ceycolphysicians.org/>

Annual General Meeting – Friday 4th December 2009

To all members of the College

6th October 2009

Dear Member,

In terms of the **Section 22, Clause 2** of the Constitution of the Ceylon College of Physicians, nominations are called for the following posts for the year 2010.

<i>1. President - elect</i>	<i>01 Post</i>
<i>2. Two Joint Secretaries</i>	<i>02 Posts</i>
<i>3. Treasurer</i>	<i>01 Post</i>
<i>4. Ten other Council Members</i>	<i>10 Posts</i>
<i>5. Two representatives of Fellows</i>	<i>02 Posts</i>
<i>6. One Member from Sri Lanka College of Pathology</i>	<i>01 Post</i>
<i>7. One Member from Sri Lanka College of Paediatrics</i>	<i>01 Post</i>
<i>8. One Member from Sri Lanka College of Psychiatry</i>	<i>01 Post</i>
<i>9. Three representatives Past Presidents Representatives</i>	<i>03 Posts</i>

- A member serving the third consecutive year in any of the above posts is not eligible for nomination for the same post.
- Nominees for Post in 6, 7 and 8 should be Members of the Ceylon College of Physicians
- Nominations should be made in the enclosed form and **posted under registered cover or personally handed over** to the College Office. Nominations will be received up to 3.00 p.m. on **Thursday 12th November 2009**.
- Resolutions (if any) should be submitted at least 21 days before the meeting (i.e. on or before **12th November 2009**).
- The Annual General Meeting will be held on **Friday 4th December 2009, at 7.00 p.m.** at the College Board Room at 341/1, Kotte Road, Rajagiriya.

Yours sincerely,

Dr. Chandanie Wanigatunge

Hony. Jt. Secretary