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SRI LANKA | SINCE 1967

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Conference Proceedings

58th Anniversary Annual Academic Sessions

CEYLON COLLEGE OF PHYSICIANS

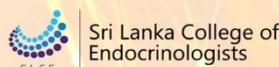
CCP 2025

PHYSICIAN FOR THE FUTURE

10th - 13th September 2025

Cinnamon Life - City of Dreams, Colombo, Sri Lanka

In Association with



SOUTH ASIAN CLINICAL TOXICOLOGY RESEARCH COLLABORATION
Faculty of Medicine, University of Peradeniya - Sri Lanka.





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**CEYLON COLLEGE OF
PHYSICIANS**
SRI LANKA | SINCE 1967

CEYLON COLLEGE OF PHYSICIANS
CCP 2025
PHYSICIAN FOR THE FUTURE

Anniversary
**58th Annual
Academic
Sessions**

Fostering partnerships and impactful collaborations
in association with



**Royal College
of Physicians**



ROYAL COLLEGE
of PHYSICIANS
of EDINBURGH



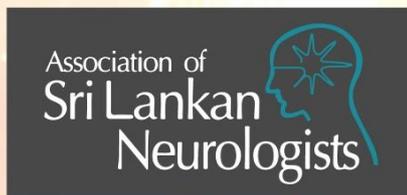
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SRI LANKA COLLEGE OF
INTERNAL MEDICINE



Sri Lanka
Society of Gastroenterology



Sri Lanka College of
Endocrinologists



College of Specialists in
Rheumatology & Rehabilitation
Sri Lanka
1997



Sri Lanka
College of
Cardiology

SLAGM



**SOUTH ASIAN CLINICAL TOXICOLOGY
RESEARCH COLLABORATION**
Faculty of Medicine, University of Peradeniya - Sri Lanka.



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MESSAGE FROM THE PRESIDENT



It is with great pride and privilege that I write this message for the CCP 2025 – the 58th Annual Academic Sessions of the Ceylon College of Physicians (CCP 2025), which will be held from 10th to the 13th of September 2025 at the Cinnamon Life Hotel and Convention Centre, Colombo. This year marks a significant milestone in the journey of our College as we expand our annual sessions into a three-day congress in the post COVID era, enabling broader academic engagement and deeper collaboration in

keeping with our theme ‘Physician for the Future’.

For the first time, all specialty colleges and associations in Sri Lanka in clinical medicine will join hands with the Ceylon College of Physicians to bring together cutting-edge knowledge across the entire spectrum of clinical medicine. This collaboration ensures that our deliberations will not only cover the advances in diagnostics, therapeutics, and clinical practice but will also extend to emerging fields such as medical technology, artificial intelligence, and medical education—areas that will undoubtedly shape the future of healthcare in our country and beyond.

We are deeply honoured to collaborate with our international partners—the Royal College of Physicians London, the Royal College of Physicians Edinburgh, the Royal Australasian College of Physicians, and the Pakistan Society of Internal Medicine all of which will be represented by the respective Presidents. Their engagement reinforces the global nature of our academic sessions and creates a vibrant platform for knowledge exchange. Closer to home, our strong partnerships with the Ministry of Health, the World Health Organization Sri Lanka and SEARO offices, the University of Colombo Faculty of Medicine, and the Postgraduate Institute of Medicine further highlight the collective effort to strengthen the standards of medical practice in Sri Lanka.

Awarding of prestigious Fellowships of the Ceylon College of Physicians and Honorary Fellowships to esteemed overseas colleagues and other awards such as the Best Outstation Physician, Best Young Physician and for those who excelled in postgraduate examinations highlight our commitment to



encourage academic and professional excellence. The launch of CCP CPD portal 'CCP.MyCCP' and the launch of the white paper on Artificial Intelligence on medicine in Sri Lanka two other highlights this.

The scientific programme of CCP 2025 is designed to enrich and inspire. In addition to plenary sessions and symposia spanning every discipline of clinical medicine, these sessions will also contain pre-congress workshops and breakfast capsules tailored for trainees in medicine, ensuring that the next generation of physicians is well-equipped for the challenges ahead. Prestigious academic highlights include the CCP 2025 Oration, the P.B. Fernando Oration, and the K. Rajasuriya Oration, each honoring our rich heritage of scholarship and excellence and being delivered by eminent researchers and academics.

Beyond the scientific programme, our traditions will shine through the 'Felicitation and Networking Evening' on the 11th of September and the prestigious CCP Banquet on the 13th of September. These events will celebrate fellowship, unity, and the vibrant spirit of our CCP, blending academic excellence with camaraderie, music, and joy.

I extend my heartfelt invitation to all Fellows, Members, trainees, and colleagues in medicine to actively participate in CCP 2025. Your presence and engagement will not only enrich the sessions but will also strengthen our collective resolve to advance medicine in Sri Lanka and to position our College as a leader in the region.

Let us come together to celebrate our traditions, embrace innovation, and chart the course for a healthier tomorrow while preparing our physician for the future of medicine both in Sri Lanka and in the global village.

Vidya Jyothi Professor Prasad Katulanda

President

Ceylon College of Physicians - 2025



MESSAGE FROM THE CHIEF GUEST



The 58th Annual Academic Sessions of the Ceylon College of Physicians (2025) sustains a long tradition of Colleges of Medical Specialists in this country, connecting the clinical practice of medicine with the important area of academic research in their discipline. We are living in times of globalisation, of AI, IT and social media. These positive trends in communication and sharing of knowledge and information have also contributed to spreading negative messages on both science and the practice of clinical medicine.

There is a need more perhaps than ever before for clinical practitioners to link with academia in an interdisciplinary environment, as this conference aims to do. Brain storming on its theme: "The Physician for the Future", will provide opportunities to reflect on past experience and current challenges, stimulating thoughtful deliberation and insights by members of the profession. They can together and by networking with others with shared concerns, nationally and regionally, reinforce public confidence in the importance and relevance of science, research and study, in clinical practice as physicians.

I congratulate the College on arranging this conference as an annual event of importance in its calendar. Apart from providing busy professionals with an opportunity for fellowship and networking, the initiative can help strengthen service delivery in public health in this important branch of medicine.

Professor Savitri Goonesekere

Emeritus Professor of Law and Former Vice Chancellor

University of Colombo



MESSAGE FROM THE SPECIAL GUEST



It is with great pleasure that I extend my warmest greetings to the Ceylon College of Physicians on the occasion of its 58th Anniversary Academic Sessions in 2025.

The Ceylon College of Physicians has, over the years, established itself as one of the most prestigious professional bodies in the country, dedicated to advancing the science and art of medicine. Its commitment to fostering academic excellence, promoting evidence-based practice, and nurturing the next generation of physicians has been invaluable to the strengthening of our nation's health system.

At a time when healthcare is constantly evolving, the role of the College in facilitating continuing professional development, encouraging research, and providing a platform for knowledge exchange cannot be overstated. The contributions of the College have not only uplifted clinical practice in Sri Lanka but have also enhanced the country's standing in the global medical community.

On this significant milestone, I wish to acknowledge with gratitude the unwavering dedication of the Fellows and Members of the Ceylon College of Physicians. Their service and expertise continue to inspire confidence and hope in the delivery of quality healthcare to all citizens.

I extend my best wishes for the success of the 58th Anniversary Academic Sessions and for the continued growth and excellence of the Ceylon College of Physicians in the years ahead.

Dr Anil Jasinghe

Honorary Secretary

Ministry of Health and Mass Media

Sri Lanka

MESSAGE FROM THE GUEST OF HONOUR



It is my great pleasure and privilege to be part of the 58th Anniversary Annual Academic Sessions of the Ceylon College of Physicians. The theme of the conference is, “Physician for the Future” which is very pertinent given the changing landscape of medical education and training, increasing patient and societal demands and the role of artificial intelligence, to name a few. We need to think innovatively of how we teach, how we train, how we support our next generation of physicians to make them future proof for the increasing demands and pressures within the medical profession. The need for compassion, empathy, and inclusive supportive leadership is ever-increasing to support each other and enable growth and success for our next generation.

This conference has a wide breadth of both clinical and wider generic professional plenary sessions, small group discussions, workshops with fantastic speakers and delegates from all around the world. I am sure it will be a rich learning experience for you all and I am very much looking forward to seeing you and welcoming you all.

Professor Mumtaz Patel

President

Royal College of Physicians, London

Consultant Renal Physician, Manchester, UK



MESSAGE FROM THE GUEST OF HONOUR



It is my honour to contribute this message to the Proceedings Book of the 58th Anniversary Annual Academic Sessions of the Ceylon College of Physicians. I am deeply grateful to join you as Guest of Honour, and I extend my warmest congratulations to the College, its Fellows, Members, and trainees on this important milestone.

The Annual Academic Sessions have long provided an essential forum for the exchange of knowledge, experience and ideas, for developing new connections and sustaining longstanding ones.

They symbolise the enduring strength of the physician community in Sri Lanka, and its commitment to advancing both the science and the art of medicine, in the interests of patient care. This year's programme, founded around the idea of "The Physician of the Future, and with both local and international faculty, will, I am sure, not only reinforce the clinical and scientific excellence for which the College is rightly known, but also provide an opportunity for reflection on the values that unite us as physicians across the globe.

The ties between the Ceylon College of Physicians and the Royal College of Physicians of Edinburgh are long and strong, founded upon mutual respect, scholarly collaboration, and a shared commitment to improving standards of training, practice, and care. It is my sincere hope that these bonds will strengthen in the years ahead, enabling us to learn from one another and to work together in addressing the challenges faced by our patients and our health systems.

On behalf of the Royal College of Physicians of Edinburgh, I extend my best wishes for the success of these Sessions and for the continued flourishing of the Ceylon College of Physicians in the years to come.

In Fellowship and Shared Purpose.

Professor Andrew Elder

President

Royal College of Physicians of Edinburgh

MESSAGE FROM THE GUEST OF HONOUR



I am privileged to be invited as Guest of Honour for the 58th Anniversary Annual Academic Sessions of the Ceylon College of Physicians. On behalf of the Royal Australasian College of Physicians, I extend my warmest congratulations to the College on this important milestone and to all those who have contributed to advancing medical education, research, and patient care in Sri Lanka.

Events such as these are a powerful reminder of the shared mission that binds physicians across borders: to deliver the highest standards of care, to foster innovation through research, and to nurture the next generation of medical leaders. The Ceylon College of Physicians has a long and distinguished tradition of championing excellence in internal medicine, and its commitment to professional development and lifelong learning continues to inspire us all.

As medicine faces unprecedented challenges—ranging from the demands of rapidly evolving technologies to the complexities of global health—our ability to collaborate internationally has never been more important. These Academic Sessions provide a vital forum for the exchange of knowledge and the strengthening of professional ties, ensuring that our collective expertise benefits the communities we serve.

I look forward to the rich discussions and insights that will emerge from this year's program and to celebrating the enduring partnership between our Colleges.

My best wishes for a successful and memorable conference.

Professor Jennifer Martin

President

Royal Australasian College of Physicians



MESSAGE FROM THE GUEST OF HONOUR



It is a great honor and privilege to send a message for the Proceedings Book of Ceylon College of Physicians - Annual Academic Sessions 2025, September 10-12, 2025, Colombo, Sri Lanka. During my stay, I was impressed by the inspiration and the high level of the Congress as attested by the plenary sessions and experimental studies that presented. The Congress had a clear and vital message to promote Internal Medicine as the cornerstone in delivering high-quality, integrated patient care, especially in a world increasingly shaped by medical sub-specialization. This book will give the opportunity to the attendees and other parties to understand the importance of collaboration in order to share expertise, exchange perspectives, and work together on projects that benefit both our patients and physicians.

Professor George Dalekos

President

European Federation of Internal Medicine

MESSAGE FROM THE GUEST OF HONOUR



It is with great honor and profound pleasure that I extend my warmest greetings to the Ceylon College of Physicians on the occasion of its 58th Anniversary Annual Academic Sessions, CCP2025. On behalf of the Pakistan Society of Internal Medicine, I wish to commend the College for its remarkable legacy of advancing medical knowledge, clinical excellence, and research over nearly six decades.

The Ceylon College of Physicians has consistently demonstrated leadership in strengthening the practice of medicine, guiding health policy, and addressing the evolving challenges of healthcare delivery. Its steadfast commitment to academic rigor and patient-centered care has not only benefitted the people of Sri Lanka but has also resonated far beyond its borders, inspiring regional and international collaboration in internal medicine.

As physicians, we share a common responsibility: to provide compassionate care, uphold the highest standards of professionalism, and embrace innovation in order to meet the needs of our patients. The Annual Academic Sessions embody this spirit by serving as a platform where ideas are exchanged, research is disseminated, and partnerships are forged. The chosen theme for this year reflects both vision and relevance, capturing the challenges and opportunities that define modern healthcare.

The Pakistan Society of Internal Medicine is proud to stand in solidarity with the Ceylon College of Physicians in this noble mission. Together, we can strengthen regional cooperation, enhance academic exchanges, and collectively contribute to a healthier future for our communities.

On this important occasion, I congratulate the President, Professor Prasad Katulanda and the organizing committee of the College while wishing CCP2025 every success. May these deliberations open new avenues of learning, collaboration, and innovation, and continue to inspire excellence in the practice of medicine.

Professor Javed Akram

President

Pakistan Society of Internal Medicine

International Advisor to the Royal College of Physicians, London

MESSAGE FROM THE JOINT SECRETARIES



We are delighted to welcome you to the 58th Anniversary Annual Academic Sessions of the Ceylon College of Physicians 2025 - CCP 2025, organized in Collaboration with the Royal College of Physicians of London, Royal College of Physicians of Edinburgh, Royal Australasian College of Physicians, European Federation of

Internal Medicine and the Pakistan Society of Internal Medicine.

The theme this year “Physician for the future” reaffirms the commitment of the Ceylon College of Physicians to stay abreast of the rapid advances in medicine and its specialties and to ensure dissemination of this knowledge to enhance our healthcare system. The conference program features twenty four symposia, six plenaries and three distinguished orations, alongside three networking meetings to enhance national and international collaboration. In designing this academic programme we have received the expertise of a multitude of specialty colleges, academic educational institutes and the Ministry of Health, Sri Lanka. Complementing the main sessions, we have also organized six pre-conference workshops, primarily focused on enhancing the professional and academic development of specialist physicians and trainees.

We are truly honored to welcome an esteemed gathering of international and local experts, all at the pinnacle of their respective fields. Their expertise will enrich these sessions, ensure sharing of knowledge and generate networking opportunities for further collaboration. Our sincere thanks go to our associate partners, service providers, staff, volunteers, and industry partners, whose support has been invaluable in bringing this event to life. And, of course, a special thank you to you, our delegates as it is your engagement is what truly makes this event meaningful. We hope that the coming conference days will be productive and we look forward to fruitful learning discussion and collaboration.

Welcome to CCP 2025!

Dr Lilanthi Subasinghe & Dr Praveen Weeratunga

Honorary Joint Secretaries - Ceylon College of Physicians

CEYLON COLLEGE OF PHYSICIANS COUNCIL 2025

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58th Anniversary Annual Academic Sessions

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Professor Indika Gawarammana

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Best Publication by a Physician 2024

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Professor S. A. M. Kularatne

Professor M. R. Mohideen

Most Innovative Outstation Physician

2025

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Dr Harshana Sathischandra

Banquet Committee

Professor Thushara Matthias

Dr Solith Senanayake



58th Anniversary ANNUAL ACADEMIC SESSIONS

HIGHLIGHTS

10th - 13th September 2025
Cinnamon Life - City of Dreams
Colombo, Sri Lanka

PRE-CONFERENCE WORKSHOPS

- 08th September - From Idea to Impact: Workshop on Research
- 08th September - Simulation Faculty Workshop
- 09th September - Mastering Sepsis
- 10th September - Workshop on Medical Leadership
- 10th September - Workshop on AI
- 10th September - Workshop for Nurses

INAUGURATION CEREMONY

10th September 2025
The Forum, Level 08, Cinnamon Life - City of Dreams, Colombo
TIME: 6.30 - 9.30 pm

MAIN CONFERENCE

06 Plenaries
24 Symposia
72 Free Oral and Poster presentations

Ceylon College of Physicians BANQUET

13th September 2025
Lumina Ballroom, Cinnamon Life - City of Dreams, Colombo

Orations

Ceylon College of Physicians Oration
Professor P. B. Fernano Memorial Oration
Professor K. Rajasuriya Memorial Oration

Networking Meetings

- Pulmonology
- Geriatrics
- Diabetes and Endocrinology

CCP Quiz



CEYLON COLLEGE OF PHYSICIANS

CCP 2025

PHYSICIAN FOR THE FUTURE



DETAILED PROGRAMME

PRE-CONGRESS WORKSHOPS

Pre-conference workshop – 1 - Research

From Idea to Impact:

Designing and Conducting Research in Clinical Practice

08th September 2025 Time: 8.00 am – 3.15 pm

ClinMARC Auditorium, National Hospital of Sri Lanka

7.45 – 8.00 am	Registration
8.00 – 8.15 am	Introduction & Workshop Objectives Workshop Chair
8.15 – 9.00 am	Identifying a Research Question: From Clinical Problem to Research Idea Professor Saroj Jayasinghe <i>Consultant Physician</i> <i>Professor in the Department of Clinical Medicine</i> <i>Faculty of Medicine, Colombo</i>
9.00 – 9.45 am	Ethics and Regulatory Requirements in Medical Research Professor Carukshi Arambepola <i>Professor, Department of Community Medicine</i> <i>Faculty of Medicine, University of Colombo</i>
9.45 – 10.00 am	Tea Break
10.00 – 10.45 am	Ethics and Regulatory Requirements in Medical Research Professor Shalini Ranganathan <i>Specialist in Paediatrics</i> <i>Professor in Pharmacology</i> <i>Department of Pharmacology,</i> <i>Faculty of Medicine, University of Colombo, Sri Lanka</i>
10.45 – 11.30 am	Developing a Research Protocol: Key Components Dr Dilushi Wijayaratne <i>Honorary Consultant Nephrologist</i> <i>Lecturer, Department of Clinical Medicine</i> <i>Faculty of Medicine, University of Colombo, Sri Lanka</i>
11.30 – 12.15 am	Sample Size & Basics of Statistics for Clinicians Professor Dulani Samaranayake <i>Lecturer, Department of Community Medicine,</i> <i>Faculty of Medicine, University of Colombo, Sri Lanka</i>
12.15 – 1.00 pm	Lunch Break
1.00 – 1.45 pm	Data Collection, Tools, and Managing Bias Dr Dushyanthi Abeyseka
1.45 – 2.30 pm	From Results to Manuscript: Writing for Publication Dr Praveen Weeratunga <i>Senior Lecturer in Medicine,</i> <i>Faculty of Medicine, University of Colombo</i>
2.30 – 2.15 pm	Wrap up, Q & A, and Feedback Workshop Chair



Pre-conference workshop – 2

Simulation

Faculty Development Workshop

In Collaboration with the

Sri Lanka College of Emergency Physicians

08th September 2025, Time: 8.00 am – 5.00 pm

At the Simulation Centre, UCFM Tower

Time	Session	Facilitator(s)	Format
8:00 – 8:30 am	Registration & Welcome Tea	Organising Committee	Informal
8.30 – 8.45 am	Opening Remarks & Workshop Overview	Lead Resource Person	Plenary
8.45 – 9.15 am	Introduction to Simulation-Based Education	Resource Person 1	Interactive Lecture
9.15 – 9.45 am	Principles of Pre-briefing, Facilitation, and Debriefing	Resource Person 2	Interactive Lecture
9.45 – 10.05 am	In-situ Demo 1 – Pacing Scenario (10 min sim + 10 min debrief)	Both	Demonstration
10.05 – 10.25 am	In-situ Demo 2 – Angry Family Member (10 min sim + 10 min debrief)	Both	Demonstration
10.25 – 10.40 am	Group Reflection on Demo Scenarios	Both	Plenary Discussion
10.40 – 10.55 am	Tea Break	—	—
10.55 – 11.40 am	Group A: Practice Pre-brief, Sim, Debrief (Pacing) Group B: Practice Pre-brief, Sim, Debrief (Angry Family)	Resource Persons	Parallel Group Sessions
11.40 – 12.25 pm	Groups Switch Scenarios	Resource Persons	Parallel Group Sessions
12.25 – 1.00 pm	Facilitated Feedback on Group Practice	Both	Plenary
1.00 – 1.45 pm	Lunch	—	—
1.45 – 4.45 pm	Full Simulation Delivery Practice – Groups of 2 rotate running the full scenario (5 repetitions per group, same scenario)	Both	Hands-on Practice
16:45 – 17:00	Reflection, Feedback & Closing Remarks	Lead Resource Person	Plenary



Pre-conference workshop – 3

Mastering Sepsis

Interactive workshop supporting World Sepsis Day

09th September 2025, Time: 8.00 am – 1.30 pm

Neurotrauma Auditorium, National Hospital of Sri Lanka

8.00 – 8.20 am	Registration	
8.20 – 8.30 am	Welcome Address	
8.30 – 8.45 am	Sepsis: What is New? Dr Nilanka Perera <i>Consultant Physician and Senior Lecturer</i> <i>Head, Department of Medicine</i> <i>University Sri Jayawardenepura</i>	
8.45 – 9.00 am	The Right Empirical Antibiotic for Your Patient with Sepsis Dr Mahen Kothalawala <i>Consultant Microbiologist</i> <i>National Hospital of Sri Lanka, Colombo</i>	
9.00 – 10.30 am	Pearls in Management of Sepsis: Interactive Discussion <ul style="list-style-type: none"> • Initial resuscitation • Respiratory support • Management of organ failure 	Dr Dilshan Priyankara <i>Consultant Intensivist</i> <i>National Hospital of Sri Lanka</i> Dr Anushka Mudalige <i>Consultant Intensivist</i> <i>Colombo North Teaching Hospital, Ragama</i> Dr Sankalpa Vithanage <i>Consultant Intensivist</i> <i>Colombo North Teaching Hospital, Ragama</i>
10.30 – 11.00 am	Launch of Antimicrobial Resistance Educational Package for Health Care Professionals	
11.00 – 11.30 am	Tea	
11.30 – 1.00 pm	Rationalising the Antibiotic Option in Sepsis: Case-based discussion <ul style="list-style-type: none"> • Community-acquired pneumonia • Urosepsis • Skin-soft infection 	Panelists: Dr Lakmal Fonseka <i>Professor in Medicine</i> <i>Department of Medicine</i> <i>Faculty of Medicine, University of Ruhuna</i> Dr Malika Karunaratne <i>Consultant Microbiologist</i> <i>National Institute of Infectious Diseases</i> Dr Neranjan Dissanayake <i>Consultant Pulmonologist</i> <i>Teaching Hospital Kalutara</i> Dr Suranga Manilgama <i>Senior Lecturer and Specialist in Internal Medicine</i> <i>University of Sri Jayawardenapura Sri Lanka</i>
		Moderators: Dr Jayanika Jayasinghe <i>Senior Registrar in Medicine</i> <i>Professorial Medical Unit</i> <i>Colombo South Teaching Hospital</i> Dr Suganthika Muthusamy <i>Senior Registrar in Medicine</i> <i>National Hospital Galle</i> Dr Janitha Wickramaratne <i>Senior Registrar in Medicine</i> <i>National Hospital Galle</i>
1.00 – 1.05 pm	Concluding Remarks	
1.05 – 1.30 pm	Lunch	



Pre-conference workshop – 4

Artificial Intelligence

10th September 2025, At IWC Room, 1st Floor, ClinMARC

8.30 – 9.00 am	Registration
9.00 -9.15 am	Introduction AI Vidya Jyothi Professor Prasad Katulanda <i>President - Ceylon College of Physicians</i> <i>Professor in Clinical Medicine, Head – Department of Clinical Medicine, University of Colombo</i> <i>Honorary Consultant Endocrinologist, National Hospital of Sri Lanka</i>
9.15 – 9.35 am	Evolving Landscape of AI Dr Padmini Ranasinghe <i>Co-Director, Hospitalist Education Programs</i> <i>Assistant Professor of Medicine</i> <i>Johns Hopkins Physician, John Hopkins School of Medicine</i> <i>Baltimore, United States</i>
9.35 – 10.00 am	Tea Break
10.00 – 11.00 am	Use of AI in Clinical Practice – AI in Diabetes Care Dr Lalantha Leelaratne <i>Clinical Associate Professor in Diabetes</i> <i>Department of Metabolism, Digestion and Reproduction</i> <i>Imperial College London</i>
11.00 – 12.00 Noon	Maximizing Your Potential: How AI Can Enhance Your Professional Life Today Dr M. T. D. Lakshan <i>Consultant ENT and Head and Neck Surgeon</i> <i>Honorary Senior Lecturer</i>



Pre-conference workshop – 5

Nurses Programme

In collaboration with ET & R, Ministry of Health, Sri Lanka

10th September 2025, from 8.00 am – 1.00 pm

At the Neurotrauma Auditorium, National Hospital of Sri Lanka

7.30 – 8.00 am	Registration & Introduction
8.00 – 8.05 am	Welcome Address Vidya Jyothi Professor Prasad Katulanda <i>President – Ceylon College of Physicians</i>
8.05 – 8.10 am	Address by Dr K. D. P. Wijesinghe <i>Deputy Director General National Hospital of Sri Lanka</i>
8.10 – 8.15 am	Address by Mrs. M. B. C. Samanmali <i>Director of Nursing Ministry of Health</i>
8.15 – 9.35 am	Diabetic Care Diabetic Foot Care Professor Rezni Cassim <i>Consultant Vascular Surgeon Professor, Department of Surgery Faculty of Medicine, University of Colombo</i> Insulin Therapy Dr Dimuthu Muthukuda <i>Consultant Endocrinologist Sri Jayewardenepura General Hospital</i> Dietary Approach Dr Niranjana Meegoda Widanage <i>Consultant Endocrinologist Colombo South Teaching Hospital</i>
9.35 – 10.55 am	Rehabilitation and Palliative Care Care for Dying Adults in the Last Days of Life – “Dying with Dignity” Dr Sandeepana Gamage <i>Specialist Physician in General Internal Medicine District General Hospital, Embilipitiya</i> Nurses’ Role in Stroke Rehabilitation Professor S Gulasingham <i>Assistant Professor, Medical Director, Rehabilitation, CCC and LTC, William Osler Health</i> Nurses Role in Cardiac Rehabilitation Dr Nadeeja Seneviratne <i>Consultant Cardiologist National Hospital of Sri Lanka</i>
10.55 – 11.10 am	Tea Break



11.10 – 11.40 am	Care of Frail Older People in the Hospital Setting Professor Andrew Elder <i>President – Royal College of Physicians of Edinburgh</i> <i>Consultant Physician, NHS Fife and Honorary Professor, University of Edinburgh</i>
11.40 – 1.00 pm	Safety and Quality in Health Care Medication Safety Dr Chiranthi Liyanage <i>Senior Lecturer in Department of Pharmacology</i> <i>Faculty of Medicine, University of Colombo</i> <i>Specialist in Rheumatology and Rehabilitation</i>
	Occupational Safety for Nurses Professor Sudath Warnakulasooriya <i>Professor in Nursing</i> <i>Dean, Faculty of Nursing, University of Colombo</i>
	Role of Health Care Team in Improving Quality of Care Dr Upuli Wijemanne <i>Director – Directorate of Healthcare Quality and Safety</i> <i>Ministry of Health</i>
1.00 – 1.05 pm	Vote of Thanks Ms. Deepani Karunaratne <i>Chief Nursing Officer</i> <i>National Hospital of Sri Lanka</i>
1.05 pm	Lunch



Pre-conference workshop – 6

MEDICAL LEADERSHIP WORKSHOP

In collaboration with the Royal College of Physicians, London

10th September 2025, Time: 09.15 am – 2.30 pm

ClinMARC Building, National Hospital of Sri Lanka - Colombo

Time	Topic	
9.15 - 9.45 AM	Registration	
9.45 - 10.00 AM	Welcome and Introductory Remarks Dr Duminda Munidasa Chairperson, Medical Leadership Forum, Ceylon College of Physicians	
10.00 - 10.15 AM	Chairpersons	
	Dr Duminda Munidasa Consultant Rheumatologist Rheumatology and Rehabilitation Hospital Ragama	Dr Dinesha Sudusinghe Consultant Nephrologist Royal London Hospital, United Kingdom
10.15 - 11.00 AM	Session 1	Understanding leaders Leadership styles and self-awareness Professor Mumtaz Patel President Royal College of Physicians, Consultant Nephrologist, Manchester University Foundation Hospitals, NHS Trust
		Discussion & Presentation Based on a Scenario
11.00 - 11.15 AM	Session 2	Managing challenges and making decisions Handling public complaints Professor Arosha Dissanayake Consultant Physician, Professor in Medicine, University of Ruhuna
11.15 - 12.00 Noon		Discussion & Presentation Based on a Scenario
12.00 - 12.15 PM	Refreshments	
12.15 - 12.30 PM	Session 3	Enhancing leadership skills Compassionate leadership Professor Mumtaz Patel President Royal College of Physicians, Consultant Nephrologist, Manchester University Foundation Hospitals, NHS Trust
		Discussion & Presentation Based on a Scenario
12.30 - 1.15 PM	Session 4	Leading a team Team building Professor P. L. Ariyananda Consultant Physician, Emeritus Professor of Medicine, University of Ruhuna
1.15 - 1.30 PM		Discussion & Presentation Based on a Scenario
1.30 - 2.15 PM		Concluding Remarks and Vote of Thanks Dr Dinushka Jayaweerabandara Secretary, Medical Leadership Forum, Ceylon College of Physicians
2.15 - 2.30 PM		

Scenario Feedback

Dr Neranjan Dissanayake

Consultant Pulmonologist
Teaching Hospital Kalutara

Dr Dinushka Jayaweerabandara

Consultant Physician
National Hospital Galle

Dr Chathurika Dandeniya

Consultant Rheumatologist, Senior
Lecturer,
University of Peradeniya

Dr Nilanka Perera

Consultant Physician, Senior Lecturer,
University of Sri Jayewardenepura

Group Work Facilitators

Dr Chamila Dalpatadu

Consultant Physician, Senior Lecturer
University of Colombo

Dr Nadeesha Nishanthi

Consultant Nephrologist,
Teaching Hospital Anuradhapura

Dr Dilushi Wijyaratne

Consultant Nephrologist, Senior Lecturer
University of Colombo

Dr Chiranthi Liyanage

Consultant Rheumatologist, Senior
Lecturer
University of Colombo



Networking Meeting on Pulmonology

WAY FORWARD IN PULMONOLOGY IN SRI LANKA

11th September 2025, At Boardroom, Level 08, Cinnamon Life – City of Dreams, Colombo, Sri Lanka

Chairpersons:

Dr Amitha Fernando

Dr Kirthi Gunasekera

12.00 - 12.05 pm	Welcome & Introduction Dr S. Rishikesavan <i>President - Sri Lanka College of Pulmonologists</i>
12.05 - 12.25 pm	Research in Pulmonology in Sri Lanka Professor Dushantha Madegedara <i>Professor of Medicine</i> <i>Wayamba University of Sri Lanka</i>
12.25 - 12.35 pm	Discussion
12.35 - 12.55 pm	Five year strategic plan for obstructive airway diseases in Sri Lanka Dr Samanmalie Dalpathadu <i>Consultant Respiratory Physician</i> <i>National Hospital Galle</i>
12.55 - 1.05 pm	Discussion
1.05 - 1.25 pm	The Sri Lankan ILD Landscape: Challenges, Opportunities, and a Call for International Collaboration Dr Amila Rathnapala <i>Consultant Respiratory Physician</i> <i>National Hospital Galle</i>
1.25 - 1.35 pm	Discussion



WAY FORWARD IN GERIATRICS IN SRI LANKA

11th September 2025, At Boardroom, Level 08, Cinnamon Life – City of Dreams, Colombo, Sri Lanka

Chairpersons:

Dr Lalith Wijeratne
Dr Barana Millawithana

Welcome & Introduction

Dr Chamila Dalpatadu

2.30 - 2.40 pm *President - Sri Lanka Association of Geriatric Medicine*
Senior Lecturer Department of Physiology Faculty of Medicine,
University of Colombo, Sri Lanka

Evolution of Geriatric Medicine in Sri Lanka

Dr Dilhar Samaraweera

2.40 - 2.55 pm *Consultant Physician*
Mount Gambier & District Health Services.
South Australia

Research Needs in Geriatric Medicine in Sri Lanka

Professor Sarath Lekamwasam

2.55 - 3.10 pm *Professor Emeritus*
Faculty of Medicine
University of Ruhuna

How International Models may be Adopted in Sri Lanka

Dr Anton B. Peiris

3.10 - 3.25 pm *Geriatrician and General Physician*
Interim Service Clinical Director

3.25 - 4.00 pm **Panel Discussion**
Key Gaps, Opportunities for Collaboration and Way Forward

Moderator **Dr Chamila Dalpatadu**

Panelists
Dr Barana Millawithana
Dr Lasantha Ganewatte
Dr Sithira Senevirathne
Dr Malsha Gunathilake



Networking Meeting on Diabetes and Endocrinology

WAY FORWARD IN DIABETES IN SRI LANKA

12th September 2025, At Boardroom, Level 08, Cinnamon Life – City of Dreams, Colombo, Sri Lanka

Chairpersons:

Dr Sajith Siyambalapitiya
Dr Aravinthan Mahalingam

Panelists:

Dr Udul Hewage
Dr Manodhi Saranapala
Dr Dimuthu Muthukuda
Dr Manilka Sumanatilleke

4.00 - 4.10 pm	Welcome & Introduction Dr Muditha Weerakkody <i>President</i> <i>Sri Lanka College of Endocrinologists</i>
4.10 - 4.25 pm	The Challenge of Diabetes in Sri Lanka Dr Uditha Bulugahapitiya <i>Consultant Endocrinologist</i> <i>National Hospital of Sri Lanka Colombo</i>
4.25 - 4.40 pm	Research Needs in Diabetes Dr Charles Antonypillai <i>Consultant Endocrinologist</i> <i>National Hospital Kandy</i> <i>Sri Lanka</i>
4.40 - 4.55 pm	How Can International Models be Adopted to Improve Care Dr Chandima Idampitiya <i>MD, FRCP, PG Certificate (Clinical Education)</i> <i>Consultant Endocrinologist, Trainers' Tutor, Clinical Lead (Diabetes, Endocrinology and Metabolism)</i> <i>North Cumbria Integrated Care NHS Foundation Trust</i> <i>United Kingdom</i>
4.55 - 5.20 pm	Key Gaps, Opportunities for Collaboration and Future Moderated Panel Discussion
5.20 - 5.30 pm	Summary & Way Forward Facilitated by President - SLCE & CCP



INAUGURATION CEREMONY

Lumina Ballroom, Cinnamon Life – City of Dreams, Sri Lanka

10th September 2025, Time: 18.30 – 21.30

6.00 – 6.05 pm	Ceremonial Procession
6.05 – 6.10 pm	National Anthem
6.10 – 6.20 pm	Lighting the Oil Lamp
6.20 – 6.30 pm	Welcome address <i>Vidya Jyothi Prof Prasad Katulanda – President, Ceylon College of Physicians</i>
6.30 – 6.40 pm	Address by the Guest of Honour <i>Prof Andrew Elder – President, Royal College of Physicians of Edinburgh</i>
6.40 – 6.45 pm	Address by the Guest of Honour <i>Prof Mumtaz Patel – President, Royal College of Physicians, London</i>
6.45 – 6.50 pm	Address by the Guest of Honour <i>Prof Jennifer Martin – President, Royal Australasian College of Physicians</i>
6.50 – 6.55 pm	Address by the Guest of Honour <i>Prof George Dalekos – President, European Federation of Internal Medicine</i>
6.55 – 7.00 pm	Address by the Guest of Honour <i>Prof Javed Akram – President, Pakistan Society of Internal Medicine</i>
7.00 – 7.20 pm	Address by the Chief Guest <i>Emeritus Professor Savitri Goonesekere</i>
7.20 – 7.30 pm	Launch of the CCP–CPD Web portal
7.30 – 7.35 pm	Address by the Special Guest <i>Dr Anil Jasinghe – Secretary, Ministry of Health and Mass Media</i>
7.35 – 7.50 pm	Presentation of Awards
7.50 – 8.10 pm	Award of Fellowships
8.10 – 8.50 pm	CEYLON COLLEGE OF PHYSICIANS ORATION Professor Chamila Mettananda Professor, Department of Pharmacology, Faculty of Medicine University of Kelaniya
8.50 – 8.55 pm	CCP 2025 – Glimpse of the Academic Fiesta <i>Dr Praveen Weeratunga – Honorary Joint Secretary, Ceylon College of Physicians</i>
8.55 – 9.00 pm	Vote of Thanks <i>Dr Lilanthi Subasinghe – Honorary Joint Secretary, Ceylon College of Physicians</i>
9.00 – 9.15 pm	Cultural Performance
9.15 – 9.20 pm	The procession leaves the Hall
9.20 pm onwards	Reception



Main conference



Day 01 (11th September 2025)

	Venue – Board Room, Level 8
	Breakfast Capsule – Masterclass in Geriatrics
07.30 – 8.30am	<p>Chairpersons: <i>Dr Dilhar Samaraweera & Dr Barana Millawithana</i></p> <p>Prof Andrew Elder <i>President, Royal College of Physicians, Edinburgh</i> <i>Consultant Physician, NHS Fife and Honorary Professor, University of Edinburgh</i></p> <p style="text-align: center;">Venue – Forum, Level 8</p>
	Plenary
	Physicians For The Future - UK and Global Perspectives
8.30 – 9.00am	<p>Chairpersons: <i>Vidya Jyothi Prof Prasad Katulanda – President, Ceylon College of Physicians</i> <i>Prof George Dalekos – President, European Federation of Internal Medicine</i></p> <p style="text-align: center;">Prof Mumtaz Patel <i>President, Royal College of Physicians</i> <i>Consultant Nephrologist, Manchester University Hospitals NHS Foundation Trust</i> <i>Honorary Clinical Professor, University of Liverpool, UK</i></p> <p style="text-align: center;">Venue – Forum, Level 8</p>
	Plenary
	Medicine in the Age of Complexity
9.00 – 9.30am	<p>Chairpersons: <i>Prof Namal Wijesinghe – President-Elect, Ceylon College of Physicians</i> <i>Prof Mumtaz Patel – President, Royal College of Physician</i></p> <p style="text-align: center;">Prof Jennifer Martin <i>Senior Physician, Professor, Health Policy, Board Director,</i> <i>President and Chair of the Royal Australasian College of Physicians</i></p>
	Professor P. B. Fernando Memorial Oration
9.30 – 10.10am	<p>Translating Traditional Knowledge into Evidence-Based Herbal Medicine: The Case of Ceylon Cinnamon</p> <p style="text-align: center;">Professor Priyanga Ranasinghe <i>Professor in Pharmacology and Specialist in Clinical Pharmacology & Therapeutics</i> <i>Faculty of Medicine, University of Colombo</i></p>
10.10 – 10.30am	<p>Tea Break</p>



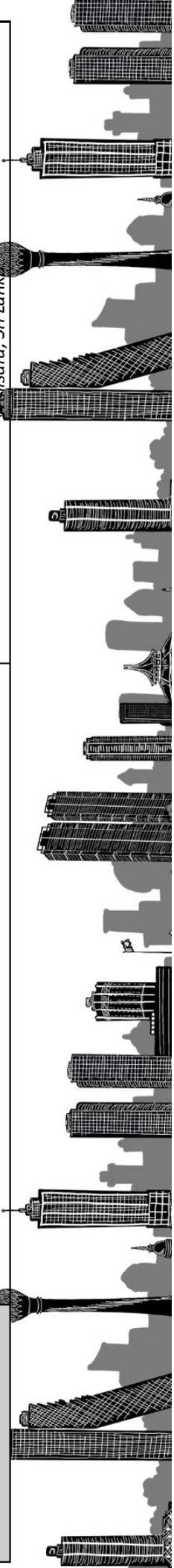


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Hall A		Hall B	
10.30 – 12.00noon	<p>Symposium 1</p> <p>Neurology</p> <p>Chairpersons: <i>Dr Ajantha Keshavaraj – President, Association of Sri Lankan Neurologists</i> <i>Dr Padma S. Gunaratne</i></p>	<p>Symposium 2</p> <p>Pulmonology</p> <p>Chairpersons: <i>Dr S. Rishikesavan – President, Sri Lanka College of Pulmonologists</i> <i>Dr Chandimani Undugodage</i></p>	
	<p>Panelists</p> <ul style="list-style-type: none"> • Dr Kishara Goonaratne • Dr Ranjani Gamage • Dr Senaka Bandusena 	<p>Panelists</p> <ul style="list-style-type: none"> • Dr Harshana Bandara • Dr Anoma Siribaddana • Dr Amitha Fernando • Dr Kirithi Gunasekara 	
	<p>Neuromuscular Crises for the Internist: Core Concepts and Clinical Action <i>Prof Thashi Chang (SL)</i> Consultant Neurologist and Professor in Neurology, Faculty of Medicine University of Colombo, Sri Lanka</p>	<p>Eosinophilic Airways Disorders <i>Prof Anoop Chauhan (UK)</i> Professor in Respiratory Medicine & Consultant Respiratory Physician, Portsmouth Hospitals NHS Trust, UK</p>	
	<p>Acute Stroke – The Role of the Internist <i>Prof John Woller (USA)</i> Assistant Professor of Medicine and Physician, Johns Hopkins School of Medicine, USA</p>	<p>Managing Pulmonary Sarcoidosis <i>Prof Ling Pei Ho (UK)</i> Professor of Respiratory Immunology, University of Oxford, UK</p>	
	<p>Brain Health WHO IGAP The Way Forward <i>Dr Janaka Waidyasekara (SL)</i> Consultant Neurologist National Hospital Galle, Sri Lanka</p>	<p>Targeting the Unseen: Optimizing Latent TB Management in Immunocompromised Populations <i>Dr Eshanth Perera (SL)</i> Consultant Respiratory Physician, National Hospital for Respiratory Diseases, Weligisara, Sri Lanka</p>	

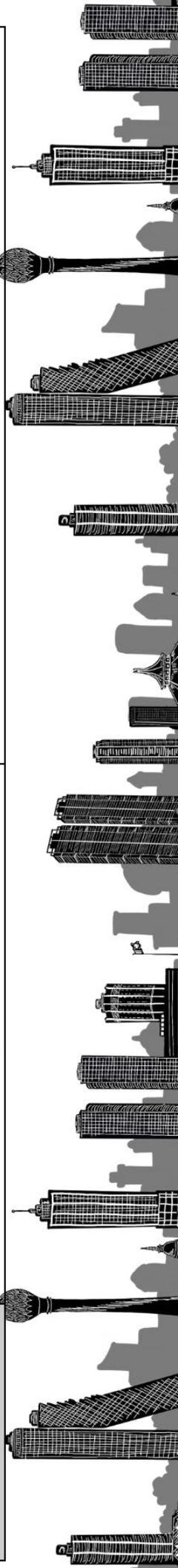


		Hall B		Breakout Room	
		Hall A		Networking Meeting on Pulmonology	
		Symposium 3		Symposium 4	
		Geriatrics		SACTRC (South Asian Clinical Toxicology Research Collaboration)	
12.00 – 1.30pm	<p>Chairpersons: Dr Chamila Dalpatadu – President, Sri Lanka Association of Geriatric Medicine Prof Andrew Elder – President, Royal College of Physician Edinburgh Dr Lasantha Ganewatta</p>		<p>Chairpersons: Prof Indika Gawarammana Prof Shaluka Jayamanne</p>		
	<p>Panelists</p> <ul style="list-style-type: none"> • Dr Dilhar Samaraweera • Dr Barana Millawithana • Dr Buddhika Peiris • Dr Saumya Darshani 		<p>The Value of South North Collaboration Prof Andrew Dawson (AUS) Clinical Director, NSW Poisons Information Centre, Director, Clinical Toxicology - Royal Prince Alfred Hospital Clinical Professor of Medicine - University of Sydney, Australia</p>		
1.30 – 2.30pm	<p>Physical Co-morbidities in Dementia Prof Susan Kurrle (AUS) Curran Professor in Health Care of Older People Faculty of Medicine and Health, The University of Sydney, Australia</p>		<p>Lessons the World has Learnt from Pesticide Regulations in Sri Lanka Prof Michael Eddleston (UK) Professor of Clinical Toxicology, Clinical Lead, UK's National Poisons Information Service (NPIS), UK</p>		
	<p>De-prescribing in the Elderly Prof Arunansu Talukdar (IND) Head, Geriatric Medicine Department, Medical College Hospital, Kolkata, India</p>		<p>Why has the Case Fatality Dropped for Non-banned Pesticide Poisoning in Sri Lanka? Prof Nick Buckley (AUS) Professor of Clinical Pharmacology, Faculty of Medicine and Health, University of Sydney, Australia</p>		
<p>Frailty Dr Latana Munang (UK/RCPE) Consultant Geriatrician, Livingston, NHS Lothian National Clinical Lead for Hospital at Home, Scotland</p>		<p>Diagnosis of Snake Envenoming in Sri Lanka: Why, When and How? Prof Anjana Silva (SL) Chair Professor of Parasitology, Faculty of Medicine and Allied Sciences, Rajarata University of Sri Lanka</p>			
<p>Community Suicide Interventions Dr Melissa Pearson (UK) Research Fellow, Deanery of Clinical Sciences, University of Edinburgh, UK</p>		<p>Community Suicide Interventions Dr Melissa Pearson (UK) Research Fellow, Deanery of Clinical Sciences, University of Edinburgh, UK</p>			
Lunch					





		Hall B	
		Breakout Room	
2.30 – 4.00pm	Hall A	Hall B	Networking Meeting on Geriatrics
	Symposium 5	Symposium 6	
	Rheumatology	Medical Technology	
	Chairpersons: Dr Sujeevani Kurukulasuriya – President, College of Specialists in Rheumatology & Rehabilitation, Sri Lanka Dr Monika De Silva	Chairpersons: Prof Thushara Matthias Dr Sandeepana Gamage	
	Panelists <ul style="list-style-type: none"> • Dr Chiranthi Liyanage • Dr Chathurika Dandeniya • Dr Sonali Gunathilake 	Panelists <ul style="list-style-type: none"> • Dr M. T. D. Lakshan • Dr Navoda Atapattu • Dr Ushani Wariyapperuma • Dr Dujeepa Samarasekara 	
	Hip Fractures What the Physician Should Know: Lessons from Clinical Guidelines and a Registry Prof Ian Cameron (AUS) Professor of Rehabilitation Medicine, Faculty of Medicine and Health, University of Sydney, Australia	Changing Lives: Transforming Diabetes Care Through Technology Dr Lalantha Leelarathne (UK) Clinical Associate Professor in Diabetes Division of Diabetes, Endocrinology and Metabolism Imperial College London, UK	
	Osteoarthritis – An Update Beyond Pain Dr Chamila Dabare (AUS) Consultant Rheumatologist, Western Health, Melbourne Australia	AI in Clinical Practice – An Overview & Insights Dr Padmini Ranasinghe (USA) Co-Director, Hospitalist Education Programs	
	Rheumatoid Arthritis – Current and Emerging Therapies Prof Inoshi Atukorale (SL) Consultant Rheumatologist, Senior Lecturer, Department of Clinical Medicine, Faculty of Medicine, University of Colombo, Sri Lanka	Telemedicine in Cardiology Dr Nadarajah Kanganaran (AUS) Divisional Director & Cardiologist, Division of Medicine Darwin Private Hospital, NT, Australia	



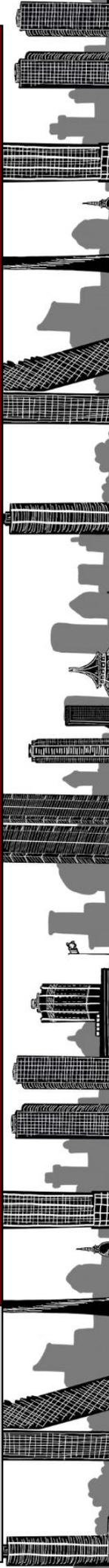


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Hall A		Hall B	
4.00 – 5.30pm	Symposium 7	Symposium 8	
	Rehabilitation Medicine Chairpersons: <i>Dr Bimsara Senanayake</i> <i>Dr Gunendrika Kasthurirathne</i>	Pharmacogenomics – Implications for Clinical Practice in Sri Lanka Chairpersons: <i>Prof Chandanie Wanigatunge – President, Sri Lanka Association of Clinical Pharmacology & Therapeutics</i> <i>Prof Priyadarshani Galappatthy</i>	
	Panelists <ul style="list-style-type: none"> • Dr Chamara Jayatunga • Prof Ian Cameron • Dr Dinushi Dikkowita 	Panelists <ul style="list-style-type: none"> • Prof Jennifer Martin • Dr Dineshani Hettiarachchi • Dr Vindya Subasinghe 	
	Managing Chronic Back Pain - A Rehabilitation Medicine Approach Dr Charitha Perera (AUS) <i>Consultant Physician in Rehabilitation Medicine Division of Rehabilitation, Aged Care and Palliative Care, Flinders Medical Centre, SA, Australia</i>	Pharmacodynamic Diversity in the Sri Lanka Population - The Case for Implementing Pharmacogenomics in Sri Lanka Prof Vajira Dissanayake (SL) <i>Dean, Chair & Senior Professor of Anatomy, Department of Anatomy, Genetics & Biomedical Informatics, Faculty of Medicine, University of Colombo, Sri Lanka</i>	
	Rehabilitation Medicine for Future Physicians: Lessons from the Past Dr Duminda Munidasa (SL) <i>Consultant in Rheumatology and Rehabilitation, Rheumatology and Rehabilitation Hospital, Ragama, Sri Lanka</i>	Pharmacogenomics in Sri Lankans: Evidence, Opportunities and Challenges Prof Priyanga Ranasinghe (SL) <i>Professor in Pharmacology, Department of Pharmacology, Faculty of Medicine, University of Colombo, Sri Lanka</i>	
	Promoting Physical Activity in Individuals with Physical Impairments Dr Sivakumar Gulasingham (CAN) <i>Medical Director, Rehabilitation, William Osler Health Physiatrist, Toronto Rehab, University Health Network</i> <i>Assistant Professor, University of Toronto, Canada</i>	Pharmacogenomics in Clinical Practice: Lessons from Implementation Dr Vinod Scaria (IND) <i>Chief Data Officer at Karkinos Healthcare, Adjunct Professor at the IIT Kanpur, India</i>	
5.30 – 6.30pm	Tea Break		
7.00 pm onwards	Presidents' Dinner (By Invitation)		



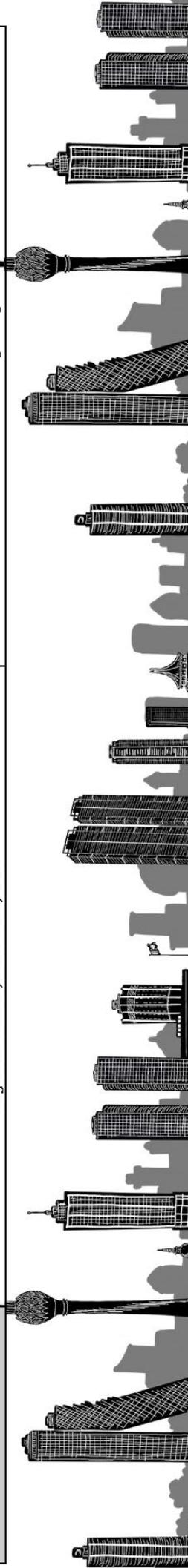
Day 02 (12th September 2025)

	<p>Venue – Board Room, Level 8</p> <p>Breakfast Capsule – Masterclass in ILD</p> <p>Chairpersons: <i>Dr Aflah Sadikeen</i></p> <p>Dr Amila Ratnapala <i>Consultant Respiratory Physician, National Hospital, Galle</i></p> <p>Dr Harshana Bandara <i>Consultant in Respiratory Medicine, Wythenshawe Hospital, Manchester University NHS Foundation Trust</i></p> <p>Venue – Forum, Level 8</p> <p>Plenary</p>
07.30 – 8.30am	<p>Autoimmune Liver Diseases: What the Internist Should Know</p> <p>Chairpersons: <i>Dr Upul Dissanayake</i> <i>Prof Arasha Dissanayake</i></p> <p>Prof George Dalekos <i>President, European Federation of Internal Medicine Professor of Medicine, National Expertise Centre in Autoimmune Liver Diseases, University of Thessaly, Greece</i></p> <p>Venue – Forum, Level 8</p> <p>Plenary</p>
8.30 – 9.00am	<p>Beyond Fibrosis - Disrupted Alveolar Regeneration in Idiopathic Pulmonary Fibrosis</p> <p>Chairpersons: <i>Dr Praveen Weeratunga – Honorary Joint Secretary, Ceylon College of Physicians</i> <i>Dr Amitha Fernando</i></p> <p>Prof Ling Pei Ho <i>Professor of Respiratory Immunology, University of Oxford, UK</i></p> <p>Professor K. Rajasuriya Memorial Oration</p>
9.00 – 9.30am	<p>A Multi-Domain Fall Risk Model in Diabetes: From Screening to Prevention</p> <p>Dr Asha Wettasinghe <i>Senior Lecturer in Physiotherapy, Department of Allied Health Sciences, Faculty of Medicine University of Colombo</i></p>
9.30 – 10.10am	
10.10 – 10.30am	<p>Tea Break</p>





Hall A		Hall B	
10.30 – 12.00noon	Symposium 9 Symposium on Obesity	Symposium 10 Critical Care Medicine	
	Chairpersons: <i>Dr Darshani Karuppiah</i> <i>Prof Ranil Jayawardena</i>	Chairpersons: <i>Dr Lilanthe Subasinghe</i> <i>Dr Waruni Samaranyake</i>	
	Panelists <ul style="list-style-type: none"> • Prof Thejana Wijeratne • Dr Jayani Thennakoon Jayaweera • Dr Dulani Kottahachchi 	Panelists <ul style="list-style-type: none"> • Dr Dilushi Wijyaratne • Dr Anushka Mudalige • Dr Rasanee Wanigasuriya • Dr Riaz Mowjood 	
	Targeting Fat Storage in Adipose Tissue Prof Fredrik Karpe (UK) <i>Professor of Metabolic Medicine, Head of OCDEM, Radcliffe Department of Medicine, University of Oxford, UK</i>	ARDS: Current Evidence and Future Directions Prof Eddy Fan (Canada) <i>Professor of Medicine, University of Toronto Medical Director, Extracorporeal Life Support (ECLS) Program, Toronto General Hospital, Canada</i>	
	Evolving Landscape of Pharmacotherapies for Obesity Dr Nitin Kapoor (IND) <i>Consultant Endocrinologist & Bariatric Physician, Professor & Acting Head, Department of Endocrinology, Diabetes and Metabolism, Christian Medical College, Vellore, India</i>	AKI and When to Start RRT Dr Dilshan Priyankara (SL) <i>Consultant Intensivist, National Hospital of Sri Lanka</i>	
	Optimizing Outcomes of Metabolic/ Bariatric Surgery – to the Right Patient at the Right Time Dr Dilendra Weerasinghe (USA) <i>Consultant Gastro-intestinal Surgeon, Director Bariatric Surgery, Rochester Regional Health, New York, USA</i>	Clearing the Roadblocks Dr Darshana Hewa Kandamby (Hong Kong) <i>Consultant Intensivist, Chief of Service – Intensive Care Unit, Princess Margaret Hospital and Yan Chai Hospital, Hong Kong</i>	



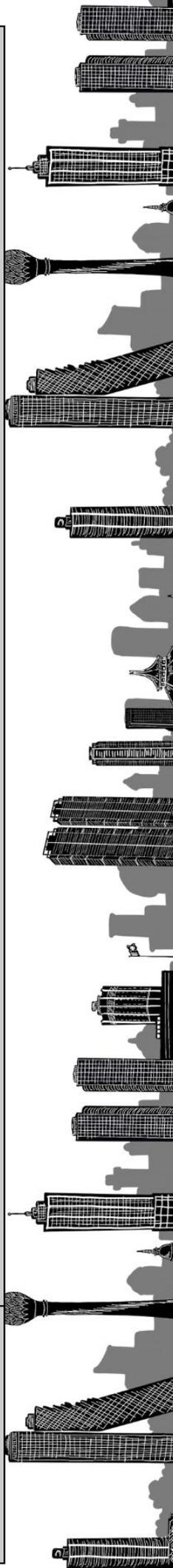


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Hall A		Hall B	
12.00 – 1.30pm	Symposium 11	Symposium 12	
	Hepatology – MASLD	Immunology	
	Chairpersons: <i>Prof Madunil Niriella</i> <i>Dr Sanjeeewa Aryasinghe</i>	Chairpersons: <i>Prof Neelika Malavige – President-Elect, International Society for Infectious Diseases (ISID)</i> <i>Dr Dhanushka Dasanayake</i>	
	Panelists <ul style="list-style-type: none"> • Dr Hasitha Wijewantha • Dr Mathis Heydtmann • Dr Tharanga Liyanarachchi 	Panelists <ul style="list-style-type: none"> • Prof Shiroma Handunnetti • Dr Mario Alles • Dr Praveen Weeratunga 	
	Diagnosing and Staging of MASLD: An Update <i>Dr Eranga Thalagala (SL)</i> <i>Consultant Gastroenterologist, District General Hospital Chilaw, Sri Lanka</i>	Managing Immunoglobulin Demand and Ensuring Evidence-Based Use – The Role of Peer Review <i>Dr Siraj Misbah (UK)</i> <i>Consultant Clinical Immunologist, Oxford University Hospitals, UK</i>	
	Multidisciplinary Management of MASLD: the Role of the GP and Generalists <i>Dr Uditha Dassanayake (SL)</i> <i>Senior Lecturer in Medicine, University of Kelaniya</i> <i>Honorary Consultant Gastroenterologist and Hepatologist</i> <i>Colombo North Centre for Liver Diseases, Sri Lanka</i>	Autoinflammatory and Mast Cell Disorders: An Update <i>Prof Suranjith Seneviratne (UK)</i> <i>Professor and Clinical Immunologist, Royal Free London NHS Foundation Trust, London, UK</i>	
	Management of MASLD Related Cirrhosis: Special Considerations <i>Prof Tinsay Woreta (USA)</i> <i>Associate Professor of Clinical Medicine</i> <i>Johns Hopkins Physician, John Hopkins Hospital, USA</i>	Vaccines for the Future <i>Prof Maheshi Ramasamy (UK)</i> <i>Associate Professor, Oxford Vaccine Group, University of Oxford</i> <i>Consultant Physician, Oxford University Hospitals NHS Foundation Trust, UK</i>	
1.30 – 2.30pm	Lunch		

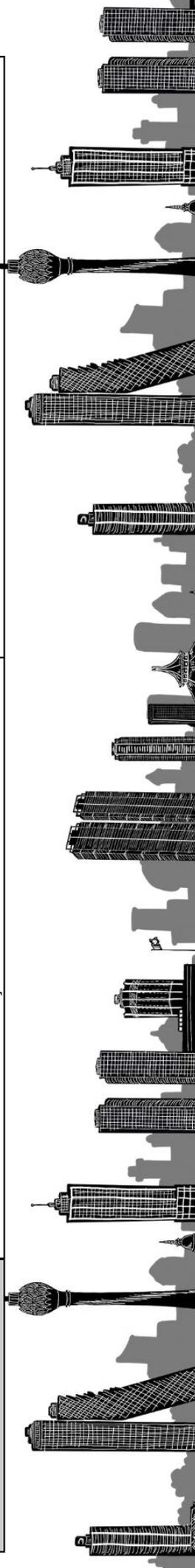




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Hall B	
Hall A	Hall B
2.30 – 4.00pm	Symposium 14
Symposium 13	Symposium 14
Internal Medicine and Palliative Medicine	Endocrinology
<p>Chairpersons: <i>Dr Krishantha Jayasekara – President, Sri Lanka College of Internal Medicine</i> <i>Dr Kumudini Jayasinghe</i> <i>Prof Dinithi Fernando</i></p>	<p>Chairpersons: <i>Dr Muditha Weerakkody – President, Sri Lanka College of Endocrinologists</i> <i>Dr Uditha Bulugahapitiya</i></p>
<p>Panelists</p> <ul style="list-style-type: none"> ● Dr Suranga Manilgama ● Dr Sithira Seneviratne ● Dr Shamitha Dassanayake 	<p>Panelists</p> <ul style="list-style-type: none"> ● Dr Dimuthu Muthukuda ● Dr Niranjala Meegoda Widanage ● Dr Sachith Abeyrathne
<p>Place of Postmortem in Current-day Medicine <i>Dr Patrick Russell (AUS)</i> Consultant Physician, Royal Adelaide Hospital, Adelaide, SA, Australia</p>	<p>Endocrine Issues in Elderly <i>Dr Mona Gossmann (USA)</i> Assistant Professor of Medicine, Associate Program Director, Endocrinology, Diabetes and Metabolism Fellowship Program, Cleveland Clinic, USA</p>
<p>Hypoglycaemia <i>Dr Manodhi Saranapala (AUS)</i> Consultant Endocrinologist, South Australia, Australia</p>	<p>Spectrum of Hypercortisolism – Autonomous Hypercortisolism to Overt Cushings <i>Dr Ricardo Correa (USA)</i> Specialist Endocrinologist, Cleveland Clinic, USA</p>
<p>Integrating Palliative Care in Chronic Illness Management: A Paradigm Shift in Internal Medicine <i>Dr Udayangani Ramadasa (SL)</i> Specialist in General (Internal) Medicine, Senior Lecturer in Medicine, Department of Medicine, Faculty of Medicine, Sabaragamuwa University of Sri Lanka</p>	<p>Approach to Polyuria <i>Dr Udul Hewage (AUS)</i> Consultant Physician & senior lecturer, Flinders Medical Centre & Flinders University, Adelaide, Australia</p>



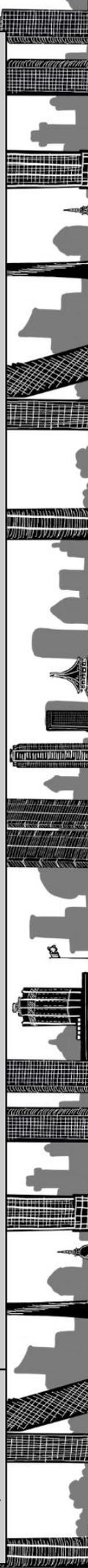


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		Hall A	Hall B	Breakout Room
4.00 – 5.30pm		<p>Symposium 15</p> <p>Snippets in Haematology, Ophthalmology and Dermatology</p> <p>Chairpersons: <i>Dr Nayani Madarasinghe - President of Sri Lanka College of Dermatology and Aesthetic Medicine</i> <i>Dr Asanka Ratnayake</i> <i>Dr Nandana Dikmadugoda</i></p>	<p>Symposium 16</p> <p>Quality Assurance in Healthcare Delivery</p> <p>Chairpersons: <i>Dr Pradeep Kumarasinghe De Silva</i> <i>Dr S. Sridharan</i></p>	<p>Networking Meeting On Diabetes & Endocrinology</p>
		<p>Panelists</p> <ul style="list-style-type: none"> • Dr K Salvin • Dr Nipunika Senadeera • Dr Chalukya Gunasekara 	<p>Panelists</p> <ul style="list-style-type: none"> • Dr Gaya Katulanda • Dr Vindya Kumarapeli • Prof Chathurie Suraweera 	
		<p>Looking Through Skin for the Medical Diagnosis <i>Dr Indira Kahawita (SL)</i> Consultant Dermatologist, National Hospital of Sri Lanka</p>	<p>Physician Engagement in Quality Improvement <i>Prof Christine Soong (Canada)</i> Professor of Medicine, University of Toronto Medical Director, Quality and Safety, Sinai Health, Toronto, Canada Senior Editor, <i>BMJ Quality and Safety</i></p>	
5.30pm onwards		<p>Ocular Clues of Systemic Diseases: Don't Miss What the Eye Can Tell You <i>Dr Nishantha Wijesinghe (AUS)</i> Senior Consultant in Ophthalmology, Royal Darwin Hospital, Tiwi NT, Australia</p>	<p>High-Reliability Unit Care: Quality & Safety Best Practices <i>Dr Padmini Ranasinghe (USA)</i> Co-Director, Hospitalist Education Programs Assistant Professor of Medicine, Johns Hopkins Physician John Hopkins School of Medicine, Baltimore, USA</p>	
		<p>A Practical Guide to Coagulation Disorders <i>Prof Lallindra Gooneratne (SL)</i> Consultant Haematologist, Professor in Haematology, Department of Pathology, Faculty of Medicine, University of Colombo, Sri Lanka</p>	<p>Quality & Safe Healthcare Delivery - Ministry of Health Experience <i>Dr Upuli Wijemanne (SL)</i> Director – Directorate of Healthcare Quality and Safety Ministry of Health, Sri Lanka</p>	

Tea Break



Day 03 (13th September 2025)

	<p>Venue – Board Room, Level 8</p>
	<p>Breakfast Capsule – Masterclass in Lipids</p>
7.30 – 8.30am	<p>Chairperson: <i>Dr Chandrike Ponnampereuma</i></p> <p>Prof Derek Connolly <i>Professor in Cardiology, University of Birmingham</i> <i>Consultant Cardiologist, Priory Hospital, Birmingham City Hospital, UK</i></p> <p style="text-align: center;">Venue – Forum, Level 8</p>
	<p>Plenary</p>
	<p>Management of Hypertriglyceridemia</p>
8.30 – 9.00am	<p>Chairperson: <i>Prof Chandrika Wijeyaratne</i> <i>Dr Charles Anthonypillai</i></p> <p style="text-align: center;">Prof Fredrik Karpe <i>Professor of Metabolic Medicine, Head of OCDEM, Radcliffe Department of Medicine, University of Oxford, UK</i></p> <p style="text-align: center;">Venue – Forum, Level 8</p>
	<p>Plenary</p>
	<p>A Case-Based Approach to the Diagnosis of a Rare Disease</p>
9.00 – 9.30am	<p>Chairpersons: <i>Dr Anula Wijesundere</i> <i>Prof Vajira Dissanayake</i></p> <p style="text-align: center;">Prof Javed Akram <i>Professor of Medicine</i> <i>President, Pakistan Society of Internal Medicine</i></p>
9.00 – 10.10am	<p>CCP Quiz</p> <p>Moderators: <i>Dr Upul Dissanayake – Consultant Physician – Immediate Past President of the Ceylon College of Physicians</i> <i>Dr Suranga Manilgama – Consultant Physician in Internal Medicine</i></p>
10.10 – 10.30am	<p>Tea</p>



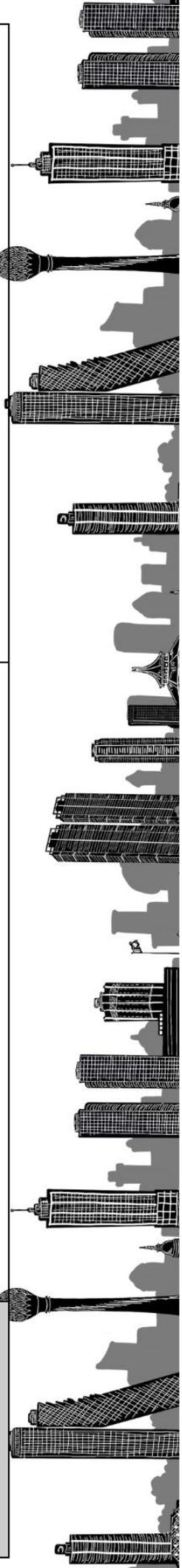


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		Hall B	
10.30 – 12.00noon		Hall A	Symposium 17
		Endocrinology – Diabetes Mellitus	Symposium 18
	Chairpersons: Dr Chandrika Subasinghe Dr Dimuthu Muthukuda	Chairpersons: Dr Wimalasiri Uluwattage Dr Ananda Wijewickrama	Symposium on Infectious Diseases
	Panelists <ul style="list-style-type: none"> • Dr Yapa Udaya Kumara • Dr Harsha Sathischandra • Dr Chandima Idampitiya 	Antimicrobial Resistance in Asia – Challenges and the Way Forward Dr Somia Iqtadar (PAK) <i>Secretary General – Pakistan Society of Internal Medicine, Associate Professor of Medicine</i> <i>King Edward Medical University, Pakistan</i>	
	Diagnosing Diabetes - Implications on Precision Medicine Dr Mona Gossmann (USA) <i>Assistant Professor of Medicine, Cleveland Clinic Lerner College of Medicine, Associate Program Director, Endocrinology, Diabetes and Metabolism Fellowship Program, Cleveland Clinic, USA</i>	Infection in the Immunocompromised – Diagnosis and Management Prof Brian Angus (UK) <i>Professor in Practice, Medical Education and Director of the Oxford Centre for Clinical Tropical Medicine and Global Health</i> <i>University of Oxford, UK</i>	
	Will Rapidly Evolving Therapies Replace the Traditional Approach in Diabetes? Dr Manika Sumanathileke (SL) <i>Consultant Endocrinologist, National Hospital of Sri Lanka</i>	Infection in the Immunocompromised – Case Discussion Prof George Alangaden (USA) <i>Director, Transplant Infectious Diseases, Henry Ford Health Clinical Professor of Medicine, Michigan State University, USA</i> Dr Chula Herath (SL) <i>Consultant Nephrologist</i> <i>Sri Jayewardenepura General Hospital, Nugegoda</i>	
	Inpatient Management of Diabetes Dr Omar Mustafa (UK) <i>Registrar and Global Vice President, Royal College of Physicians, Consultant in diabetes and general internal medicine, King's College Hospital, UK</i>		



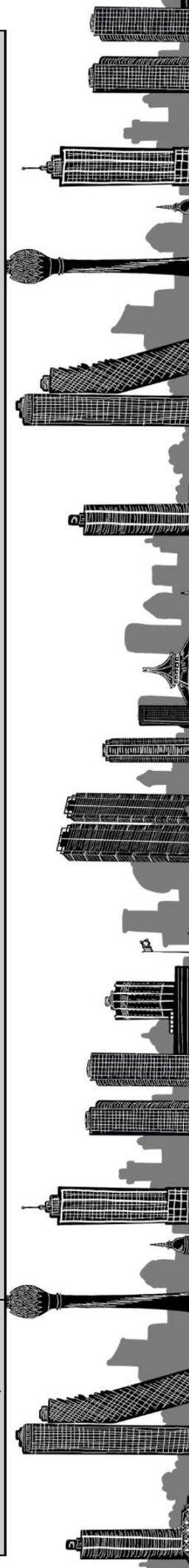


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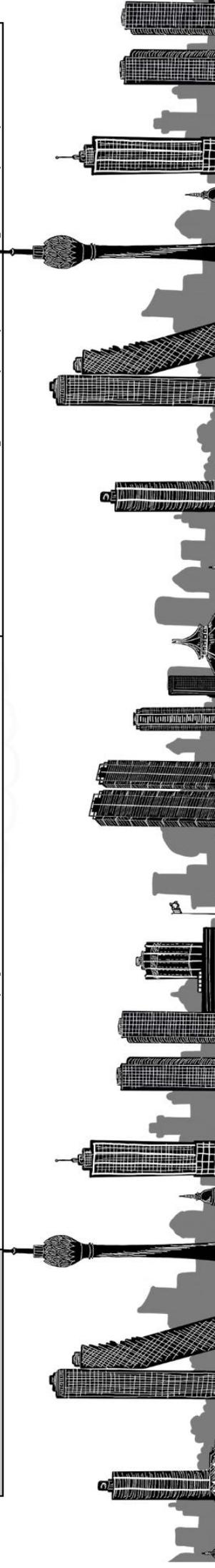
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Hall A		Hall B	
12.00 – 1.30pm		Symposium 19	
		Symposium 20	
		Endocrinology – Adrenal and Thyroid	
		Chairpersons: <i>Prof Bawantha Gamage</i> <i>Dr Shalika Ariyawansa</i>	
12.00 – 1.30pm		Nephrology	
		Chairpersons: <i>Prof Rezvi Sheriff</i> <i>Prof Kamani Wanigasuriya</i>	
		Panelists • Dr Udana Ratnapala • Dr Anura Hewageegana • Dr Nishantha Nanayakkara • Dr Dilukshi Pilapitiya	
		Vasculitis and the Kidney - An Overview <i>Prof Mumtaz Patel (UK)</i> <i>President, Royal College of Physicians</i> <i>Consultant Nephrologist, Manchester University Hospitals NHS Foundation Trust, Honorary Clinical Professor, University of Liverpool, UK</i>	
		Management of Lupus Nephritis in 2025 <i>Dr Ravi Rajakarier (UK)</i> <i>Clinical Director for Nephrology and Transplantation</i> <i>Consultant Nephrologist, Barts Health NHS Trust, UK</i>	
		Hepatorenal Syndrome <i>Prof Andrew Davenport (UK)</i> <i>Professor of Dialysis & ICU Nephrology, UCL Centre for Kidney & Bladder Health, Royal Free Hospital, University College London, UK</i>	
1.30 – 2.30pm		Lunch	
		Panelists • Prof Sanjeewa Seneviratne • Dr Maheshi Amarawardhana	
		Challenge of Primary Hyperaldosteronism <i>Dr Ricardo Correa (USA)</i> <i>Specialist Endocrinologist, Cleveland Clinic, USA</i>	
		Changing Paradigm of Surgical Management of Well-differentiated Thyroid Cancer <i>Prof Senarath Edirimanne (AUS)</i> <i>Specialist Breast and Endocrine Surgeon</i> <i>Clinical Associate Professor, University of Sydney, Australia</i>	
		Update on Thyrotoxicosis <i>Dr Noel Somasundaram (SL)</i> <i>Consultant Endocrinologist, Diabetes and Hormone Centre, Colombo</i> <i>Sri Lanka</i>	





Hall A		Hall B	
Symposium 21		Symposium 22	
Tackling the Burden of NCDs in Sri Lanka		Cardiology – Contemporary Approaches to Coronary Syndrome and Heart Failure	
Chairpersons: Dr Vindya Kumarpelli Prof Pujitha Wickramasinghe		Chairpersons: Dr Gotabhaya Ranasinghe Dr Naomali Amaraseena	
Panelists <ul style="list-style-type: none"> • Dr Upeka Samarawickrama • Dr Farrukh Qureshi • Prof Upul Senerath • Dr Palitha Karunaprema 		Panelists <ul style="list-style-type: none"> • Dr Bhathiya Ranasinghe • Dr Tanya Pereira • Dr Disna Amaratunga • Dr M. R. Mubarak 	
WHO Strategy for NCDs Dr Angela De Silva (WHO) <i>Regional Adviser, Nutrition and Health for Development, WHO Regional Office for South-East Asia</i>		Acute Coronary Syndrome: Integrating New Guidelines into Clinical Practice Prof Rohan Jayasinghe (AUS) <i>Head of Cardiology, Professor of Cardiology & Interventional Cardiologist, Gold Coast University Hospital, Australia</i>	
Burden of NCDs and Risk Factors in Sri Lanka Prof Anuradhani Kasturiratne (SL) <i>Professor in Public Health, Faculty of Medicine, University of Kelaniya, Ragama, Sri Lanka</i>		Heart Failure Management: Embracing Guideline – Direct Medical Therapy Dr Paul Toon Lim Chiam (SIN) <i>Interventional Cardiologist, Mount Elizabeth Medical Centre, Singapore</i>	
The Strategies of the Ministry of Health - How Can Physicians Complement? Dr Samiddhi Samarakoon (SL) <i>Director - Non-Communicable Disease Unit Ministry of Health, Sri Lanka</i>		Chronic Coronary Syndrome: Navigating Long-Term Management Strategies Prof Derek Connolly (UK) <i>Professor in Cardiology, University of Birmingham Consultant Cardiologist, Priory Hospital, Birmingham City Hospital, UK</i>	



Hall A		Hall B	
4.00 – 5.30pm	<p>Symposium 23</p> <p>Medical Education</p> <p>Chairpersons: <i>Professor Gominda Ponnampetuma - President, College of Medical Educationists Sri Lanka</i> <i>Prof Indika Karunathilake</i> <i>Prof Vajira Dissanayake</i></p> <p>Panelists</p> <ul style="list-style-type: none"> • Prof Saroj Jayasinghe • Prof Madhawa Chandrathilake • Prof Basil Marasinghe • Dr Ashwini de Abrew <p>Undergraduate Assessment <i>Prof Brian Angus (UK)</i> Professor of Practice, Medical Education and Director of the Oxford Centre for Clinical Tropical Medicine and Global Health University of Oxford, UK</p> <p>Clinical Reasoning and Bedside Teaching <i>Prof John Woller (USA)</i> Assistant Professor of Medicine and Physician, Johns Hopkins School of Medicine, USA</p> <p>Shaping the Future Physician - Humanism, AI, and the Art of Clinical Wisdom <i>Dr Dujeepa Samarasekera (SIN)</i> Senior Director, Centre for Medical Education Yong Loo Lin School of Medicine, National University of Singapore</p>	<p>Symposium 24</p> <p>EFIM & CCP Joint Symposium for Young Internists</p> <p>Chairpersons: <i>Dr Chanaka Abeyratne</i> <i>Dr Prabhashini Kumarihamy</i></p> <p>Panelists</p> <ul style="list-style-type: none"> • Dr Vihangi Fernando • Dr Solith Senanayake • Dr Rakitha Higgoda <p>Opportunities for Young Internists with EFIM <i>Prof George Dalekos (Greece)</i> President, European Federation of Internal Medicine Professor of Medicine, National Expertise Centre in Autoimmune Liver Diseases, University of Thessaly, Greece</p> <p>Navigating a Career in Internal Medicine Without Burnout <i>Dr Miguel Romano (Portugal)</i> Chair – EFIM Young Internists Section Assistant Professor, School of Medicine, University of Minho, Portugal</p> <p>At the Crossroads: Challenges and Opportunities for the Next Generation of Internists in Sri Lanka <i>Dr Dumitha Govindapala (SL)</i> Senior Lecturer and Consultant Physician, Department of Medicine, University of Sri Jayewardenapura, Sri Lanka</p> <p>Integrating Overseas Training and Artificial Intelligence into the Clinical Practice of the Young Sri Lankan Internist <i>Dr Keshini Samarasekera (UK)</i> Consultant Physician in Acute Medicine Royal Liverpool University Hospital, UK</p>	
	5.30pm onwards	Tea Break	

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2. American Diabetes Association. Diabetes Care 2022;45 (Supplement_1):S125-S143.
3. Garber AJ, Handelsman Y, Grunberger G, Einhorn D, Abrahamson MJ, Barzilay JL, et al. CONSENSUS STATEMENT BY THE AMERICAN ASSOCIATION OF CLINICAL ENDOCRINOLOGISTS AND AMERICAN COLLEGE OF ENDOCRINOLOGY ON THE COMPREHENSIVE TYPE 2 DIABETES MANAGEMENT ALGORITHM - 2020 EXECUTIVE SUMMARY. Endocr Pract. 2020 Jan;26 (1):107-39.
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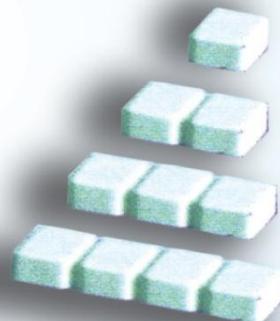


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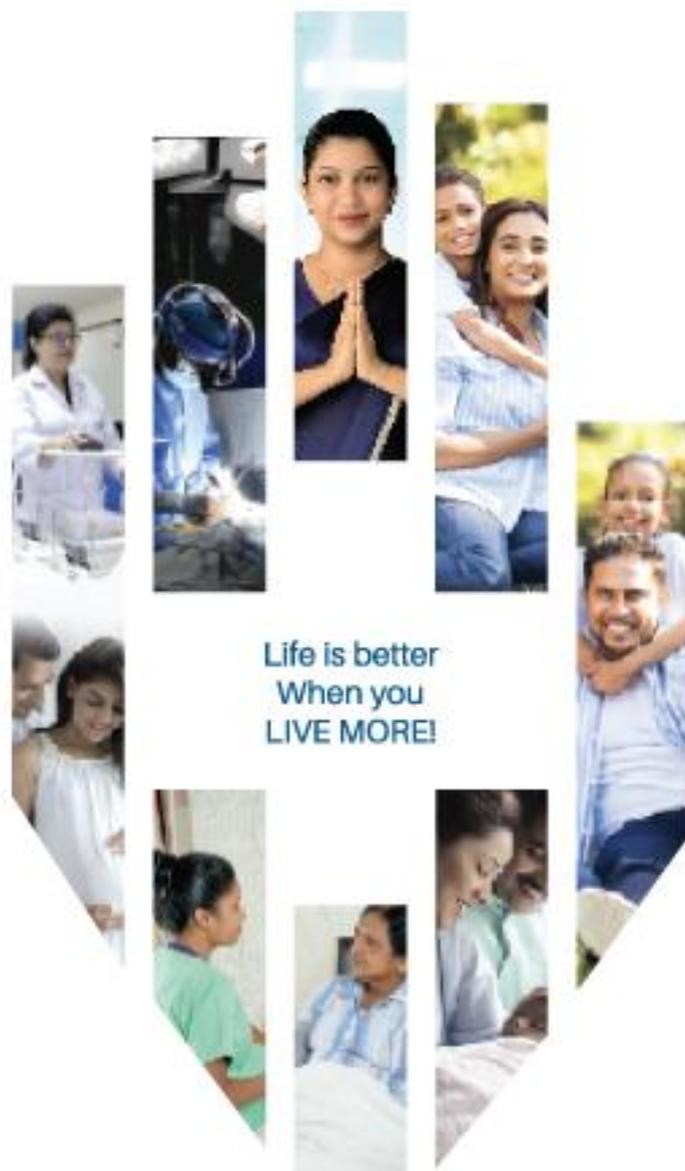
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Professor Saroj Jayasinghe

Consultant Physician

Emeritus Professor in Medicine

Faculty of Medicine, University of Colombo

Emeritus Professor Saroj Jayasinghe was the fifth Chair Professor of Medicine of the Faculty of Medicine University of Colombo one of the longest serving consultant physicians at the NHSL, from 38 years from 1983 to 2021. He was founder head of the Department of Medical Humanities, the first such department in Sri Lanka. He was a former secretary of the Ceylon College of Physicians and has the MD (General Medicine), PhD (Colombo), and MD by research from Bristol. He is a fellow of the CCP, RCP (Lond), National Academy of Science of Sri Lanka, and the International Science Council.

His research interests include complexity science in health sciences, models of clinical reasoning, a systems approach to urban health, device development, use of meditation in diabetes, qualitative studies on end-of-life and mathematical modelling in COVID and dengue. He was ranked among the world's top 2% scientists in the Science-wide author databases of standardized citation indicators.



Professor Carukshi Arambepola

Professor, Department of Community Medicine

Faculty of Medicine, University of Colombo

Professor Carukshi Arambepola is a distinguished academic and board-certified specialist in community medicine, currently serving at the University of Colombo. A graduate with MBBS second class honours, she excelled in her MSc in Community Medicine in 2000, earning the gold medal for best performance. Her research primarily focuses on the epidemiology of non-communicable diseases, particularly obesity and cardiovascular risk, with further expertise gained during her MD thesis and overseas training at the University of Oxford. She has contributed significantly to global research, notably as Sri Lanka's sole corresponding member of the Global Burden of Disease Project (2008–2010). Recipient of the NRC President's Award for ten consecutive years, multiple merit awards, and the Vice Chancellor's Award for Excellence in Research (2017), she has over 60 indexed publications, 4517 citations, and an H-index of 26.





Professor Shalini Sri Ranganathan

(MBBS [Jaffna], MD [Paediatrics, Colombo], DCH [Colombo], MRCP [London], Dip MedTox [Cardiff], PhD [Cardiff], FNASSL)

Professor Shalini Sri Ranganathan is a distinguished Professor of Pharmacology and Specialist in Paediatrics. She graduated with an MBBS from the University of Jaffna, followed by an MD in Paediatrics and Diploma in Child Health from the University of Colombo. Awarded a Commonwealth Scholarship, she pursued advanced training in Paediatric Clinical Pharmacology in the UK, where she earned a PhD from the University of Wales College of Medicine, Cardiff, for her thesis on Pharmacovigilance and Toxicovigilance in Paediatrics. She also obtained MRCP (London) and a Diploma in Medical Toxicology.

Her accolades include ten undergraduate awards, the Priyani Soysa Gold Medal for MD Paediatrics, and the President's Award for Scientific Publication (2013–2017). Her research centres on paediatric medicines, pharmacovigilance, drug safety, and clinical pharmacology. She serves on the WHO Expert Advisory Panel on Drug Evaluation, editorial boards of leading journals, and has authored 45 publications and 80 scientific communications, significantly advancing child health pharmacology.



Dr Dilushi Wijyaratne

*MBBS (Colombo), MD (Medicine), MRCP (UK)
Senior Lecturer in Medicine and Honorary Consultant Nephrologist
Department of Medicine
Faculty of Medicine, University of Colombo*

Dilushi Wijyaratne graduated from the Faculty of Medicine Colombo in 2010 with First Class Honours. She completed her MD (Medicine) in 2016 and was board certified as a nephrologist in 2020. She joined the Department of Clinical Medicine as a lecturer in 2020 and serves as an honorary consultant nephrologist at the National hospital of Sri Lanka and the National institute of nephrology, Dialysis and Transplant.





Professor Dulani Samaranayake

*Professor in Community Medicine
Department of Community Medicine
Faculty of Medicine, University of Colombo*

Professor Dulani Samaranayake is a professor in the Department of Community Medicine, Faculty of Medicine, University of Colombo. She graduated from the University of Colombo in 2001 with second Class Upper Honours. Her research interests include Occupational Health, Human Resources for Health and Environmental Health.



Dr Dushyanthi Jayawardena

*Senior Lecturer, Department of Community Medicine
Faculty of Medicine, University of Colombo*

Dr Dushyanthi M.S. Jayawardene is a lecturer(probationary) in the Department of Community Medicine, Faculty of Medicine, University of Colombo. She graduated from the University of Sri Jayewardenepura in 2007 with second Class Lower Honours.



Dr Praveen Weeratunga

*MBBS, MD, PGCert Med Ed, MRCP(Glas), FRCP(Lond), DPhil (Oxon)
Senior Lecturer, Department of Clinical Medicine
Faculty of Medicine, University of Colombo*

Dr Praveen Weeratunga is a Senior Lecturer in Clinical Medicine and Consultant Physician at the University Medical Unit of the National Hospital of Sri Lanka in Colombo. Dr. Weeratunga's research interests are in immunology and neglected tropical diseases. He was awarded a DPhil in Clinical Medicine from the University of Oxford which he undertook as a Clarendon Scholar. Here, he applied single cell and spatial approaches to elucidate pathogenic mechanisms in COVID 19 and chronic fibrotic pulmonary diseases. A culmination of this work was the development of an end to end spatial analysis pipeline for multiplex single cell imaging; the Spatial Omics Oxford Pipeline (SpOOX). He is currently a visiting academic at the Translational Immune Discovery Unit, University of Oxford.





Dr Kaushila Thilakasiri

Consultant Emergency Physician

Clinical Lead of the National Simulation Centre

Colombo East Base Hospital

Dr Kaushila Thilakasiri is an Emergency Medicine physician and educator with a strong interest in simulation-based medical education, human factors, and systems innovation. She currently leads the National Simulation Centre in Sri Lanka, where she has been instrumental in developing faculty capacity and integrating simulation into undergraduate and postgraduate training. She served as a Simulation Clinical Fellow at Oxford University Hospitals, UK, where she facilitated medical student examinations and gained extensive experience in faculty development. Dr Thilakasiri has contributed as a facilitator trainer for international training programmes, including Advanced Trauma Life Support (ATLS, American College of Surgeons) and Advanced Life Support (ALS, European Resuscitation Council), and as an examiner for the Membership of the Royal College of Emergency Medicine. She is actively engaged in curriculum design, faculty training, and promoting simulation as a tool for improving patient safety, teamwork, and future-ready medical education in Sri Lanka and beyond.



Dr Prasanna Nadarajah

Consultant Emergency Physician

National Hospital of Sri Lanka

Dr Nadarajah Prasanna is a Consultant Emergency Physician at the National Hospital of Sri Lanka and currently serves as General Secretary of the Sri Lanka College of Emergency Physicians. He is a Fellow of the Royal College of Emergency Medicine (UK) and is European Board–certified in Emergency Medicine. An experienced simulation educator, Dr. Prasanna regularly conducts paediatric trauma simulations and resuscitation training for emergency medicine registrars and multidisciplinary teams. He is a graduate of the ANZCEN (Australia New Zealand Clinician Educator Network) Faculty Incubator (Class of 2021–22) and subsequently served as roving faculty for later cohorts. He is also a Level 1–completed faculty trainee with PediSTARS India (Paediatric Simulation Training and Research Society of India). Dr. Prasanna is a full instructor in Advanced Paediatric Life Support (APLS), Neonatal Life Support (NLS), and Advanced Trauma Life Support (ATLS), and has played a key role in transitioning APLS courses in Sri Lanka to a hybrid format. Additionally, he serves on the Paediatric Skills Development Working Group of the Sri Lanka College of Paediatricians.





Dr Gamage Nilanka Dushani Perera

MBBS, MD, FRCP (Lon), DPhil(Oxon)

*Head, Senior Lecturer in Medicine and Honorary Consultant Physician,
Department of Medicine, Faculty of Medicine, University of Sri
Jayewardenepura.*

Dr Nilanka Perera graduated from the Faculty of Medical Sciences, University of Sri Jayewardenepura in 2007 obtaining 8 distinctions and a first class. She was placed first in the all-island merit list and was awarded several gold medals including Prof MTM Jiffry gold medal for best performance at final MBBS. She completed her MD (Medicine) in 2013 winning both John F Stokes Gold medal and Dr PT de Silva gold medal for best performance in MD. She was awarded the prestigious commonwealth scholarship in 2015 to pursue her PhD at University of Oxford. She had her training in Acute Medicine and Geriatrics from Addenbrooke's hospital, Cambridge, UK and was awarded the Doctor of Philosophy from University of Oxford in 2020. She is currently working as a Senior lecturer and an honorary consultant in the Department of Medicine, University of Sri Jayewardenepura since 2012



Dr Mahen Kothalawala

MBBS Dip Microbiology MD MPH(NZ)

Consultant Clinical Microbiologist

National Hospital of Sri Lanka, Colombo

Dr Mahen Kothalawala is a clinical microbiologist with 19 years of uninterrupted service. He holds the MBBS, Diploma in Microbiology, MD in Microbiology and MPH(NZ). He currently serves as the Consultant Clinical Microbiologist at National Hospital of Sri Lanka. Dr Kothalawala is a trainer for post graduate trainees, an examiner in the Post Graduate Institute of Medicine in addition to supervising numerous research projects. He has several publications to his credit and has a keen research interest in rational use of antibiotics. He has pioneered work on antimicrobial stewardship, diagnostic stewardship and access to antibiotics. He currently leads the National Sepsis Alliance as its convenor.





Dr W. D. Dilshan Priyankara

MBBS MD (SL) FRCP EDIC

Consultant Intensivist, National Hospital of Sri Lanka

Dr Dilshan Priyankara MBBS, MD, FRCP (London), EDIC is a Consultant Intensivist at the Medical ICU, National Hospital of Sri Lanka. He completed his fellowship in Ultrasound and Echocardiography in Adult Intensive Care at the John Radcliffe Hospital, Oxford, and holds accreditations in both Focused Intensive Care Echocardiography (FICE) and Core Ultrasound in Intensive Care (CUSIC). He is the Founder President of the Ceylon College of Critical Care Specialists and currently serves as the Chair of the Specialty Board in Critical Care Medicine at the Postgraduate Institute of Medicine, Sri Lanka. In recognition of his professional contributions, he has been conferred the Fellowship of the Royal College of Physicians, London.

Over the years, Dr Priyankara has been the recipient of several prestigious awards and research grants. This includes the Rathnasabapathy Sashidaran Poster Prize at the Annual Academic Sessions of the Sri Lanka Society of Anaesthesiologists and Intensivists. He has several articles in peer-reviewed journals. His research interests have focused on resource-limited ICU settings, including the usefulness of capillary lactate in dengue haemorrhagic fever and dengue shock syndrome, assessment of diaphragmatic function using ultrasound in patients with Guillain–Barré Syndrome, and lung function in survivors of pulmonary haemorrhage secondary to severe leptospirosis. These studies have been supported through multiple University and College of Critical Care Physicians research grants between 2019 and 2020.





Dr Anushka Mudalige

Consultant Intensivist

Colombo North Teaching Hospital Ragama

Dr Anushka Mudalige is a board certified Consultant Intensivist at medical intensive care unit of the Colombo North Teaching Hospital Ragama, Sri Lanka. MBBS Faculty of Medicine, University of Colombo. MD Anaesthesiology in 2015 from the Post Graduate Institute of Medicine, University of Colombo. Fellowship in Royal College of Anaesthesiologists (FRCA), Fellowship in Faculty of Intensive Care Medicine (FFICM) of the Royal College of Anaesthesiologists and European Diploma in Intensive Care (EDIC). President elect of the Ceylon College of critical care specialist. Member of the European Society of Intensive Care Medicine (ESICM), Indian society of critical care medicine (ISCCM), Association of anaesthetists of Great Britain and Ireland (AAGBI) and Sri Lanka Medical association (SLMA). Member of the editorial board of Critical care communications by ISCCM from 2021 till 2024. Instructor in European resuscitation council advanced life support course. Special interests- ultrasonography and echo in critically ill.



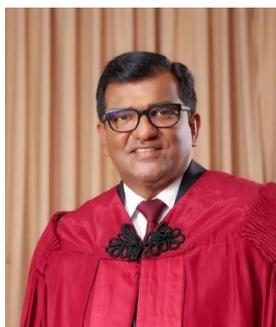
Dr Sankalpa Vithanage

Consultant Intensivist

Colombo North Teaching Hospital Ragama

Dr Kasun Sankalpa Vithanage, MBBS, MD (Anaesthesiology), is a Consultant Intensivist with over 13 years of experience in anaesthesia and critical care. He currently serves at Colombo North Teaching Hospital and has previously held consultant and registrar positions at leading institutions in Sri Lanka and the United Kingdom, including the National Hospital Colombo, Teaching Hospital Karapitiya, and Broomfield Hospital, Essex. A graduate of the University of Colombo, he obtained his MD in Anaesthesiology in 2018 and is fully registered with both the Sri Lanka Medical Council and the UK General Medical Council. Dr. Vithanage has contributed to peer-reviewed publications, national audits, and international research in critical care. He is an active educator, examiner, and workshop director, particularly in advanced life support, ventilation strategies, and sepsis management. A council member of the Ceylon College of Critical Care Specialists, he also holds memberships in multiple international critical care and anaesthesiology societies.





Vidya Jyothi Professor Prasad Katulanda

MBBS (First Class Hons), MD, DPhil (Oxon), FCCP, FRCP (Lond), FACE (USA), FSLCE

President – Ceylon College of Physicians

Prasad graduated with First Class Honors from University of Colombo winning the Student of the Year award. He obtained MD (Medicine) from the Postgraduate Institute of Medicine and DPhil from the University of Oxford.

The President of Sri Lanka awarded the Highest Honor for scientific research Vidya Jyothi title to him and he won the Ten Outstanding Young Persons (TOYP) award. He has been recognized nationally and internationally with fellowships from the Ceylon College of Physicians, Royal College of Physicians – London, American College of Endocrinologists, Sri Lanka College of Endocrinologists, National Academy of Sciences Sri Lanka, Pakistan Society of Internal Medicine and Harris Manchester College, University of Oxford. Prasad has won many research awards including Presidential Research awards.

Contributing immensely into the scientific literature on diabetes among South Asians, genetics, metabolic medicine, endocrinology and non-communicable diseases he has published peer reviewed 170 full paper publications. His work is highly cited with an h-Index of 47.

Prasad established the Diabetes Research Unit at the University of Colombo and he has obtained highly competitive international research grants. He is the President elect of Ceylon College of Physicians, had been a past President of the Endocrine Society of Sri Lanka, Diabetes federation, Secretary of the Ceylon College of Physicians, Endocrine Society, and a Vice president of the Sri Lanka Medical Association. Prasad has supervised several PhDs, MPhils and MDs. Prasad is the Head of the Department of Clinical Medicine and an honorary consultant endocrinologist at National Hospital of Sri Lanka. He had been the Chairperson of endocrine training program in Sri Lanka.





Dr Padmini Ranasinghe

Co-Director, Hospitalist Education Programs

Assistant Professor of Medicine

Johns Hopkins Physician, John Hopkins School of Medicine

Baltimore, United States

Padmini D. Ranasinghe, MD, MPH is an Assistant Professor at Johns Hopkins School of Medicine. She completed her medical education at the Colombo Medical Faculty in Sri Lanka, followed by a residency in combined Internal Medicine and Preventive Medicine, along with an MPH at the Yale School of Public Health

Dr. Ranasinghe is a fellow of the American College of Physicians (ACP), the American College of Preventive Medicine (ACPM), and the Society of Hospital Medicine (SHM). At Johns Hopkins, Dr. Ranasinghe serves as a clinician, educator, and researcher, where she teaches and mentors medical students, residents, and public health students

Her research interests are diverse, including the health and wellness of trainees and practicing physicians, disaster medicine, global health topics such as climate and health, chronic disease prevention, health informatics, AI in health care and value-based care models.

Nationally, Dr. Ranasinghe has been very active over 20 years, with American Medical Association (AMA). She chaired the AMA-International Medical Graduate Section in 2013-14, representing 25% of all practicing physicians in the United States. In 2018, she was elected to the Council on Science and Public Health (CSAPH) by the AMA House of Delegates, where she currently serves the Chair CSAPH Members | American Medical Association, additionally she is a member of AMA Digital Health, AI and informatics task force.

In Maryland, Dr. Ranasinghe has been actively involved with the Maryland Medical Society (MedChi, The Maryland State Medical Society > Home) for many years and now serves as its President. The Maryland Medical Society has been serving physicians and patients in Maryland for 225 years, and under her leadership, it continues to advocate for the advancement of healthcare in the state.





Dr Lalantha Leelaratne

Clinical Associate Professor in Diabetes

Department of Metabolism, Digestion and Reproduction

Imperial College London

Dr Lalantha Leelarithna is a Clinical Associate Professor in the Department of Metabolism, Digestion and Reproduction at Imperial College London and Consultant in Diabetes at Imperial College Healthcare NHS Trust. A First Class Honours MBBS graduate from the University of Colombo, he completed specialist training in the UK, obtained an MSc from King's College London, and was awarded a PhD from the University of Cambridge in 2014 for pioneering research on hypoglycaemia, automated insulin delivery, and continuous glucose monitoring in type 1 diabetes. His work has been central to advancing diabetes technology, and he has served as a leading investigator in landmark clinical trials on the effectiveness and cost-effectiveness of automated insulin delivery systems. He has authored over 120 peer-reviewed publications, including in *The New England Journal of Medicine*, *The Lancet Diabetes & Endocrinology*, and *Diabetes Care*. Recipient of the NHS England QiC Outstanding Contribution Award (2019), his current research extends to type 2 diabetes and advanced kidney disease.



Dr M. T. D. Lakshan

MBBS (Col), MS(Oto), DOHNS(Eng), FEB ORL-HNS (Europe),

FRCSEd ORL-HNS

Dr M.T.D. Lakshan is a distinguished Consultant ENT and Head & Neck Surgeon at Nawaloka Hospitals PLC, where he also serves as Director and Head of the Nawaloka Hospitals Research and Education Foundation. He is an Honorary Senior Lecturer in Medical Education at the University of Kelaniya. A graduate of the University of Colombo with First Class Honours in MBBS (2001), he earned multiple distinctions and gold medals across clinical and basic sciences. He completed MS (Otolaryngology) in 2007, securing first merit in both parts, and went on to obtain DOHNS (London, 2010), FRCS ORL-HNS (Edinburgh, 2012), and FEB ORL-HNS (Europe, 2012). His accolades include the P.R. Anthonis Gold Medal and numerous undergraduate awards. Dr. Lakshan is a member of the American Academy of Otolaryngology and recipient of the 2016 Commonwealth Digital Health Award. With expertise spanning surgery, medical education, and digital health innovation, he continues to advance patient care and academic excellence.





Dr Duminda Munidasa

MBBS (Colombo), MD (Medicine), FCCP, FRCP

Consultant in Rheumatology and Rehabilitation , Rheumatology and Rehabilitation Hospital Ragama

Dr Duminda Munidasa is a board-certified specialist in Rheumatology and Rehabilitation, accredited by the Postgraduate Institute of Medicine, University of Colombo. He currently serves as a Consultant in Rheumatology and Rehabilitation at the Rheumatology and Rehabilitation Hospital, Ragama. Deeply committed to medical education, Dr Munidasa is actively involved as a trainer and examiner for senior registrars, registrars, and undergraduate students. He serves on key academic bodies, including the Board of Study in Medicine and the Interim Specialty Board for Rehabilitation Medicine, and is the former Chairperson of the Specialty Board for Rheumatology and Rehabilitation at the Postgraduate Institute of Medicine. A respected leader in his field, he is a Past President of both the Ceylon College of Physicians and the College of Specialists in Rheumatology and Rehabilitation, reflecting his significant contributions to the development of rheumatology and rehabilitation medicine in Sri Lanka.



Dr Dinesha Himali Sudusinghe

Locum Consultant Nephrologist

Royal London Hospital, UK

Dr Dinesha Sudusinghe is a Consultant Nephrologist at the Royal London Hospital, UK. Her clinical and research interests include onco-nephrology, anaemia management in kidney disease, patient education, and thrombotic complications in haemodialysis. She has published in peer-reviewed journals and actively contributes to advancing nephrology services in resource-constrained settings.

Dr Sudusinghe previously served as Joint Secretary of the Ceylon College of Physicians (2022), where she played a key role in initiating the Medical Leadership Workshop in collaboration with the Royal College of Physicians, UK. She is passionate about promoting equitable kidney care through research, education, and global nephrology collaborations.





Professor Mumtaz Patel

*President Royal College of Physicians,
Consultant Nephrologist, Manchester University Foundation
Hospitals, NHS Trust*

Professor Mumtaz Patel is the President of the Royal College of Physicians (RCP), a consultant nephrologist at Manchester University Hospitals NHS Foundation Trust and Honorary Clinical Professor at the University of Liverpool. Elected in April 2025, she is the first woman of South Asian heritage to lead the RCP in its 500-year history.

She studied medicine at the University of Manchester, qualifying in 1996, and completed her PhD in the genetics of lupus nephritis in 2006. She became a consultant in 2007 and completed her master's in medical education in 2014 and since then has developed a national reputation in postgraduate education, assessment, and training.

Dr Patel has held a range of senior roles, and is currently RCP Senior Censor, Vice President for Education and Training (VPET), and was previously Global Vice President. As VPET, she led the development of a new education strategy, and during her tenure as Global VP, she expanded international engagement and launched the RCP's Global Women Leaders programme.

She previously served as Postgraduate Associate Dean for NHS England (Northwest) and is Director for Conduct and Progress at the University of Liverpool's School of Medicine. She acted as RCP President from mid-2024 before her formal election in 2025.





Professor Arosha Dissanayake

Consultant Physician

Professor in Medicine

University of Ruhuna

Professor Arosha Sampath Dissanayake holds distinguished appointments as a Consultant Physician at Teaching Hospital Karapitiya and a Professor in Clinical Medicine at the University of Ruhuna, Sri Lanka. With an MBBS (1997) and MD (2004) from Colombo, complemented by MRCP (2006), FRCPE (2012), FCCP (2014), and FRCP (2015) qualifications, Dr. Dissanayake is registered with both the Sri Lanka Medical Council and the General Medical Council, UK.

Professor Dissanayake's extensive experience includes roles as a Research Fellow at the University of Durham, UK, and an International Training Fellow at Kings Mill Hospital, UK. He has held significant leadership positions within professional organizations, serving as President of the Ceylon College of Physicians (2022) and Regional International Advisor for the Royal College of Physicians UK since 2015. His contributions also extend to editorial boards, notably as International Deputy Editor for "Clinical Medicine" (2021). Dr. Dissanayake actively supervises postgraduate research and has authored several book chapters.



Professor P. L. Ariyananda

Consultant Physician

Emeritus Professor in Medicine

University of Ruhuna

Professor Ariyananda has held the following medical leadership roles: Dean, Faculty of Medicine, University of Ruhuna; Head, Department of Medicine, University of Ruhuna; Physician-in-charge, Professorial Medical Unit, Teaching Hospital, Karapitiya; Director, Staff Development Centre, University of Ruhuna; Founder Chairman, Medical Education Unit, Faculty of Medicine, University of Ruhuna; President, Galle Medical Association; Founder Chairman, Health Museum Committee, Faculty of Medicine, University of Ruhuna; President Galle Medical Association; President, Ruhuna Faculty of Medicine Teachers' Association; Head, Division of Medicine, International Medical University; Chairman Board of Study in Medicine, Postgraduate Institute of Medicine; Director, South Asian Clinical Toxicology Collaboration; Lead Faculty Coordinator, Duke-Ruhuna Link Programme; Founder Chairman, Medical Leadership Forum, and Ceylon College of Physicians.





Professor Rezni Cassim

Consultant Vascular Surgeon

Professor, Department of Surgery

Faculty of Medicine, University of Colombo

Professor Rezni Cassim is a Senior Lecturer in the Department of Surgery, Faculty of Medicine, University of Colombo. He/ She graduated from the University of Colombo. His research interests include Vascular Surgery, Diabetic foot & Renal and liver transplantation.



Dr Dimuthu Muthukuda

Consultant Endocrinologist

Sri Jayewardenepura General Hospital

Dr Dimuthu Muthukuda, MBBS, MD, MRCP, FACE, FSLCE, is a Consultant Endocrinologist attached to the Sri Jayewardenepura General Hospital, Sri Lanka.

Dr Dimuthu is the Current President of the Sri Lanka College of Endocrinologists. She held the secretary of the Sri Lanka College of Endocrinologists from 2015-2016. She is the first co-editor of the Sri Lanka Journal of Diabetes, Endocrinology & Metabolism.



Dr Niranjala Meegoda Widanage

MBBS, MD, MRCP, FSLCE

Consultant Endocrinologist

Colombo South Teaching Hospital

Dr Niranjala Meegoda Widanage, MBBS, MD, MRCP, FSLCE, is a Consultant Endocrinologist attached to the Colombo South Teaching Hospital, Sri Lanka. She was trained in Endocrinology at the Oxford Centre for Diabetes, Endocrinology, UK.

Dr Niranjala was the Secretary of the Sri Lanka College of Endocrinologists from 2021 – 2022. She was the Assistant Secretary of the Endocrine Society of Sri Lanka in 2013.





Dr Sandeepana Gamage

MBBS, MD, MRCP

Specialist Physician in General Internal Medicine

District General Hospital Embilipitiya

Dr Ankokkawala Gamage Wirendra Sandeepana, a dedicated Specialist in General Internal Medicine, has built an illustrious career since earning his MBBS with honors from the University of Peradeniya, Sri Lanka, in 2002. After completing his internship, he honed his expertise through postgraduate training, achieving MD in Internal Medicine in 2011 and MRCP (UK) in 2014. His career spans roles as a Senior House Officer, Senior Registrar in Australia, and Consultant Physician across multiple Sri Lankan hospitals, including his current position at District General Hospital, Embilipitiya, since March 2022. Dr. Sandeepana is passionate about acute medicine, medical education, and clinical research, contributing to national diabetic guidelines and leading clinical societies. An active educator, he supervises postgraduate trainees and examines for medical licensing exams. His leadership during the pandemic and commitment to patient care underscore his ambition to excel as a compassionate, innovative physician.



Professor S Gulasingham

Assistant Professor

Medical Director, Rehabilitation

CCC and LTC, William Osler Health

Sivakumar Gulasingam, is a psychiatrist and medical director - rehabilitation, complex continuing care and transitional care programs at the William Osler Health System, an assistant professor, physical medicine and rehabilitation (PM&R) at the University of Toronto (UofT) and a brain and spinal cord physician attached to Toronto Rehab, University Health Network.

He completed medical school at University of Colombo, Sri Lanka, PM&R residency at University of Toronto and PM&R fellowship at Universities of Toronto and British Columbia. In addition to clinical and academic activities, Dr. Gulasingam is actively involved in parasports through different roles with International Paralympic Committee and International World Games Association. He also served the Canadian Association of Physical Medicine and Rehabilitation (CAPMR) as the examination lead, International special interest group chair and the international representative for ISPRM.

Dr Gulasingam is a proud recipient of Top 25 Immigrants of Canada for year 2022 as an Empowering Physician





Dr Nadeeja Seneviratne

Consultant Cardiologist

National Hospital of Sri Lanka

Dr Nadeeja Himanthi Gamalath Seneviratne is a Consultant Cardiologist at the National Hospital of Sri Lanka, Colombo, with extensive experience in clinical cardiology, cardiac rehabilitation, and interventional care. A graduate of the University of Colombo, she holds an MD in Medicine and completed advanced training in the UK, including a fellowship at the Royal Bournemouth Hospital. She has contributed to cardiology services across major hospitals in Sri Lanka and was instrumental in establishing cardiac rehabilitation at Teaching Hospital Karapitiya. Dr. Seneviratne is also an active researcher, presenter, and examiner, with multiple national and international contributions in cardiovascular medicine.



Dr Chiranthi Liyanage

Senior Lecturer & Specialist in Rheumatology and Rehabilitation

Department of Pharmacology

Faculty of Medicine

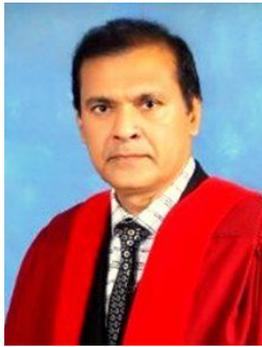
University of Colombo

Dr Chiranthi K. Liyanage is a highly accomplished medical professional specializing in Rheumatology and Rehabilitation, currently serving as a Senior Lecturer at the Department of Pharmacology, Faculty of Medicine, University of Colombo, Sri Lanka.

Academically, she holds an MBBS with Second Class (Upper) Honours, an MD in Medicine, and a Postgraduate Certificate in Medical Education from the University of Colombo. She further distinguished herself with a Membership of the Royal College of Physicians (UK) and a Specialty Certificate Examination in Rheumatology (UK). Her extensive work experience includes roles as Senior Clinical Fellow in Rheumatology at University College London and Senior Registrar in Rheumatology and Rehabilitation at the National Hospital of Sri Lanka. Dr. Liyanage has also significantly contributed to medical education as a lecturer and resource person across various institutions.

Her professional engagements are notable, including serving as Honorary Joint Secretary of the Ceylon College of Physicians in 2024. Dr Liyanage's research interests encompass rheumatology, pharmacogenetics, safe medicine use, medical education, and gender equity, with numerous publications and research awards to her name. She is also a published author, contributing to books and book chapters in her field.





Professor Sudath Warnakulasooriya

Professor in Nursing

Dean, Faculty of Nursing of the University of Colombo

Professor Sudath Shirley Pathmasiri Warnakulasuriya, a distinguished Sri Lankan nursing academic, began his career in 1987 and holds a PhD in Nursing from the University of Sri Jayewardenepura. He earned his BSc (Hons) from Open University Sri Lanka and a Master's from the University of Adelaide under a WHO scholarship. His pioneering research in occupational health and ergonomics has led to over 40 publications and significant contributions to mental health nursing, including curriculum development in Seychelles. He has received multiple national awards, including the Florence Nightingale Award. As a founding figure of the Faculty of Nursing at University of Colombo, he continues to shape nursing education and policy. He serves on national and international committees, with research interests in musculoskeletal disorders and nurses' health.



Dr Upuli Wijemanne

Director

Directorate of Healthcare Quality and Safety

Ministry of Health

Dr Upuli Wijemanne is a Board-Certified Specialist in Medical Administration. She holds a MD and MSc in Medical Administration from the Postgraduate Institute of Medicine, University of Colombo and MBA from the Commonwealth Executive MBA Programme. In 2018, she was an honorary management fellow at the Strategy and Planning Unit of Sheffield Teaching Hospitals, NHS Foundation Trust in the United Kingdom. Currently serving as the Director of the Patient Safety & Accreditation Bureau, Ministry of Health, she has led the national programme to advance healthcare quality and patient safety. Her previous leadership roles include Director of Planning, Director of De Soysa Hospital for Women, and Deputy Director, Colombo South Teaching Hospital, where she served as the focal point for the institutional Quality and Safety Improvement Programme. She was instrumental in introducing several quality safety initiatives nationwide, including the redesigning of the Diagnosis Card (H 383a) across government hospitals and a resource person in various local and international forums. Her administrative role during the Covid 19 pandemic had been a key in developing a state of art 40 bed maternity complex in De Soysa Maternity Hospital and saved significant government expenditure while strengthening healthcare system resilience.



MAIN CONFERENCE



Professor Mumtaz Patel

President – Royal College of Physicians, London

Dr Mumtaz Patel is President of the Royal College of Physicians (RCP), a consultant nephrologist at Manchester University Hospitals NHS Foundation Trust and Honorary Clinical Professor at the University of Liverpool. Elected in April 2025, she is the first woman of South Asian heritage to lead the RCP in its 500-year history.

She studied medicine at the University of Manchester, qualifying in 1996, and completed her PhD in the genetics of lupus nephritis in 2006. She became a consultant in 2007 and completed her master's in medical education in 2014 and since then has developed a national reputation in postgraduate education, assessment, and training.

Dr Patel has held a range of senior roles, and is currently RCP Senior Censor, Vice President for Education and Training (VPET), and was previously Global Vice President. As VPET, she led the development of a new education strategy, and during her tenure as Global VP, she expanded international engagement and launched the RCP's Global Women Leaders programme.

She previously served as Postgraduate Associate Dean for NHS England (Northwest) and is Director for Conduct and Progress at the University of Liverpool's School of Medicine. She acted as RCP President from mid-2024 before her formal election in 2025.



Professor Jennifer Martin

President – Royal Australasian College of Physicians

Professor Jennifer Martin (FRACP, PhD) is a practicing physician and clinical pharmacologist in the Hunter and Chair of Clinical Pharmacology at the University of Newcastle. She holds an MA in politics and economics from Oxford University, a science PhD from Monash University and a postdoctoral fellowship at the Walter and Eliza Hall Institute. She has been involved in a broad range of activities including State, Commonwealth and international medicines and health policy committees/advisory roles, specifically around drug development and translation into optimized medicines usage. She is also President of the Royal Australasian College of Physicians and Chair of the Board of Directors, and elected Councilor on the NSW Council of Australian Institute of Company Directors.





Professor Thashi Chang

MBBS, MD, MRCP (UK), MRCP (UK)(Neurol), DPhil (Oxon), FCCP, FRCP (London)

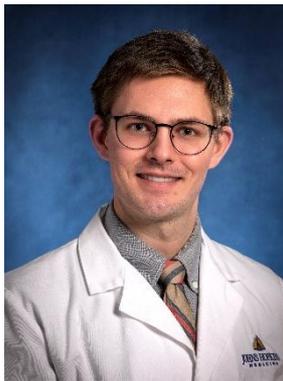
Senior Professor in Neurology

Department of Clinical Medicine

Faculty of Medicine

University of Colombo

Professor Thashi Chang is a Senior Professor in Neurology in the Department of Clinical Medicine at the Faculty of Medicine of the University of Colombo and an honorary Consultant Neurologist in the Professorial Unit in Medicine at the National Hospital of Sri Lanka. He graduated from the University of Colombo with first-class honours. He is a Commonwealth Scholar and obtained his DPhil in Clinical Neurology from the University of Oxford, United Kingdom. He was the President of the Association of Sri Lankan Neurologists from 2019 to 2020.



Professor John Woller

Assistant Professor of Medicine

Associate Program Director for Bedside Medicine

Department of Medicine - The Johns Hopkins Hospital

Professor John Woller, MD is a general internist practicing in the Johns Hopkins Hospital in Baltimore, Maryland, USA. He completed medical school at Emory University School of Medicine in Atlanta, Georgia, and internal medicine residency in the Osler Program at Johns Hopkins. He is now the Associate Program Director for Bedside Medicine for the Osler medical residency program.





Dr Janaka Waidyasekara

MBBS(Colombo), MD, FCCP

Consultant Neurologist

Head, Department of Neurology and Stroke Services

National Hospital, Galle

Dr Waidyasekara is a board-certified Consultant Neurologist with extensive clinical and academic experience. He obtained his MBBS with Second Class Honors from the University of Colombo in 1998 and earned his MD in Medicine in 2008. His specialist neurology training was undertaken at the National Hospital of Sri Lanka and in the UK at James Cook University Hospital and the Royal Victoria Infirmary, Newcastle upon Tyne. He has served as a consultant Neurologist at leading institutions across the country, including the National Hospital of Sri Lanka, North Colombo Teaching Hospital, and University Hospital Peradeniya. Dr Waidyasekara has made notable contributions to stroke care, sleep medicine and neurology education in Sri Lanka. He is actively involved in postgraduate training and has presented research at local and international forums.



Professor Anoop Chauhan

MBE, MB ChB, FRCP, PhD

Professor in Respiratory Medicine

Consultant Respiratory Physician

Portsmouth Hospitals NHS Trust

United Kingdom

Professor Chauhan, Director of Research and Innovation at Portsmouth Hospitals NHS Trust since 2009, is a distinguished leader in respiratory medicine and healthcare innovation. He has significantly advanced clinical research, fostering collaborations across industry, academia, and healthcare to address unmet needs in respiratory care. His pioneering work has led to improved clinical pathways, enhanced patient outcomes, and notable health economic benefits. Professor Chauhan's initiatives have earned national recognition, including HSI and Patient Safety Awards. He holds a PhD from Southampton as an MRC Clinical Training Fellow and serves as Executive Director of Research, Commercial Lead for Wessex Clinical Research Network, and Programme Lead for Wessex Academic Health Science Network. His contributions exemplify excellence in clinical leadership, research, and service innovation.





Professor Ling Pei Ho

DPhil FRCP MD

Professor of Respiratory Immunology

University of Oxford

United Kingdom

Professor Ling-Pei Ho, DPhil, FRCP, is Professor of Respiratory Immunology at the Weatherall Institute of Molecular Medicine, University of Oxford, and a Consultant Respiratory Physician at Oxford University Hospitals. She graduated from Glasgow Medical School in 1991 and completed her postgraduate research and clinical training in Edinburgh and Oxford.

Professor Ho's research focuses on the immune mechanisms underlying lung fibrosis—specifically idiopathic pulmonary fibrosis (IPF) and fibrotic pulmonary sarcoidosis—using advanced techniques such as spatial transcriptomics, imaging mass cytometry, and tissue-specific immune mapping.

She has led pioneering efforts in the care of sarcoidosis, establishing one of the UK's largest specialist centres and contributing to the development of national standards for its management. Her team's mission is to improve the treatment of lung fibrosis through a deeper understanding of disease mechanisms, ultimately guiding the development of more effective therapies and better-designed clinical trials





Dr Eshanth Perera

MBBS MD FRCP(Edin) FCCP FAPSR FCCP(USA)

Consultant Respiratory Physician

National Hospital for Respiratory Diseases

Welisara

Sri Lanka

Dr Eshanth Perera serves as a Consultant Respiratory Physician at the National Hospital for Respiratory Diseases, Welisara, Sri Lanka. He holds MBBS and MD in Medicine from the University of Colombo and is a Fellow of the Royal College of Physicians (Edinburgh), the Ceylon College of Physicians, the Asia Pacific Society of Respiriology, and the American College of Chest Physicians.

Dr Perera is actively involved in medical education as an undergraduate examiner and a postgraduate trainer in respiratory medicine and allied specialties. He has held significant leadership roles, including President of the Sri Lanka College of Pulmonologists and Chairman of the Specialty Board in Respiratory Medicine, University of Colombo.

His contributions to national health policy include leading roles in developing guidelines on Paediatric and Latent TB. His research interests span TB, ILD, COVID-19, and rare pulmonary syndromes, and he is Co-Principal Investigator of the PACE Trial.



Professor Susan Kurrle

Curran Professor in Health Care of Older People

*Faculty of Medicine and Health, The University of Sydney,
Australia*

Professor Susan Kurrle is a geriatrician practicing at Hornsby Ku-ring-gai Hospital in northern Sydney and in a rural outreach capacity at Batemans Bay and Moruya Hospitals in southern New South Wales. She holds the Curran Chair in Health Care of Older People in the Faculty of Medicine and Health at the University of Sydney. Her research and practice interests centre on dementia, frailty, elder abuse, geriatric outreach services, successful ageing, and intergenerational programs, and her work focuses on translation of research into clinical practice. She is the current president of the Australian and New Zealand Society for Geriatric Medicine. In January 2023 she was appointed as an Officer of the Order of Australia for distinguished service to medicine as a geriatrician, and to research into dementia and cognitive function.





Professor Arunansu Talukdar

*Head, Geriatric Medicine Department
Medical College Kolkata, India*

Dr Arunansu Talukdar has passed MD in Medicine, obtained the university first award from Calcutta University, India. He achieved PhD from UCLA, USA. He is also awarded FRCP (Glasgow). He has more than 30 yrs experience in clinical field with extensive research experience. He is presently conducting clinical research in collaboration with USA universities, IIT Hyderabad, ICMR and AIIMS. He has more than 70 international publications. He is also an expert committee member of Drug Controller General of India. He is the Professor of Medicine and Geriatric Medicine more than 11 years at Medical College Kolkata. He guided 43 MD students and PhD candidates of WBUHS. He is now the head of Geriatric Medicine department MCK. He is presently the Chairman of Geriatric society of India Eastern Zone. Dr. Talukdar is also the East Zone Coordinator of Indian Academy of Geriatrics and the Nodal officer of Regional Geriatric Centre, Kolkata.



Dr Latana Munang

*Consultant Geriatrician, Livingston, NHS Lothian
National Clinical Lead for Hospital at Home, Scotland*

Dr Latana Munang is a Consultant Physician and Geriatrician at St John's Hospital, NHS Lothian, with over a decade of experience in acute and geriatric medicine. She leads the Hospital at Home service, which she established in 2013, and serves as Clinical Lead for both this service and the Medicine of the Elderly department. Nationally, she is the Clinical Lead for Hospital at Home at Healthcare Improvement Scotland, supporting service development across Scotland. Dr. Munang is actively involved in education as a clinical supervisor, MRCP PACES examiner, and international faculty member. She has led numerous quality improvement initiatives, including frailty screening, care home care pathways, and service redesigns. Her work has been presented at national and international conferences, and she has contributed to key publications in geriatric medicine. Dr. Munang is a Fellow of the Royal College of Physicians of Edinburgh and holds a CCT in General and Geriatric Medicine.





Professor Andrew Dawson

MBBS, MD (Gen. Medicine), DM (Clinical Haematology), Fellowship (Leukaemia – BMT)

Consultant Haematologist

Chairman, International Haematology Consortium and CEO Chiron, India

Andrew Dawson is an Adjunct Professor at La Trobe University, School of Psychology and Public Health. His main clinical position is as the Director of Clinical Pharmacology and Toxicology at Royal Prince Alfred Hospital in Sydney and director of the Australian National Poisons Register.

He has worked collaboratively in Sri Lanka for over 20 years in the fields of clinical toxicology and clinical pharmacy. In 2004 he relocated to Kandy for 5 years to help establish SACTRC (the South Asian Clinical Toxicology Research Collaboration). SACTRC partnered with a number of Sri Lankan universities to create a capacity building research program which operated in multiple provinces to reduce harms from poisoning.



Professor Michel Eddleston

Professor of Clinical Toxicology, Clinical Lead, UK's National Poisons Information Service (NPIS), UK

Professor Michel Eddleston is a Professor of Clinical Toxicology at the University of Edinburgh, Honorary Consultant Physician and Pharmacologist at the Royal Infirmary of Edinburgh, and Clinical Lead for the UK National Poisons Information Service.

I trained in medicine at Cambridge and Oxford, completing a PhD at the Scripps Research Institute, La Jolla. While a medical student, I developed an interest in self-poisoning in rural Sri Lanka, leading to a year-long clinical trial and co-authoring the Oxford Handbook of Tropical Medicine. After basic medical training, I spent four years in Sri Lanka as a Wellcome Trust Career Development Fellow before completing specialist medical training in Edinburgh. I became a Senior Clinical Fellow and Consultant in 2009 and was appointed Professor in 2013.

I now lead an international research group focused on preventing deaths from acute poisoning while continuing clinical work at the Royal Infirmary of Edinburgh.





Professor Nick Buckley

MD, FRACP

*Professor of Clinical Pharmacology, Faculty of Medicine and Health,
University of Sydney, Australia.*

Professor Nick Buckley is a Professor of Clinical Pharmacology at the University of Sydney, a consultant clinical toxicologist at the NSW Poisons Information Centre and admitting toxicologist at RPA Hospital Sydney, Chair of the Editorial Advisory Board of the Australian Medicines Handbook, a past President of The Asia Pacific Association of Medical Toxicology, and cofounder of the South Asian Clinical Toxicology Research Collaboration



Professor Anjana Silva

Chair Professor of Parasitology

Faculty of Medicine and Allied Sciences, Rajarata University of Sri Lanka

Anjana Silva is a toxinologist and he combines experimental, clinical, and epidemiological research to answer real-life problems related to snakebite. He is currently the chair professor of Parasitology at Rajarata University, an Adjunct Senior Research Fellow at Monash University, Australia, and a research associate of the South Asian Clinical Toxicology Research Collaboration.

Prof. Silva obtained an MBBS and M.Phil from the University of Peradeniya and a PhD in toxinology from Monash University, Australia. He is a Fellow of the National Academy of Sciences of Sri Lanka.

He has delivered four prestigious orations and over ten keynote addresses, including last year's CCP oration. He has received over 30 international and local research awards, including research awards from European, North American and Asia Pacific Associations of Clinical Toxicology and the TWAS/NSF Young Scientist Award in 2013. He received the CVCD Excellence Award for the most outstanding young researcher in the field of medicine and health sciences in 2020





Professor Melissa Pearson

MS., PhD

Research Fellow, Deanery of Clinical Sciences

Centre for Cardiovascular Science

The University of Edinburgh

United Kingdom

Professor Pearson is a qualified social worker with a PhD in Public Health and Social Policy from the University of New South Wales, the candidate currently serves at the University of Edinburgh. With over 20 years of experience in health services and more than a decade in international contexts, they possess deep expertise in health systems, policy analysis, and the socio-political dimensions of public health. Their doctoral research focused on suicide prevention policy in Sri Lanka, reflecting a strong commitment to improving evidence-based policymaking in lower- and middle-income countries. Their work spans mental health service improvement, intersectoral public health policy, and the implementation of complex interventions. As Co-Chair of the Special Interest Group on Prevention of Intentional Pesticide Poisoning under the International Association for Suicide Prevention, they contribute to global suicide prevention efforts. Their research interests include contextual influences on evidence generation and knowledge translation for policymakers, with a focus on advancing public health outcomes.



Professor Ian Cameron

*Professor of Rehabilitation Medicine, Faculty of Medicine and Health,
University of Sydney, Australia*

Ian Cameron is a Consultant Physician in Rehabilitation Medicine and has the Chair in Rehabilitation Medicine, School of Health Sciences, Faculty of Medicine and Health, at the University of Sydney. He is a clinician researcher.

Current research themes are injury, rehabilitation and disability; specifically disability and health in older people, musculoskeletal injury in compensable settings, and catastrophic injury (associated with severe long-term disability).





Dr Chamila Dabare

Consultant Rheumatologist

MBBS, MD, MCCP, FRACP

Dr Chamila Dabare is a Rheumatologist at Western Health, Melbourne, Victoria, Australia. She is an honorary lecturer at University of Melbourne, teaching medical students at University of Melbourne and participating in research at Australian Institute for Musculoskeletal science (AIMSS). She is an education supervisor for basic physician trainees at Royal Australian college of physicians.

Having being graduated from University of Colombo, Sri Lanka in 2000, Dr. Dabare completed her advanced training in rheumatology and general medicine and obtained MD in Medicine in 2006. She completed further training in Rheumatology in Australia and obtained fellowship of Royal Australian college of physicians in 2015. She has extensive experience in working in different communities in Sri Lanka and Australia.

Her main research interests are osteoarthritis, myositis and interventional rheumatology and has contributed to publications in this field. She contributes as a peer reviewer in international rheumatology journals. Dr Dabare contributes to the education of the regions medical Practitioners.





Professor Inoshi Atukorale

MBBS MD MRCP(London) FACP FCCP PhD

Senior Lecturer in Clinical Medicine & Consultant Rheumatologist

University Medical Unit, National Hospital Sri Lanka

& Faculty of Medicine, University of Colombo

Professor Inoshi Atukorala is the Professor in Rheumatology, at the Department of Clinical Medicine, Faculty of Medicine, Colombo. She is the Honorary Consultant Rheumatologist at the University Medical Unit, National Hospital Sri Lanka. She graduated in 1999 at the top of her batch with First Class (Honours), 19 medals and prizes. Inoshi received the Best Student award from the Faculty of Medicine and the Student of the Year award for excellence in academic studies and sportsmanship from the University of Colombo. She completed her MD (Clinical Medicine) in 2005 and received the John Stokes Gold medal for best performance at the exam. Her specialist training was at the Nuffield Department of Rheumatology/Musculoskeletal Sciences, Oxford, and National Hospital Sri Lanka, while her research training was at the Institute of Bone and Joint Research, University of Sydney. She obtained her Ph.D. in 2021.

Inoshi has received multiple awards for research, including the Presidential Award for research in Sri Lanka. Her research interests include osteoarthritis and systemic lupus erythematosus. She has published extensively in high impact factor journals, including the highest impact factor journals for research in rheumatology. She has authored book chapters in several textbooks, including Manson's Tropical Diseases and the Oxford Textbook of Orthopaedics.





Dr Lalantha Leelaratne

Clinical Associate Professor in Diabetes

Department of Metabolism, Digestion and Reproduction

Imperial College London

Dr Lalantha Leelarithna is a Clinical Associate Professor in the Department of Metabolism, Digestion and Reproduction at Imperial College London and Consultant in Diabetes at Imperial College Healthcare NHS Trust. A First Class Honours MBBS graduate from the University of Colombo, he completed specialist training in the UK, obtained an MSc from King's College London, and was awarded a PhD from the University of Cambridge in 2014 for pioneering research on hypoglycaemia, automated insulin delivery, and continuous glucose monitoring in type 1 diabetes. His work has been central to advancing diabetes technology, and he has served as a leading investigator in landmark clinical trials on the effectiveness and cost-effectiveness of automated insulin delivery systems. He has authored over 120 peer-reviewed publications, including in *The New England Journal of Medicine*, *The Lancet Diabetes & Endocrinology*, and *Diabetes Care*. Recipient of the NHS England QiC Outstanding Contribution Award (2019), his current research extends to type 2 diabetes and advanced kidney disease.



Dr Padmini Ranasinghe

Co-Director, Hospitalists Education Programs

Assistant Professor of Medicine, John Hopkins Physician

John Hopkins School of Medicine, Baltimore, USA

Dr Padmini D. Ranasinghe, MD, MPH, is an Assistant Professor at Johns Hopkins School of Medicine and a graduate of the Colombo Medical Faculty, Sri Lanka. She completed her residency in Internal and Preventive Medicine and an MPH at Yale. A fellow of ACP, ACPM, and SHM, she serves as a clinician, educator, and researcher, mentoring medical and public health trainees. Her research spans physician wellness, disaster medicine, climate and health, chronic disease prevention, health informatics, AI in healthcare, and value-based care. Nationally, she has been active with the AMA for over 20 years, chairing the International Medical Graduate Section (2013–14) and currently serving as Chair of the AMA Council on Science and Public Health, as well as on its Digital Health and AI task force. In Maryland, she has long contributed to MedChi and now serves as its President, leading advocacy for healthcare improvement in the state.





Dr Nadarajah Kanagaharan

MBBS, FRCP, FCSANZ

Associate Professor

Divisional Director & Cardiologist, Division of Medicine

Darwin Private Hospital, NT, Australia

Associate Professor Nadarajah Kangaharan is a Cardiologist at Royal Darwin Hospital, Darwin Private Hospital, and NT Cardiac, with over 20 years' experience in the Northern Territory. Since 2009, as Medical Director of the Division of Medicine, he has advanced initiatives to strengthen the specialist workforce and improve healthcare access for remote and Indigenous communities, including establishing the Integrated Cardiac Services Network. He served as Chair of the Indigenous Council of the Cardiac Society of Australia and New Zealand (2014–2019) and holds honorary roles at the Menzies School of Health Research and Flinders University. A/Prof Kangaharan is clinical industry partner for Acacia, the NT's largest integrated electronic health record project, and led development of iCVIS/AURA and TKC, a decision support tool for cardio-renal-metabolic patients. He has completed Harvard Medical School programs in Safety, Quality, Informatics and Leadership, and Leading Digital Health Transformation.



Dr Charitha Perera

Consultant Physician in Rehabilitation Medicine Division of Rehabilitation,

Aged Care and Palliative Care, Flinders Medical Centre, SA, Australia

Dr Charitha Perera, MBBS, MSpMed, GradDipMscMed, FAFRM (RACP), is a Senior Staff Specialist in Rehabilitation Medicine at Flinders Medical Centre and the Repat Precinct, South Australia, since 2007. He provides consultant services for stroke, amputee, orthopaedic, and ambulatory rehabilitation, and visits Whyalla and Mt Gambier hospitals quarterly. His previous roles include Rehabilitation Registrar at Repatriation General Hospital and Senior Resident Medical Officer in Canberra. A Fellow of the Australasian Faculty of Rehabilitation Medicine, he is an international member of the American Academy of Physical Medicine and Rehabilitation and a member of ISPO. Dr. Perera has served on numerous professional committees, including the Court of Examiners and the AFRM Council, and coordinated postgraduate rehabilitation courses at Flinders University. He is also Honorary Consul for Sri Lanka in South Australia, actively engaged in community and sporting organisations. His career reflects extensive clinical expertise, leadership, and commitment to medical education and community service.





Dr Duminda Munidasa

MBBS (Colombo), MD (Medicine), FCCP, FRCP

Consultant in Rheumatology and Rehabilitation

Rheumatology and Rehabilitation Hospital, Ragama, Sri Lanka

Dr. Munidasa is a Board-certified specialist in Rheumatology and Rehabilitation by the Postgraduate Institute of Medicine, University of Colombo. He is a Consultant in Rheumatology and Rehabilitation at the Rheumatology and Rehabilitation Hospital, Ragama Trainer and examiner for senior registrars, registrars and undergraduates. He is also a board member of the Board of Study Medicine, Interim Speciality Board for Rehabilitation Medicine, former chairperson Speciality Board for Rheumatology and Rehabilitation in the Postgraduate Institute of Medicine, University of Colombo.

He was past president of the Ceylon College of Physicians and the College of Specialists in Rheumatology and Rehabilitation.



Dr Sivakumar Gulasingam

Medical Director, Rehabilitation, William Osler Health.

Psychiatrist, Toronto Rehab, University Health Network

Assistant Professor, University of Toronto, Canada

Dr Sivakumar Gulasingam, is a psychiatrist and medical director - rehabilitation, complex continuing care and transitional care programs at the William Osler Health System, an assistant professor, physical medicine and rehabilitation (PM&R) at the University of Toronto (UofT) and a brain and spinal cord physician attached to Toronto Rehab, University Health Network.

He completed medical school at University of Colombo, Sri Lanka, PM&R residency at University of Toronto and PM&R fellowship at Universities of Toronto and British Columbia.

In addition to clinical and academic activities, Dr. Gulasingam is actively involved in parasports through different roles with International Paralympic Committee and International World Games Association. He also served the Canadian Association of Physical Medicine and Rehabilitation (CAPMR) as the examination lead, International special interest group chair and the international representative for ISPRM.

Dr Gulasingam is a proud recipient of Top 25 Immigrants of Canada for year 2022 as an Empowering Physician.





Professor Vajira Dissanayake

Dean, Chair & Senior Professor of Anatomy, Department of Anatomy, Genetics & Biomedical Informatics

Faculty of Medicine

University of Colombo

Professor Vajira H. W. Dissanayake, MBBS (Colombo), PhD (Nottingham), FNASSL, FIAHSI, FCMA, FRCP, is the Dean of the Faculty and Senior Professor (Chair) in the Department of Anatomy, Genetics, and Biomedical Informatics of the Faculty of Medicine, University of Colombo, Sri Lanka. He has spearheaded various initiatives in the fields of genetics, genomics, biomedical informatics and bioethics in Sri Lanka and globally. He was the President of the Global Genomic Medicine Collaborative from 2022 to 2025. He is the current President of the Sri Lanka Medical Council. He and his team have authored more than 175 papers and received more than 40 local and international awards for their work. In recognition of his scientific achievements he was elected a fellow of the National Academy of Sciences of Sri Lanka in 2013, a fellow of the International Academy of Health Sciences Informatics in 2020 – the first Sri Lankan fellow of the Academy, and conferred the Sri Lankan national titular honour of Vidya Jyothi in 2019 on the recommendation of the Sri Lanka Medical Association.



Professor Priyanga Ranasinghe

MBBS, MD (Medicine), PhD, FRCP (Edin), FNASSL

Professor in Pharmacology, Department of Pharmacology

Faculty of Medicine, University of Colombo, Sri Lanka

Professor Priyanga Ranasinghe is a Professor in Pharmacology attached to the Department of Pharmacology, Faculty of Medicine. He is the first board-certified specialist in Clinical Pharmacology and Therapeutics in Sri Lanka. His research interests are in Clinical Pharmacology, Hypertension and Pharmacogenomics. He has published over 150 papers in peer-reviewed indexed journals and has an h-index of 53, with over 34,000 citations to-date. He has been the recipient of over 30 awards for research, including consecutive presidential awards and CVCD research award. In addition he has been ranked among the World's Top 2% Scientists in 2021, 2022 and 2023.





Dr Vinod Scaria

Chief Data Officer at Karkinos Healthcare, Adjunct Professor at the IIT Kanpur, India

Dr Vinod Scaria, a clinician-turned-computational biologist, is renowned for his pioneering work in vertebrate genomics and rare genetic diseases. He co-founded GUARDIAN, India's largest network for rare disease research, and has led major genome diversity projects across India, Sri Lanka, and Malaysia. His lab played a pivotal role in SARS-CoV-2 genetic epidemiology and genomic surveillance during the COVID-19 pandemic. An advocate of open data, he is widely cited in national and international media. Dr. Scaria holds an MBBS from Calicut Medical College and a PhD in Computational Biology from the University of Pune. With over 200 publications and two books, he serves on several editorial boards and has received prestigious honors including the CSIR Young Scientist Award, Kavli Fellowship, and fellowships from the Royal Societies of Biology and Public Health.



Professor George Dalekos

MD, PhD, FEFIM, FAASLD

President, European Federation of Internal Medicine

Professor of Medicine,

National Expertise Centre in Autoimmune Liver Diseases, University of Thessaly, Greece

Professor George Dalekos, is currently EFIM President and Head, Department of Medicine, Larissa University Hospital, Greece. Graduation: Athens Medical School (1985). He earned Internal Medicine (IM) specialty and his PhD in 1995. He is board member of Hellenic Society IM, Chair of Clinical Practice Guidelines for AIH, Vice President of IM Society of Greece (2012-2018) and Vice President and President of HASL (2013-2015 and 2015-2017). He is member of many scientific committees, acknowledged for Exceptional Medical Activity in IM (Bucharest Medical School), has acted as Academic Editor/Reviewer or Editorial Board member in numerous journals and is Expert Reviewer for Research Projects (e.g. Medical Research Council, Wellcome Trust; Austrian Science Fund). Scientific Areas: Clinical Immunology, AIH, PBC, Viral Hepatitis, Zoonoses and HLH. Prof. Dalekos has published >390 manuscripts (>28.000 citations; h-index:79) and recognized in the Global Ranking of the top 2% of scientists (Stanford University database).





Professor Fredrik Karpe

Professor of Metabolic Medicine, Head of OCDEM

Radcliffe Department of Medicine, University of Oxford, UK

Fredrik Karpe is a physician-scientist at the University of Oxford. He graduated and trained in medicine and did his PhD at the Karolinska Institute, Sweden. He is heading the Oxford Lipid clinic service and is currently developing the joint AACE-EASD guidelines on Management of Dyslipidemia. His main research interest is in human metabolism in relation to obesity and adipose tissue function. This involves studying human adipose tissue function from a genetic, cell-biological and human physiology point of view and for the purpose of forwarding translational medicine he has established the Oxford Biobank, which is uniquely designed to allow for recall-by-genotype studies from a 9000 people strong well-phenotyped local population. His extensive publication record includes >300 original publications with an h-index of 85.



Dr Nitin Kapoor

Consultant Endocrinologist & Bariatric Physician,

Professor & Acting Head, Department of Endocrinology, Diabetes and Metabolism, Christian Medical College, Vellore, India

Dr Nitin completed his DM & Post Doctoral Fellowship in Endocrinology at CMC, Vellore. He then completed his PhD research on clinical and genetic indicators of obesity from the University of Melbourne, Australia. He has been cited as among the top 2% of most influential researchers across the world by Stanford University, USA, in October 2023 and Sept 2024.

He has also been conferred with several awards, including the prestigious AR Seth gold medal by the Endocrine Society of India(2020), the Young Investigator Award by the Sri Lankan Endocrine Society(2019), Melbourne Research Scholarship (2016-20), The Tamil Nadu Dr. MGR University Gold Medal in Endocrinology(2015), AV Gandhi award for Excellence in Endocrine research (2014), The IJEM Award for Excellence in Endocrine writing(2014) and recently, he was also awarded the President's award of appreciation by the Endocrine Society of India in Dec 2022 and the Best Mentor award of the year 2023-2024 by the Director, Christian Medical College, Vellore. He is the Editor of the current (June 2024) and the previous two editions of the book "A Practical Guide to Diabetes Mellitus". He is also the section editor of the Obesity section of Endotext – The PubMed-indexed endocrine textbook.





Dr Dilendra Weerasinghe

M.D, FACS, FASMBS

*Consultant Gastro-intestinal Surgeon, Director Bariatric Surgery,
Rochester*

Regional Health, New York, USA

Dr Weerasinghe is a board-certified General, Bariatric, and Gastrointestinal surgeon with advanced training in minimally invasive and robotic surgery. Currently serving as Director of Bariatric Surgery at Rochester Regional Health, he has performed over 1500 robotic procedures and mentors upcoming robotic surgeons. A pioneer of opioid-free surgery, his work has been nationally recognized. He led the development of a nationally accredited Bariatric Center of Excellence and significantly improved surgical outcomes. A recipient of the Garvin Memorial Gold Medal in Surgery, Dr. Weerasinghe is widely published and has spoken at international forums including IFSO, American College of Surgeons and IBC Oxford World Congress. He is a Fellow of both the American College of Surgeons and the American Society for Metabolic and Bariatric Surgery. Deeply committed to surgical innovation and patient-centered care, he also contributes to education and global health initiatives.



Prof Eddy Fan

Professor of Medicine, University of Toronto

*Medical Director, Extracorporeal Life Support (ECLS) Program, Toronto
General Hospital, Canada*

Eddy Fan is a Professor in the Interdepartmental Division of Critical Care Medicine and the Institute of Health Policy, Management and Evaluation at the University of Toronto and a Staff Intensivist at the University Health Network/Sinai Health System. Dr. Fan received his undergraduate degree from the University of Toronto, his medical degree from the University of Western Ontario and a PhD in Clinical Investigation from Johns Hopkins University. He is currently the Medical Director of the Extracorporeal Life Support Program at the Toronto General Hospital. Dr. Fan's research has focused on advanced life support for acute respiratory failure and patient outcomes from critical illness. He has published over 400 peer reviewed articles, given over 300 invited talks, and currently holds research funding from provincial, federal, and industry sources. He has been named a Clarivate (Web of Science) Highly Cited Researcher since 2022, representing researchers which rank in the top 1% of citations for their field over the past decade.





Dr Dilshan Priyankara

MBBS, MD, FRCP (London), EDIC

Consultant Intensivist, National Hospital of Sri Lanka

Dr Dilshan Priyankara is a Consultant Intensivist at the Medical ICU, National Hospital of Sri Lanka. He completed his fellowship in Ultrasound and Echocardiography in Adult Intensive Care at the John Radcliffe Hospital, Oxford, and holds accreditations in both Focused Intensive Care Echocardiography (FICE) and Core Ultrasound in Intensive Care (CUSIC). He is the Founder President of the Ceylon College of Critical Care Specialists and currently serves as the Chair of the Specialty Board in Critical Care Medicine at the Postgraduate Institute of Medicine, Sri Lanka. In recognition of his professional contributions, he has been conferred the Fellowship of the Royal College of Physicians, London.

Over the years, Dr. Priyankara has been the recipient of several prestigious awards and research grants. This includes the Rathnasabapathy Sashidaran Poster Prize at the Annual Academic Sessions of the Sri Lanka Society of Anaesthesiologists and Intensivists. He has several articles in peer-reviewed journals. His research interests have focused on resource-limited ICU settings, including the usefulness of capillary lactate in dengue haemorrhagic fever and dengue shock syndrome, assessment of diaphragmatic function using ultrasound in patients with Guillain–Barré Syndrome, and lung function in survivors of pulmonary haemorrhage secondary to severe leptospirosis. These studies have been supported through multiple University and College of Critical Care Physicians research grants between 2019 and 2020.



Dr Darshana Hewa Kandamby

Consultant Intensivist, Chief of Service – Intensive Care Unit, Princess

Margaret Hospital and Yan Chai Hospital,

Hong Kong

Dr Kandamby completed her undergraduate studies in the Medical Faculty, University of Colombo and went on to do her postgraduate studies in the field of Intensive Care and obtained Fellowship of Intensive Care from Hong Kong College of Anaesthesiologists and the Fellowship of the College of Intensive Care Medicine, Australia and New Zealand.

She has been in the field of Intensive Care for over 20 years. Currently, she is the Chief of Service of the Department of Intensive Care of Princess Margaret Hospital and Yan Chai Hospital, Hong Kong. Her field of special interest is Extra-Corporeal Membrane Oxygenation (ECMO)





Dr Eranga Thalagala

Consultant Gastroenterologist

District General Hospital Chilaw, Sri Lanka

Dr Eranga Thalagala graduated from University of Peradeniya in 2008 with distinctions in Microbiology, Community Medicine and Parasitology. He obtained MD in Medicine from university of Colombo in 2016. He was trained in Gastroenterology and Hepatology at NHSL and CNTH- Ragama.

He worked as a Higher Clinical Fellow in Gastroenterology, IBD and Advanced Endoscopy at Cambridge University Hospital, Cambridge, UK from 2019-2021. He has worked as a Consultant Gastroenterologist and Hepatologist at Teaching Hospital Anuradhapura, Teaching Hospital Polonnaruwa, District General Hospital Matale. He is currently working at DGH- Chilaw. His interest areas includes Steatotic Liver Diseases, IBD and Interventional Endoscopy.



Dr Uditha Dassanayake

Senior Lecturer in Medicine, University of Kelaniya

Honorary Consultant Gastroenterologist and Hepatologist

Colombo North Centre for Liver Diseases, Sri Lanka

Dr Uditha Dassanayake is a Senior Lecturer and Honorary Consultant Gastroenterologist and Hepatologist at the Faculty of Medicine, University of Kelaniya, and serves as Consultant Hepatologist at Colombo North Centre for Liver Diseases. He graduated with his MBBS from the University of Peradeniya in 2008.

Dr. Dassanayake completed his MD in Medicine at the University of Colombo and obtained his MRCP (UK) in 2015, followed by a Specialty Certificate in Gastroenterology (UK) in 2017. He undertook advanced training in Hepatology and Liver Transplantation at Addenbrookes Hospital, Cambridge University Hospitals Trust (2016-2018).

His clinical expertise spans liver transplantation, autoimmune liver diseases, hepato-biliary medicine, endoscopy, and metabolic dysfunction-associated steatotic liver disease. Dr. Dassanayake has authored numerous publications in peer-reviewed journals and has extensive experience in tertiary gastroenterology and hepatology practice across multiple teaching hospitals in Sri Lanka.





Professor Tinsay Woreta

MD, MPH, FAASLD

Associate Professor of Clinical Medicine

Johns Hopkins Physician, John Hopkins Hospital, USA

Tinsay Woreta, is an Associate Professor of Medicine in the Division of Gastroenterology and Hepatology at the Johns Hopkins University School of Medicine in Baltimore, Maryland, USA. She completed her Doctor of Medicine and Master of Public Health degree, Internal Medicine residency, and Gastroenterology and Transplant Hepatology fellowship at Johns Hopkins. She has been working full-time as a transplant hepatologist at Johns Hopkins Hospital since 2016. She is the program director of the Gastroenterology fellowship program and the Director of Education for the division. Her clinical and research interests are focused on the diagnosis and management of patients with metabolic dysfunction-associated steatotic liver disease, including ongoing studies in people living with HIV. She is a co-investigator of the NASH Clinical Research Network and the HIV NASH Clinical Research Network, which are multicenter premier research networks in the field funded by the National Institutes of Health.



Dr Siraj Misbah

Consultant Clinical Immunologist, Oxford University Hospitals, UK

Dr Misbah is a consultant in clinical immunology at Oxford University Hospitals and National Clinical Director for the Blood and Infection Programme at NHS England. He has particular interests in immunodeficiency, autoimmune disease, complex drug allergy and therapeutic immunology, reflected in past membership of the Commission on Human Medicines and as Chair of the Clinical Trials, Biologics and Vaccines Expert Advisory Group at the MHRA (2012-22). During the pandemic, he chaired the MHRA Covid vaccine safety surveillance expert advisory group in 2020, which defined the principles of vaccine safety surveillance. He has a longstanding interest in therapeutic immunoglobulin (Ig) and chairs the Ig Clinical oversight group, responsible for Ig policy at NHSE. His interests in medical education are reflected in co-authorship of successive editions of Essentials of Clinical Immunology, a widely used textbook for undergraduates and postgraduates and the Rheumatology and Clinical Immunology module of Medical Masterclass, the RCP's flagship textbook for the MRCP examination.





Professor Suranjith Seneviratne

*DPhil(Oxon), MBBS, MD, DPath, MRCPATH, MRCP, FRCP,
FRCPATH, FSLCGP, FCCP*

*Professor and Consultant in Clinical Immunology, Allergy and
Immunogenetics*

Professor Suranjith Seneviratne is a distinguished clinician-scientist and international expert in immunodeficiency, autoimmune, allergic/mast cell disorders, and immunogenetics. He graduated with First Class Honours from the University of Colombo, earning eight distinctions and ten gold medals. He holds an MD in Internal Medicine and trained in Clinical Immunology at Oxford, where he also completed a PhD in Molecular Medicine as a Commonwealth Scholar. With over 300 publications and an h-index of 54, his work appears in leading journals including Nature, Science, and Nature Medicine. He is Director of the Centre for Mast Cell Disorders and President of the UK-Sri Lanka Immunology Foundation. A Fellow of multiple prestigious medical colleges, he also served as President of SLMDA and sits on the Advisory Board of the International Weera Foundation.



Prof Maheshi Ramasamy

Associate Professor, Oxford Vaccine Group, University of Oxford

Consultant Physician, Oxford University Hospitals NHS Foundation Trust, UK

Professor Maheshi Ramasamy is an alumna of Stafford International School in Colombo. She received her undergraduate medical training at the University of Cambridge. She subsequently trained as a junior doctor in Infectious Diseases and General Internal Medicine in Oxford, London and Australia and obtained a DPhil from the University of Oxford.

As Professor of Infection & Vaccinology at the Oxford Vaccine Group, Maheshi's research focuses on developing novel vaccines for emerging pathogens including Lassa fever virus and invasive non-typhoidal Salmonella. She has a particular interest in controlled human infection models, both as a tool to understand the pathophysiology of disease and to inform immunogen design.

She leads the UK National Immunisation Schedule Evaluation Consortium and is a member of the Joint Committee on Vaccination and Immunisation (JCVI), advising the UK Department of Health and Social Care on immunisation policy.

Maheshi has a deep interest in medical education and is the Deputy Director of the Graduate Entry Medicine programme at the University of Oxford and a Fellow by Special Election at Magdalen College. She continues to practice clinically as a Consultant Physician at Oxford University Hospitals NHS Foundation Trust.





Dr Patrick Russell

Consultant Physician

Royal Adelaide Hospital, Adelaide, SA, Australia

Patrick Russell completed his training in Internal Medicine in Dallas, Texas, before migrating to Australia. There, he complete further training and saw the need for an old tool, the post-mortem examination. He is interested in anything that enhances bedside care, the ultimate end-product of the art and science we practice daily.



Dr Manodhi Saranapala

MBBS MD MRCP FRACP

Physician & Endocrinologist

Southern Adelaide Local Health Network

Dr Saranapala graduated from the University of Colombo - Faculty of Medicine in 2000 and obtained the Doctor of Medicine in 2006. She did most of her local training at NHSL and completed dual specialty training in Australia in Endocrinology and General Medicine. She is currently attached to Flinders Medical Centre and Flinders University, Adelaide, South Australia.



Dr Udayangani Ramadasa

Specialist in General (Internal) Medicine, Senior Lecturer in Medicine, Department of Medicine, Faculty of Medicine, Sabaragamuwa University of Sri Lanka

Dr Udayangani Ramadasa is a distinguished specialist in General and Palliative Medicine and serves as a Senior Lecturer in the Department of Medicine at the Faculty of Medicine, Sabaragamuwa University of Sri Lanka. She holds an MBBS, MD (Medicine), FRCP (London and Edinburgh), FCCP (SL), FACP, a Clinical Diploma in Palliative Medicine (RACP), and a PGCert in Medical Education. A leading figure in palliative care, she chairs the Palliative and End-of-Life Care Taskforce of the SLMA, is a Master Trainer, and a founding member of the National Steering Committee on Palliative Care. She has authored several national guidelines, pioneered services at PGH Ratnapura—earning the Most Innovative Outstation Physician Award—and has numerous peer-reviewed publications.





Dr Mona Gossmann

*Assistant Professor of Medicine, Associate Program Director,
Endocrinology, Diabetes and Metabolism Fellowship Program,
Cleveland Clinic, USA*

Mona Gossmann, MD completed medical school at Rutgers New Jersey Medical School after finishing her undergraduate degree at Princeton University. She then went on to undergo her Internal Medicine residency training at Thomas Jefferson University Hospital and completed her Endocrinology fellowship at Yale-New Haven Hospital. She has since relocated to Cleveland, Ohio, where she is a practicing endocrinologist at the Cleveland Clinic and Assistant Professor of Medicine at the Cleveland Clinic Lerner College of Medicine of Case Western Reserve University School of Medicine. Dr. Gossmann also has a particular interest in teaching the next generation and serves as the Associate Program Director for the Cleveland Clinic Endocrinology Fellowship Program.



Dr Ricardo Correa

Specialist Endocrinologist, Cleveland Clinic, USA

Ricardo Rafael Correa Marquez is a distinguished physician-scientist specializing in Endocrinology, Diabetes, and Metabolism, holding both an MD and an EdD, complemented by multiple prestigious fellowships. As Program Director for Endocrinology, Diabetes and Metabolism Fellowship and Director of Health Equity, and Inclusive Initiatives at Cleveland Clinic, he is also a Clinical Professor of Medicine at Lerner College of Medicine, Case Western Reserve University.

Dr Correa's career is marked by extensive contributions to clinical practice, research, and medical education, with a particular emphasis on rare endocrine genetic conditions, health equity, and underserved communities. He has held significant leadership roles in esteemed medical organizations such as the AMA, AACE, and SGIM, where he has been instrumental in developing clinical guidelines, fostering diversity initiatives, and enhancing medical quality. His prolific output includes over 85 peer-reviewed articles, books, and numerous presentations, underscoring his substantial influence in the field.





Dr Udul Hewage

MBBS(Hons), MD, FRCP,FRACP, MMED(ClinEpi)

Consultant Physician & senior lecturer

Flinders Medical Centre & Flinders University, Adelaide, Australia

Senior Consultant Physician and Clinical Senior Lecturer Division of Medicine, Southern Adelaide Local Health Network and School of Medicine and Public Health, Flinders University



Dr Indira Kahawita

MBBS (Colombo) MD Dermatology (Sri Lanka) DTM&H (London)

Dr Indira Kahawita is a Consultant Dermatologist at the National Hospital of Sri Lanka. She has served as Secretary General of the South Asian Regional Association of Dermatology, Venereology and Leprology from 2023 to 2025, and as Secretary of the board of study in Dermatology at the Postgraduate Institute of Medicine, Sri Lanka. From 2019 to 2021, she was President of the Sri Lanka College of Dermatologists. Dr. Kahawita has been a Member of the WHO Technical Advisory Group on Leprosy since 2022 and is also a member of the WHO Technical Working Group on leprosy in children. Additionally, she is a Member of the Project Steering Committee to Eliminate Mercury in skin lightening products in Sri Lanka and a Council Member of the Sri Lanka Association of Aesthetic Medical Specialists. Her past roles include Secretary of the Sri Lanka College of Dermatologists from 2012 to 2015, and Chairperson of the Leprosy Study Group, Sri Lanka College of Dermatology and Aesthetic Medicine, from 2022 to 2025. Dr. Kahawita has co-authored three books and guidelines on leprosy published by the Sri Lanka College of Dermatologists and has contributed to the WHO Guidance document on Management of Adverse Drug Reactions to drugs used in leprosy. Her areas of interest include Leprosy, Leishmaniasis, and skin NTD.





Dr Nishantha Wijesinghe

*Senior Consultant in Ophthalmology, Royal Darwin Hospital,
Tiwi NT, Australia*

Dr Nishantha Wijesinghe is a Consultant Ophthalmologist at Royal Darwin Hospital and Darwin Private Hospital, with 17 years of experience in Australia and over 24 years in ophthalmology overall. He is a fellow of Royal Australian New Zealand College of Ophthalmologists with fellowship training in Paediatric and General ophthalmology at the University of Sydney. Dr Wijesinghe has mentored over 100 ophthalmologists throughout his career in Australia and serves as an examiner in ophthalmology and a term supervisor for specialist registrars. He has a strong interest in ocular manifestations of systemic disease and works closely with physicians to support holistic patient care.



Professor Lallindra Gooneratne

*Consultant Haematologist, Professor in Haematology,
Department of Pathology, Faculty of Medicine, University of
Colombo, Sri Lanka*

Lallindra Gooneratne, MBBS, Dip.Path, MD (Haematology), FRCPath (Haematology), FCCP, is a professor in the department of Pathology, Faculty of Medicine, University of Colombo and a specialist haematologist with a special interest in haemato-oncology, bone marrow transplantation and acquired coagulopathies. He is the Director of the clinical haematology and bone marrow transplant programme at Asiri Central hospital, Colombo, which was the first bone marrow transplant programme to be established in Sri Lanka. A former president of the Sri Lanka College of Haematologists and the immediate past chairperson of the specialty board in haematology and transfusion medicine, PGIM, Colombo, he currently serves as a member of the general committee of the Asia-pacific blood and marrow transplant group.





Professor Christine Soong

Professor of Medicine, University of Toronto

Medical Director, Quality and Safety, Sinai Health, Toronto, Canada

Senior Editor, BMJ Quality and Safety

Dr. Soong is an academic hospitalist and Professor of Medicine in the Division of General Internal Medicine with a cross-appointment to the Division of Hospital Medicine at the Department of Family and Community Medicine at the University of Toronto. She completed her medical degree at Western University, family medicine residency at the University of Toronto, and a master's degree in Quality Improvement and Patient Safety at the Institute of Health Policy, Management and Evaluation. She has held leadership positions at Johns Hopkins and at the University of Toronto. Her current roles include the Medical Director of Quality and Safety at Sinai Health, the inaugural Division Head of Hospital Medicine at Sinai Health, Vice Chair of Quality and Innovation at the Department of Medicine, and Senior Editor for BMJ Quality and Safety. Dr. Soong's research and quality improvement interests include patient safety, high-value care, novel models of inpatient care, and transitions of care.



Dr Upuli Wijemanne

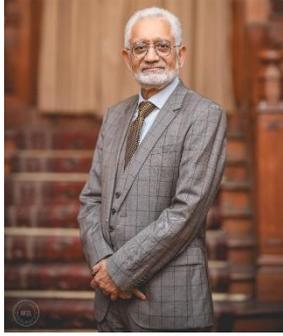
Director

Directorate of Healthcare Quality and Safety

Ministry of Sri Lanka

Dr Upuli Wijemanne is a Board-Certified Specialist in Medical Administration, holding an MD and MSc in Medical Administration from the Postgraduate Institute of Medicine, University of Colombo, and an MBA from the Commonwealth Executive MBA Programme. In 2018, she served as an honorary management fellow at the Strategy and Planning Unit, Sheffield Teaching Hospitals, NHS Foundation Trust, UK. Currently the Director of the Patient Safety & Accreditation Bureau at the Ministry of Health, she has led key national initiatives to enhance healthcare quality and patient safety. Her previous roles include Director of Planning, Director of De Soysa Hospital for Women, and Deputy Director of Colombo South Teaching Hospital. She was instrumental in nationwide quality improvement initiatives and played a pivotal role during the COVID-19 pandemic, notably in developing a 40-bed maternity complex at De Soysa Hospital.





Professor Javed Akram

Professor of Medicine

President, Pakistan Society of Internal Medicine

Professor Javed Akram is a globally acclaimed physician, researcher, and academic leader whose contributions to medicine span clinical care, research, education, and policy. With an unparalleled Impact Factor of 890—the highest ever for a Pakistani doctor—he has authored six books and over 195 research papers in leading journals including Lancet, BMJ, and NEJM. His distinguished career includes serving as Minister for Health, Punjab, Minister for Social Welfare, Vice Chancellor of both Shaheed Zulfiqar Ali Bhutto Medical University and the University of Health Sciences, Lahore. He served as Principal of Allama Iqbal Medical College/CEO of Jinnah Hospital, Principal of Federal Medical College/CEO of Pakistan Institute of Medical Sciences. Professor Akram has pioneered several clinical trials on COVID-19 vaccines, led groundbreaking research in gene cloning, stem cell regeneration, and pharmaceutical biotechnology, and received the Prime Minister’s Gold Medal, Tamgha-i-Imtiaz, and multiple lifetime achievement awards. A fellow of several prestigious international colleges, international advisor to the Royal College of Physicians, London. Professor Akram remained the founding President of the Pakistan Society of Internal Medicine and is now Chairman of the organization. He is also the founding President of the Society for Novel & Rare Diseases.

He continues to be a visionary medical educationist, researcher, health administrator, and advocate for accessible healthcare in Pakistan and beyond.





Dr Manilka Sumanathilleke

*Consultant Endocrinologist,
National Hospital of Sri Lanka*

Dr Manilka Sumanatilleke is a Consultant Endocrinologist at the National Hospital of Sri Lanka with extensive training in endocrinology at both Colombo and St Bartholomew's Hospital, London. He holds multiple fellowships, including FRCP (Edin) and FACE (USA), reflecting his international recognition in the field. Dr. Sumanatilleke currently serves as President of the Diabetes Association of Sri Lanka and President-elect of the Sri Lanka Medical Association. He has previously led the Sri Lanka College of Endocrinologists, Sri Lanka Diabetes Federation, and the South Asian Federation of Endocrine Societies, demonstrating strong leadership in advancing endocrinology regionally. Actively engaged in clinical research, he has been principal investigator in international multicenter trials on novel diabetes therapies and contributed to national and regional guidelines. He has numerous publications in peer-reviewed journals and co-authored a chapter on endocrine emergencies in pregnancy for a Cambridge University Press textbook. His contributions were recognized with the President's Award for Scientific Research in 2020.



Dr Omar Mustafa

*Registrar and Global Vice President, Royal College of Physicians,
Consultant in diabetes and general internal medicine, King's College
Hospital, UK*

Dr Mustafa is a consultant physician in diabetes and general internal medicine based at King's College Hospital in London, UK. He is also honorary senior clinical lecturer at King's College London and site lead for the quality improvement and evidence-based practice module.

Omar's interests include management of diabetes complications, inpatient diabetes, diabetes technology, health professions and medical education. He is the chair of the Joint British Diabetes Societies for Inpatient Care (JBDS-IP) group and also the Registrar of the Royal College of Physicians.





Dr Somia Iqtadar

Secretary General - Pakistan Society of Internal Medicine, Associate Professor of Medicine, King Edward Medical University, Pakistan

Dr Somia Iqtadar is a distinguished physician, academic, and public health leader with over 20 years of experience in internal medicine, infectious diseases, and health systems strengthening. She is Associate Professor of Medicine at King Edward Medical University, Lahore, and a Fellow of the Royal Colleges of Physicians (London and Edinburgh), the College of Physicians and Surgeons Pakistan, and the Pakistan Society of Internal Medicine (PSIM), where she is Founding Secretary General. Dr. Iqtadar has led national efforts against infectious diseases, including dengue and COVID-19, serving as Chair of Punjab's Dengue Expert Advisory Group and advisor to WHO EMRO. With over 70 peer-reviewed publications, she has contributed to Kumar & Clark's Clinical Medicine and is Editor of the McMaster Textbook of Internal Medicine. Her accolades include the Presidential Award of Excellence, Governor's Award, Health Icon Award, and the Charles Wallace Fellowship at Oxford University.



Professor Brian Angus

Professor of Practice, Medical Education and Director of the Oxford Centre for Clinical Tropical Medicine and Global Health, University of Oxford, UK

Professor Brian Angus is Director of the Oxford Centre for Clinical Tropical Medicine and Global Health and has been with the Nuffield Department of Clinical Medicine since 1993. His early research focused on pharmacokinetics in severe malaria and melioidosis, with current work centered on clinical trials and vaccine development for diseases such as Nipah, COVID-19, malaria, HIV, influenza, and enteric fever. He holds multiple academic roles at the University of Oxford, including Professor of Practice in Medical Education and Reader in Infectious Diseases, and is an Honorary Consultant Physician at Oxford University Hospitals. A graduate of Glasgow University, he holds an MD, BSc (Hons) First Class, MBChB, and a Diploma in Tropical Medicine & Hygiene. He is a Fellow of the Royal College of Physicians and the Faculty of Travel Medicine. He has received several teaching awards and leads major research programmes, including an MRC-funded paratyphoid vaccine trial.





Professor George Alangaden

MD, MRCP, FACP, FIDSA

*Director, Transplant Infectious Diseases, Henry Ford Health Clinical Professor
of Medicine, Michigan State University, USA*

Dr Alangaden is the Director of Transplant Infectious Diseases at Henry Ford Health and Clinical Professor of Medicine at Wayne State University and Michigan State University.

Dr Alangaden's clinical work and research is in the prevention and treatment of infections in transplant recipients and other immune-compromised patients. He is well published in these areas of research.



Dr Chula Herath

MBBS, MD, FRCP(Lond), FCCP

Consultant Nephrologist

Sri Jayewardenepura General Hospital, Nugegoda



Dr Ravi Rajakariar

Clinical Director for Nephrology and Transplantation

Consultant Nephrologist, Barts Health NHS Trust, UK

Dr Ravi Rajakariar is a Consultant Nephrologist and Clinical Director of Renal Medicine and Transplantation at Barts Health NHS Trust, London. He leads one of the UK's largest renal services, delivering comprehensive care across Northeast London. His clinical expertise spans complex immune-mediated renal diseases, including lupus nephritis, vasculitis, and sarcoidosis. He is also active in dialysis and transplantation.

A fellow of the Royal College of Physicians, he holds a PhD in inflammatory resolution from the William Harvey Research Institute. He has been a principal investigator in several international clinical trials.

He is committed to education, health service strategy, and improving patient outcomes through innovation and collaboration across specialties.





Professor Andrew Davenport

Professor of Dialysis & ICU Nephrology, UCL Centre for Kidney & Bladder Health, Royal Free Hospital, University College London, UK

Professor Andrew Davenport is a distinguished expert in dialysis and nephrology, serving as Professor of Dialysis and ICU Nephrology at the UCL Centre for Kidney & Bladder Health, Royal Free Hospital, University College London. He has held prominent international roles, including President of the International Society for Blood Purification, Past President of the International Society for Haemodialysis, and Vice Chair of the European Renal Association Dialysis Committee. Currently, he serves on the UK Kidney Association committees for Acute Kidney Injury and Dialysis Research and UK Dialysis Standards, and on the European Renal Association Renal Nutrition Committee.



Professor Senarath Edirimanne

BMBS(Hons)Flinders, FRACS

Specialist Breast and Endocrine Surgeon

Clinical Associate Professor, University of Sydney, Australia

Professor Edirimanne was born in Kegalle, Sri Lanka and studied at Pinnawela Central College. After completing his undergraduate medical education at Flinders University, Adelaide, Australia, he completed post graduate studies at Royal Australasian College of Surgeons. He currently works as a Breast and Endocrine surgeon in Sydney, Australia and is affiliated with University of Sydney as a Clinical Associate Professor. His research areas involve breast cancer, thyroid cancer and benign thyroid/parathyroid/adrenal disease.





Dr Noel Somasundaram

MBBS MD FRCP FCCP FSLCE

Consultant Endocrinologist, Diabetes and Hormone Centre

Colombo

President, South Asian Federation of Endocrine Societies (2019- 2021)

Dr. Noel Somasundaram is a distinguished endocrinologist with extensive contributions to diabetes, endocrinology, and metabolic medicine. He served as President of the South Asian Federation of Endocrine Societies (2019–2021) and was the Project Lead for the Sri Lanka Diabetes and Cardiovascular Initiative, a national programme for NCD prevention. A former Consultant Endocrinologist at the National Hospital of Sri Lanka, he has over 130 publications, and is Editor of Clinical Diabetology, with chapters in 15 textbooks, including the Oxford Desktop Reference in Endocrinology. He has led major international studies such as the EMPA-REG trial. His pioneering work introduced comprehensive care for complex endocrine conditions and advanced diagnostic techniques in Sri Lanka. He has chaired multiple national guideline committees and the Specialty Board in Endocrinology. A graduate of the University of Jaffna with 13 medals, he trained at St Bartholomew's Hospital, London, before board certification in endocrinology.





Dr Angela De Silva

MBBS PhD

Regional Adviser, Nutrition and Health for Development,

Department of Health, Population and Noncommunicable Diseases

WHO Regional Office for South East Asia

Dr Angela de Silva is the Regional Adviser, Nutrition and Health for Development at World Health Organization's Regional Office for South- East Asia (WHO SEARO), based in New Delhi, India. At WHO, her portfolio includes advocating and providing technical support on all nutrition, physical activity and related health issues to the eleven countries of WHO South-East Asia Region. During her tenure at WHO, she has focused on infant and young child feeding, micronutrient deficiencies, overweight and obesity and regulatory actions to support healthy food environments and on the promotion of physical activity policies across countries for reduction on NCD risk. A medical doctor and public health nutrition specialist with experience of over 25 years, Dr de Silva has worked in many settings at country and Regional level.



Professor Anuradhani Kasturiratne

Professor in Public Health, Faculty of Medicine,

University of Kelaniya, Ragama, Sri Lanka

Anuradhani Kasturiratne is a Professor in Public Health at the Faculty of Medicine, University of Kelaniya. Her research interests include epidemiology of snakebite, cardiovascular and metabolic diseases, and the economic burden of chronic non-communicable diseases (NCDs).

Having completed her secondary education at Visakha Vidyalaya, Colombo, she obtained her MBBS from the University of Kelaniya in 1999 and her MD in Community Medicine and board certification from the Postgraduate Institute of Medicine, University of Colombo in 2008. She has held research fellowships at the Wolfson Institute of Preventive Medicine, Barts and the London School of Medicine and Dentistry, London, United Kingdom, and the Lee Kong Chian School of Medicine, Singapore.

Professor Kasturiratne has been an investigator on several national and international collaborative research projects and has published extensively in high-impact journals. Her work has been widely cited, leading to an H-index of 41 with more than 9,000 citations.





Dr Samiddhi Samarakoon

Director - Non-Communicable Disease Unit

Ministry of Health, Sri Lanka

Dr Samiddhi Samarakoon is a distinguished leader in medical administration and public health, currently directing Sri Lanka's National Non-Communicable Diseases (NCD) Program. With an impressive academic background, including an MBBS, MD in Medical Administration, and an MBA, she also serves as National Coordinator for Disaster Response and Acting Deputy Director General for Education, Training, and Research at the Ministry of Health.

Her profound expertise is demonstrated through her instrumental role in shaping national policies, such as Sri Lanka's Accident and Emergency Policy, and pioneering healthcare innovations like the digitalization of emergency services and the introduction of assistive technology in rehabilitation. A fervent proponent of systemic improvement, Dr Samarakoon was pivotal in establishing the National Continuous Professional Development (CPD) system for Sri Lanka. She is a prolific contributor to medical research and a recognized authority in critical health system domains, including Non-Communicable Diseases, disaster management, and injury prevention.



Professor Rohan Jayasinghe

Head of Cardiology, Professor of Cardiology & Interventional Cardiologist,

Gold Coast University Hospital, Australia

Professor Rohan Jayasinghe is a distinguished cardiologist with extensive clinical, academic, and research achievements. A First Class Honours graduate of Sydney University, he completed specialist training at Westmead Hospital and an Interventional Cardiology Fellowship at Mount Sinai Hospital, New York. He holds a PhD in Cardiovascular Research and master's degrees in Sports Medicine and Business Administration. He currently serves as Head of Cardiology at Gold Coast University Hospital and holds professorial appointments at Griffith, Macquarie, and Bond Universities. Professor Jayasinghe has been principal investigator in over 100 clinical trials, authored more than 100 peer-reviewed publications, and frequently speaks at international conferences. He has shaped cardiovascular policy and guidelines in Australia and Queensland and holds patents for innovations in prosthetic cardiac valves. His clinical focus includes interventional cardiology, heart failure, and sports cardiology, with research interests in cardiovascular genetics, AI in cardiology, and novel therapeutics.





Dr Paul Toon Lim Chiam

Interventional Cardiologist, Mount Elizabeth Medical Centre, Singapore

Dr Paul Chiam is a Cardiologist subspecializing in Interventional Cardiology. He graduated on the Dean's list from the National University of Singapore (NUS), and was awarded the Gordon Ransome Gold Medal for being the top candidate at the NUS Master of Medicine (Internal Medicine) exam.

He trained in general and interventional cardiology at the National Heart Centre Singapore, and subsequently did an 18-month advanced fellowship in interventional cardiology (coronary intervention, carotid and peripheral artery intervention, structural heart intervention) at the Lenox Hill Heart and Vascular Institute of New York.

He performed the first Transcatheter Aortic Valve Implantation procedure in Asia and serves as a proctor to train new centres across the region. He performs complex coronary angioplasty, carotid and peripheral artery angioplasty and structural heart interventions. He is currently an Adjunct Associate Professor at the NUS where he teaches medical students.



Professor Derek Connolly

BSc[Hons] MB ChB[Edin] PhD[Cantab] DSc[Hon] FRCP FRCPE FESC

Professor in Cardiology, University of Birmingham

Consultant Cardiologist, Priory Hospital, Birmingham City Hospital, UK

Professor Derek Connolly is a Consultant Cardiologist at the Midland Metropolitan University Hospital, the Priory Hospital, and Birmingham City and Sandwell Health Campuses. He holds honorary academic positions at Aston University and the Institute of Cardiovascular Sciences, University of Birmingham. With a large clinical practice, he delivers over 100 lectures annually, with a focus on preventive cardiology. He serves on the council of the UK Primary Care Cardiovascular Society. Educated in Edinburgh, Cambridge, London, and San Diego, he holds a First Class degree in Pharmacology from Edinburgh and a BHF-funded PhD in Molecular Cardiology from Cambridge. A Carnegie Scholar, Brunton Medalist, and Keasbey Bursary holder, he is Chief or Principal Investigator in multiple major cardiovascular trials. In recognition of his contributions to medical science, he was awarded an honorary doctorate and appointed Vice-Chancellor's Professorial Fellow in Health Research by Aston University in December 2024.





Dr Dujeepa Samarasekera

MBBS, MHPE, FAcMed(UK), FAMM, FAMEE FAMS, FRCP (Edin)

Head, Centre for Medical Education (CenMED), Yong Loo Lin School of Medicine, National

University of Singapore; Adjunct Professor, School of Medicine and Dentistry, Griffith

University, Australia.

Professor Dujeepa Samarasekera is a globally recognized leader in health professions education, with over two decades of distinguished service. He directs the Centre for Medical Education at the National University of Singapore and holds an adjunct professorship at Griffith University, Australia. As Academic Lead for Quality Improvement and Exam Audit Lead, he has driven systemic reforms in clinical training and quality assurance. He has shaped national policy through the Ministry of Health's Medical School Review Committee and is the founding President of the College of Clinician Educators, Singapore. Internationally, he has led the Western Pacific Association of Medical Education and serves on the AMEE Board of Governors. An inaugural AMEE Fellow and Editor-in-Chief of the Asia Pacific Medical Education Journal, he is widely published in leading journals. In 2024, he received Singapore's Public Administration Medal and holds Fellowships from both Singapore and Malaysia's Academies of Medicine.



Dr Miguel Romano

Internist and Intensivist at ULSAM

Assistant Professor, School of Medicine, University of Minho, Portugal

Chair of the Young Internists subcommittee, EFIM

Dr Miguel Romano is an Internal Medicine physician in training for Intensive Care, currently working at the Intensive Care Unit, Intermediate Care, and Emergency Department. He is Chief Executive Officer and Founder of SIMBOX, a medical training company specialized in high-fidelity simulation, leadership, and Crisis Resource Management. He also serves as Chief Medical Advisor at Dr.Info, contributing to the innovation and integration of AI in healthcare, and is Co-Founder and Vice-President for Medical Excellence at Synduct, a medical AI startup. In addition, Dr. Romano is Chair of the Young Internists Section at EFIM (European Federation of Internal Medicine), where he leads international initiatives to promote education, networking, and professional development for young physicians across Europe. He is also an Assistant Lecturer at the School of Medicine, University of Minho, and mentor of postgraduate research projects.



Dr Dumitha Govindapala



*Senior Lecturer and Consultant Physician, Department of Medicine,
University of Sri Jayewardenepura, Sri Lanka*

Dr. Dumitha Govindapala graduated with honours from the University of Sri Jayewardenepura and earned her MD in Medicine from the University of Colombo. She is a Senior Lecturer in Medicine at the University of Sri Jayewardenepura and an Honorary Consultant Physician at Colombo South Teaching Hospital. Dr. Govindapala has held key leadership roles in the Ceylon College of Physicians, including Honorary Joint Secretary and Treasurer, and currently chairs the MRCP PACES Steering Committee in Sri Lanka. She represents the CCP at the European Federation of Internal Medicine and serves on national advisory committees. Actively involved in teaching, curriculum development, and examination administration, she also coordinates international electives. Her research focuses on infectious and liver diseases and non-communicable diseases, particularly in resource-limited settings. Dr. Govindapala is committed to advancing internal medicine through education, mentorship, and evidence-based clinical practice in Sri Lanka.



Dr Keshini Samarasekera

*Consultant Physician in Acute Medicine
Royal Liverpool University Hospital, UK*

Dr Keshinie Samarasekera is a board-certified specialist in General Medicine with dual registration in the UK and Sri Lanka. She currently serves as a Consultant in Acute Medicine at the Royal Liverpool University Hospital. She graduated with First Class Honours from the University of Colombo, earning multiple distinctions and gold medals. She holds an MD in Medicine and the MRCP (UK) Specialty Certificate in Acute Medicine.

She has held diverse positions throughout her career in both Sri Lanka and the UK. Her academic contributions span over numerous peer-reviewed publications and multiple international presentations. She is passionate about teaching and mentoring both undergraduate and postgraduate trainees. Beyond her medical career, she ranked 200th globally in the 2020 'Code Jam to I/O for Women' international competitive programming event. She mentored youth leaders through the Queen's Young Leaders program. In her leisure time, she enjoys hiking and exploring new parts of the world.





Professor Andrew Elder

President, Royal College of Physicians, Edinburgh

Consultant Physician, NHS Fife and Honorary Professor, University of Edinburgh

Professor Andrew Elder is the first geriatrician to serve as President of the Royal College of Physicians of Edinburgh. Educated at Edinburgh Medical School, he has been an NHS consultant in medicine for older people since 1993 and was appointed Honorary Professor at Edinburgh Medical School in 2015. Renowned globally for his expertise in teaching and assessing clinical skills, he has lectured in over twenty countries. He has held visiting professorships at leading US institutions, including Stanford University, where he is a Presence Fellow and Scholar, and was the inaugural Visiting Professor of Bedside Medicine at Johns Hopkins in 2022. In 2021, he received the Mastership of the American College of Physicians, the first practicing doctor in Scotland to do so. He champions compassion, communication, and clinical skills as fundamental to quality medical care.





Dr Amila Ratnapala

MBBS(Colombo) MD MRCP(UK) FAPSR

Consultant Respiratory Physician, National Hospital, Galle

Dr Amila Rathnapala is a Consultant Respiratory Physician currently serving at the National Hospital, Galle since February 2024. He holds an MBBS (Second Class Honors with Distinctions) from the University of Colombo and an MD from the Postgraduate Institute of Medicine, Sri Lanka. He is certified with MRCP (UK), Specialty Certificate in Respiratory Medicine (UK), and the European Diploma in Respiratory Medicine (HERMES). Dr. Rathnapala completed a Lung Transplantation Fellowship at the Royal Brompton and Harefield Hospitals, UK, and clinical fellowships in Interstitial Lung Disease at Oxford University Hospitals. He has extensive experience across prominent hospitals in Sri Lanka and the UK. His research focuses on interstitial lung diseases and tuberculosis. Recognized for excellence, he has received awards including the Best Trainer Award from Oxford University Hospitals and the British Thoracic Society's Clinical Research Award. He has contributed to numerous international scientific congresses and publications.



Dr Harshana Bandara

Consultant in Respiratory Medicine, Wythenshawe Hospital

Manchester University NHS Foundation Trust

Dr Harshana Bandara is a board-certified Consultant in Respiratory Medicine with specialist registration in both Sri Lanka and the UK. He holds MBBS, MD, the European HERMES diploma and FAPSR (Fellowship in Asia Pacific Society of Respiriology). Currently, he works as a Consultant in Respiratory Medicine with a special interest in Interstitial Lung Disease (ILD) and Sleep and Long-Term Ventilation at Northwest Lung Centre, Wythenshawe Hospital, Manchester University NHS Foundation Trust. He has extensive experience managing complex respiratory patients, including ILD, NIV, sleep medicine, and acute respiratory emergencies, with tertiary-level exposure in Sri Lanka and the UK. Dr. Bandara is actively engaged in teaching medical students and post-graduate trainees in both countries, conducting audits, and contributing to clinical research, with international publications and conference presentations. His leadership experience includes being a Trust Level Co-Lead for CESR/Portfolio pathway, and involvement in clinical governance and various quality improvement projects. He has received multiple academic awards, reflecting his strong commitment to clinical excellence, research, and education.



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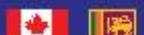
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ORATIONS

CEYLON COLLEGE OF PHYSICIANS ORATION



Professor Chamila Mettananda

MBBS, MD, MRCP, PhD, FRCP, FRCPE, FACP, FCCP

Professor in Pharmacology and Specialist in Internal Medicine,

Faculty of Medicine

University of Kelaniya

Professor Chamila Mettananda, an alumna of Mahamaya Girls' College, Kandy, entered the University of Peradeniya after achieving the third-best G.C.E. A/L results in Kandy District in 1996. Graduating with an MBBS in 2004 with eight Distinctions, Second Class Honours, and the University Prize for Best Performance in the final MBBS, she completed an MD (Medicine) at PGIM, University of Colombo in 2010. She completed her post-MD overseas training in General Internal Medicine at the John Radcliffe Hospital, Oxford, UK, and was Board-certified as a Specialist in Internal Medicine in 2012. She currently holds the Specialist Registration in General (Internal) Medicine in both the Sri Lanka Medical Council and the General Medical Council, UK. Between 2013 and 2015, she worked as a Clinical Research Fellow at the Nuffield Department of Clinical Neurosciences of the University of Oxford, where she conducted her research in cardiovascular epidemiology for which she earned her PhD from the University of Kelaniya.

Prof Mettananda joined the University of Kelaniya in 2005 and was promoted to the post of Professor in Pharmacology in 2019. She serves on multiple national advisory boards for non-communicable diseases, medicines regulation, and formulary revision. She is the current chairperson of the Speciality board in Clinical Pharmacology at the PGIM, University of Colombo. She has authored over 60 peer-reviewed publications, of which many are in high-impact publications, including The Lancet. She has over 9,000 citations, and her h-index is 24. Her accolades include the Dr S Ramachandran Memorial Oration and E.M. Wijerama Prize from the Sri Lanka Medical Association, Deshamanya Dr J B Peiris Award of Ceylon College of Physicians, Dr Pramod Ranatunga Research Award of Sri Lanka College of Cardiologists, and the Global Physician Scholar Award of American College of Physicians. She is an elected Fellow of the Ceylon College of Physicians, American College of Physicians, and Royal Colleges of Physicians in London and Edinburgh.



SUMMARY

From Data to Diagnosis: Revolutionising Cardiovascular Risk Assessment in Sri Lanka with AI

There are no cardiovascular risk prediction models specific to Sri Lankans. Therefore, risk prediction models developed for white Caucasians or Southeast Asia region (SEAR) are being used to risk stratify Sri Lankans. We have shown that risk predictions using different risk prediction models are significantly different. None of the risk prediction models was validated in Sri Lankans, and we did this in 2019. We observed that the predictions of the World Health Organisation (WHO - SEAR) risk charts are less sensitive in high-risk individuals and females. Therefore, we aimed to develop a risk prediction model specific to Sri Lankans using data from a Sri Lankan cohort followed up for 10 years (Ragama health study). We machine-learned (ML) the data set and showed that the artificial intelligence predictions are better than the WHO risk charts. Moving on, we developed a new ML-based risk prediction model for Sri Lankans, the SLCVD score, and an online risk calculator for practical use even on the periphery of Sri Lanka. We validated this model in an external cohort of hospital-based patients and showed that the new model is more predictive of high-risk Sri Lankans than the WHO model. We fine-tuned the model for generalizability using nationally representative data from the STEPwise approach to surveillance (STEPS) survey, 2021. We have applied for patenting this risk calculator and hope to launch the calculator through the Ministry of Health for free usage upon securing the patent rights.

Accurate risk prediction is essential to implement primary preventive measures in a “High-risk strategy” for the preventive measures to be cost-effective. Implementing preventive measures through a high-risk approach is critical, especially in resource-poor settings like Sri Lanka. In this oration, I have highlighted and addressed the outstanding issues related to the CV risk prediction of Sri Lankans. I hope these recommendations will improve the practical use of CV-risk prediction in Sri Lankans and ultimately help reduce the noncommunicable disease burden in Sri Lanka.



Professor P. B. Fernando Memorial Oration



Professor Priyanga Ranasinghe

MBBS, MD, PhD, FRCP (Edin), FNASSL, PG.Cert.Med.Edu, Dip. ICT (UK)

Professor in Pharmacology, Faculty of Medicine, University of Colombo, Sri Lanka

Specialist in Clinical Pharmacology and Therapeutics (CPT)

Priyanga Ranasinghe (MBBS, MD [Medicine], PhD, FRCP Edin, FNASSL) is attached to the Department of Pharmacology, Faculty of Medicine, since 2012, and works in the capacity of a Professor in Pharmacology. Having obtained MD (Clinical Medicine) from the PGIM, University of Colombo in 2018, he is the first board certified specialist in Clinical Pharmacology and Therapeutics. In addition to having a doctoral degree in the field of Clinical Medicine, he also completed a doctoral degree in research (PhD) in 2018.

Prof. Ranasinghe graduated with MBBS (Second Upper) degree from the University of Colombo in 2008, with 2 distinctions and a gold medal. Subsequently, he developed a keen interest in engaging in research to combat the non-communicable disease epidemic in Sri Lanka, which has become an important public health issue in the country. His primary research interests are in the fields of hypertension, and diabetes, and conducting pharmacological and ethno-pharmacological interventional studies aimed at their treatment and prevention. In addition he is currently involved in numerous research project in the field of Pharmacogenomics

He has more than 150 research publications and 2 patents. His current H-index is 55 and he has over 37,400 citations. Among current full-time academics, he is currently the top most cited researchers in all disciplines from University of Colombo. In recognition of these outstanding achievements he has received over 30 different research awards, including the prestigious Committee of Vice Chancellors and Directors (CVCD) life-time Research Excellence Award for Most Outstanding Young Researcher in Health Sciences in 2014. Furthermore, he has received consecutive presidential research awards since 2011 and University of Colombo Senate Award for Research Excellence since 2020. He was the recipient of the Vice Chancellors Research Award of the University of Colombo in 2023. Prof. Ranasinghe has been ranked among the World's Top 2% Scientists in the 2021, 2022 and 2023 lists of outstanding researchers prepared by Elsevier and Stanford University, USA. He is a Young Affiliate of The World Academy of Sciences for the Central and South Asia Region from 2019-2023, being only the second scholar from Sri Lanka to receive this prestigious affiliate ship in the field of Medical & Health Sciences.



SUMMARY

Translating Traditional Knowledge into Clinical Evidence: The Journey of Ceylon Cinnamon

Herbal remedies are used in Sri Lanka by many, for chronic non-communicable diseases, yet market surveys reveal variable affordability, inconsistent labelling and unsubstantiated claims, motivating a structured translational evaluation. *Cinnamomum zeylanicum* (Ceylon cinnamon; CZ), is an example for a such a herbal. We undertook a stepwise programme beginning with systematic reviews of CZ's chemistry, pharmacology, efficacy and safety, which highlighted heterogeneous preparations and methods in prior studies but a favourable safety profile relative to *C. cassia* owing to minimal coumarin content. Pre-clinical experiments in healthy and diabetic rat models showed disease-contingent metabolic effects: CZ improved fasting/post-prandial glucose and LDL cholesterol in diabetic animals without histopathological toxicity after sub-chronic exposure. Early human evaluation included a Phase I, dose-escalation study in healthy adults demonstrating good tolerability (no serious adverse events) and signals for reductions in LDL cholesterol and blood pressure. Efficacy was explored in a randomised, double-blind Phase II trial in type 2 diabetes mellitus, where CZ, particularly at 500 mg/day, produced clinically meaningful improvements in fasting glucose, HbA1c, insulin resistance indices and LDL cholesterol compared with placebo, with good adherence and tolerability. Collectively, these findings support the metabolic benefit and safety of standardised CZ, justify larger confirmatory trials powered on glycaemic and lipid endpoints, and inform dose selection and quality specifications. The programme provides an end-to-end framework, from evidence synthesis through controlled human studies and pharmacokinetics, to guide regulatory appraisal, good manufacturing practice, labelling, and ultimately the responsible translation of herbals into hytopharmaceutical development.



Professor K. Rajasuriya Memorial Oration



Dr Asha Wettasinghe

*Ph.D. (Col), M.Sc. in Exercise and Sport Sciences (Pera), BSc.(Hons) in
Physiotherapy(Col), CTHE(Col), SEDA(UK)*

Senior Lecturer

Department of Allied Health Sciences

Faculty of Medicine, University of Colombo

Dr Asha Wettasinghe is a Senior Lecturer in Physiotherapy at the Faculty of Medicine, University of Colombo, and the Director of the Centre for Physiotherapy and Rehabilitation. She established the Elderly Care Physiotherapy Clinic and leads the Geriatric Assessment Laboratory, pioneering geriatric physiotherapy services in Sri Lanka. She holds a BSc (Hons) in Physiotherapy, an MSc in Exercise and Sport Sciences, and a PhD in Neurological Physiotherapy, with her doctoral research focused on developing a falls risk assessment tool for people with diabetes mellitus. Dr. Wettasinghe has published extensively on falls and rehabilitation in older adults, collaborated internationally on ageing research, and received commendations for research excellence. She is the Editor-in-Chief of the Sri Lanka Journal of Physiotherapy and Rehabilitation Sciences and actively contributes to national initiatives on geriatric care. Her academic, clinical, and research contributions are dedicated to advancing physiotherapy education, evidence-based practice, and healthy ageing in Sri Lanka.



SUMMARY

A Multi-Domain Fall Risk Model in Diabetes: From Screening to Prevention

Diabetes mellitus significantly increases the risk of falls, particularly among older adults, leading to injuries, loss of independence, and reduced quality of life. Despite the high prevalence of falls, especially in individuals with diabetic peripheral neuropathy (DPN), simple, low-cost fall risk screening tools tailored for people with diabetes remain scarce.

This prospective cohort study evaluated community-dwelling adults with type 2 diabetes mellitus across multiple domains, including neuropathy, sensation, vision, strength, balance, mobility, and cognition, over six months. Findings revealed that individuals with diabetes, especially those with DPN, exhibited marked impairments in lower limb sensation, knee extension strength, postural stability, and mobility, contributing to higher fall rates. Key screening predictors of falls were a history of past falls and female gender. Independent explanatory risk factors included reduced quadriceps strength and poor tandem balance.

From these results, a multi-domain fall risk model was developed. Five simple measures, including diagnosed neuropathy, poor contrast vision, reduced quadriceps strength, poor balance, and slow walking speed, were identified as key determinants. The cumulative presence of these factors increased the absolute risk of multiple falls from 0% to 83%.

This model offers a practical and clinically applicable approach for identifying high-risk individuals using accessible, low-tech assessments. Importantly, many identified risk factors are modifiable through targeted physiotherapy interventions, strength and balance training, visual optimization, and improved diabetes management.

The study highlights the importance of integrating systematic fall risk screening into diabetes care, enabling timely and personalized interventions to prevent falls and enhance functional independence in this vulnerable population.





ABSTRACTS

Invited presentations

PLENARIES

Plenary 1

Physicians For The Future - UK and Global Perspectives

Professor Mumtaz Patel

President of the Royal College of Physicians, London

The presentation will discuss the key characteristics of what a physician for the future should encompass and what they may look like. It will describe the changing medical workforce and the changing face of medical education and training which is required to support the changing landscape. It will give an overview of the current and future trends of undergraduate and postgraduate medical education and training. Finally, an overview of the RCP's Next Generation of Physician campaign will be described and discussed.



Plenary 2

Medicine in the Age of Complexity: Clinical Decision-Making, Ethics and System Navigation

Professor Jennifer Martin

*Senior Physician, Professor, Health Policy, Board Director,
President and Chair of the Royal Australasian College of Physicians*

This presentation discusses the growing burden of multimorbidity and chronic disease globally and ethical dilemmas physicians face in managing such in financially and resource constrained healthcare systems, particularly around pharmaceuticals.

Both chronic multimorbidity and resultant polypharmacy are common in older adults; this is exacerbated by the fact that the global population is aging. In addition, obesity is increasingly common and with it diabetes and multiorgan disease, often managed by increasingly expensive therapies. Much multimorbidity is managed with medication and polypharmacy is common, increasing adverse events from drug therapies and incurring high costs to patients and to the health system.

For physicians making decisions on who and how to treat and how to rank care options creates ethical dilemmas not least because of safety and cost but also because of autonomy, rights and asymmetric information. Within a fragmented health system, and with inaccessibility to physicians for many patients outside the metro sites this is additionally problematic.

The presentation will use pharmaceuticals as an example to discuss strategies to mitigate ethical pressures to manage this burden, using different approaches.



Plenary 3

Autoimmune Liver Diseases: What the Internist Should Know

Professor George Dalekos

President, European Federation of Internal Medicine Professor of Medicine,

National Expertise Centre in Autoimmune Liver Diseases, University of Thessaly, Greece

Autoimmune liver diseases (ALD), namely, autoimmune hepatitis (AIH), primary biliary cholangitis (PBC), and primary sclerosing cholangitis (PSC) along with their variants, are relatively rare immune-mediated liver diseases of unknown origin. Apart from PSC, they have an obvious predominance in females. AIH is an unresolving progressive acute or more frequent chronic hepatitis, characterized by a distinct IgG increase, autoantibodies detection, portal and/or lobular hepatitis on biopsy, and a favorable response to immunosuppression. It may rapidly progress to end-stage liver disease, if undiagnosed and untreated. Its clinical manifestations vary from asymptomatic to acute liver failure and they present at any liver fibrosis stage regardless of age, sex, and ethnicity. AIH diagnosis is based on a combination of clinical, laboratory and histological findings, but there is not a single specific laboratory or histological marker to diagnose or exclude it. A prompt and timely AIH diagnosis is crucial for its response and the outcome of patients. PBC is the most common ALD, representing a chronic and often progressive autoimmune cholestatic liver disease characterized by cholestasis, AMA and/or ANA-PBC specific autoantibodies, and histological evidence of chronic non-suppurative, granulomatous cholangitis of small bile ducts. PBC diagnosis is based on at least 2/3 of the above characteristics. Typically, at diagnosis, the affected patient is between 40-60 years with chronic pruritus and/or fatigue. However, as nowadays, most PBC or AIH patients are asymptomatic, their diagnosis remains an art and challenging for clinicians. As in AIH, the laboratory investigation for PBC-related autoantibodies is the cornerstone for a timely and prompt diagnosis. Increasing incidence and prevalence worldwide has been reported in both AIH and PBC suggesting better awareness and improved diagnostic techniques. Both AIH and PBC highly associate with many extrahepatic autoimmune diseases with Hashimoto's thyroiditis being the most common.



Plenary 4

Beyond Fibrosis - Disrupted Alveolar Regeneration in Idiopathic Pulmonary Fibrosis

Prof Ling Pei Ho

Professor of Respiratory Immunology, University of Oxford, UK

Idiopathic Pulmonary Fibrosis (IPF) is a devastating, progressive lung disease with average life expectancy of less than 5 years from diagnosis. Current antifibrotic therapies offer limited benefit, slowing rather than halting or reversing the progression of fibrosis. These treatments are also poorly tolerated - approximately 40% of patients discontinue treatment within the first year due to adverse effects. As such, there remains a critical need to better understand the underlying causes of IPF and identify new therapeutic targets.

Currently, IPF is thought to result from an abnormal repair response to repetitive micro-injuries to the alveolar epithelium. There has been intense research focus on fibroblasts, the cells responsible for depositing collagen and driving scar tissue formation. In contrast, far less is known about how alveolar epithelial regeneration becomes dysregulated, the involvement of immune cells in this process, and how these interactions contribute to disease progression. A deeper understanding of these aspects of IPF pathogenesis could pave the way for a new therapeutic approach- one that targets abnormal epithelial regeneration and complements existing antifibrotic strategies.

In this talk, I will discuss the clinical features of idiopathic pulmonary fibrosis (IPF), briefly review our current understanding of its underlying disease mechanisms, and highlight how our work, using single cell imaging and new methods of spatial analyses of the lung tissue, is uncovering specific immune cell–epithelial interactions within the abnormal regenerating niche of IPF lungs.



Plenary 5

Management of Hypertriglyceridemia

Professor Fredrik Karpe

Professor of Metabolic Medicine,

Head of OCDEM, Radcliffe Department of Medicine, University of Oxford, UK

Plasma triglycerides has been considered a cardiovascular risk factor since the 1950ies and extreme hypertriglyceridaemia is also causally related to hypertriglyceridaemia-induced pancreatitis. However, the casual mechanisms underpinning CVD risk are complex and still under debate. The most common causes of raised triglycerides are secondary to metabolic dysfunction, often induced by metabolic overload, i.e. obesity, type 2 diabetes, high alcohol intake, and respond well to healthy diets, weight loss and increased physical activity. There are few pharmacological options for effective triglyceride lowering therapy for common-place hypertriglyceridaemia and a number of recent randomized controlled trials have failed to show benefit in terms of reducing cardiovascular risk. Smaller number of patients show genetically driven extreme hypertriglyceridaemia with a clear risk of pancreatitis, for example familial chylomicronaemia syndrome (FCS). Fortunately, for FCS, there is currently a number of drug development project showing promise with effective new drugs. The complexities of classifying and managing hypertriglyceridaemia will be discussed.



Plenary 6

A Case-Based Approach to the Diagnosis of a Rare Disease

Professor Javed Akram

Professor of Medicine

President, Pakistan Society of Internal Medicine

Mysterious diseases continue to haunt the human mankind as usually these patients are either considered to be malingering or are possessed by demons.

A family with three male siblings suffering from nocturnal akinesia were reported with onset from the first year of life while the females remained unaffected. The parents are first cousins without any symptoms.

The entire family was shifted to a major university hospital where exhaustive clinical, laboratory and radiological workup was performed including next generation sequencing of the entire family in Pakistan and Maryland University in USA. All three affected siblings were found to be homozygous for IVD variant cDNA.313G>A on Chromosome 15 producing amino acid substitution on the protein where glycine at position 1055 was replaced by serine. These abnormalities were analyzed with multiple bioinformatic tools and the mutations were considered highly pathogenic.

Finally it was decided to administer a small dose of levodopa at the time on onset of paralysis at sunset which produced miraculous results and the team went on to exclude numerous other disorders associated with IVD (Isovaleryl-CoA dehydrogenase) gene which of course is a mitochondrial matrix enzyme that catalyzes the third step in leucine metabolism. This then results in accumulation of isovaleric acid which is toxic to the basal ganglia in the central nervous system.

This is now being considered to be perhaps the one of the rarest disease in world with only one family so far presenting to the medical world as dopamine responsive nocturnal akinesia.



SYMPOSIUM

Symposium 1

NEUROLOGY

In collaboration with the Association of Sri Lankan Neurologists

Neuromuscular Crises for the Internist: Core Concepts and Clinical Action

Professor Thashi Chang

*Consultant Neurologist and Professor in Neurology, Faculty of Medicine
University of Colombo, Sri Lanka*

Neuromuscular crises are critical conditions that demand prompt recognition and immediate intervention, particularly when they lead to respiratory failure. Respiratory muscle paralysis can arise from dysfunctions at various levels of the neuromuscular system: the anterior horn cells (motor neuron disease), the peripheral nerve (Guillain-Barre syndrome), the neuromuscular junction (myasthenia gravis) or the muscle (muscular dystrophies). These conditions may stem from a diverse array of causes - autoimmune, inflammatory, toxic, metabolic, degenerative, or genetic. Each aetiology disrupts normal neuromuscular function through different pathophysiological mechanisms. Understanding these mechanisms is crucial in delivering targeted treatment strategies.

The initial segment of the talk will focus on the recognition of impending respiratory failure in neuromuscular disorders. It will highlight the critical signs and symptoms that signify deteriorating respiratory function, emphasizing the importance of early detection to prevent catastrophic outcomes. Subsequently, the discussion will transition to the common neuromuscular causes of respiratory failure, focusing on myasthenia gravis and Guillain-Barré syndrome, providing insights into their pathogenesis, key clinical features, diagnostic challenges, and current therapeutic strategies.

Acute Stroke – The Role of the Internist

Professor John Woller

Assistant Professor of Medicine and Physician, Johns Hopkins School of Medicine, USA

Acute stroke is a common condition that may be encountered in the community, in primary care clinic, or on the inpatient wards. The internist has several critical roles to play in the management of acute stroke. The first is diagnosis by recognizing the many clinical syndromes of stroke and facilitating expeditious diagnostic testing. The second is evaluating for underlying causes in both the inpatient and outpatient setting. The third is managing comorbidities often associated with stroke. Lastly, the internist is critical in secondary prevention through managing underlying conditions.

Brain Health WHO IGAP The Way Forward

Dr Janaka Waidyasekara

*Consultant Neurologist
National Hospital Galle, Sri Lanka*

Neurological disorders are the leading cause of disability and the second leading cause of death worldwide, yet remain under prioritised in health policy and systems planning.

Brain health is defined by the World Health Organization (WHO), as the state of optimal functioning across cognitive, sensory, motor, emotional, and behavioural domains enabling individuals to reach their full potential throughout the life course.

In 2022, the World Health Assembly adopted the Intersectoral Global Action Plan on Epilepsy and Other Neurological Disorders (IGAP), a landmark ten-year framework aimed at integrating brain health into universal health coverage, strengthening national capacities, reducing stigma, enhancing research and data systems, and improving prevention, treatment, and rehabilitation.

This presentation will review the global burden of neurological disorders, outline IGAP's strategic objectives and 2031 targets, and explore persistent gaps in diagnosis, treatment, awareness, and data. Drawing on both global evidence and regional realities, it will highlight practical, evidence-based strategies for bridging these gaps - including service integration, workforce expansion, technology adoption, community empowerment and economic advocacy.

The session will conclude with a call for multidisciplinary action to operationalize IGAP's vision, ensuring that brain health is recognized as essential human capital and a foundation for sustainable development worldwide.



PULMONOLOGY

In collaboration with Sri Lanka College of Pulmonologists

Eosinophilic Airways Disorders

Professor Anoop Chauhan

*Professor in Respiratory Medicine & Consultant Respiratory Physician,
Portsmouth Hospitals NHS Trust, UK*

Eosinophilic airways disorders represent a growing global health challenge, characterised by a spectrum of conditions ranging from severe eosinophilic asthma (SEA) to eosinophilic granulomatosis with polyangiitis (EGPA). These disorders share common immunopathological pathways but differ in their clinical manifestations, diagnostic challenges, and therapeutic approaches. In Sri Lanka and worldwide, asthma continues to be a major cause of morbidity, with eosinophilia adding a further layer of complexity to diagnosis and treatment.

This lecture will provide a structured overview of eosinophilia, including its definitions, classifications, and causes, with emphasis on secondary (reactive) eosinophilia, the most common type. Using a series of real-world clinical cases, the talk will illustrate practical approaches to diagnosis and management, highlighting the role of biomarkers, imaging, and systematic assessment. Particular focus will be given to SEA, where biologic therapies targeting type 2 inflammation have transformed outcomes, and to EGPA, where overlap with vasculitis syndromes necessitates nuanced clinical decision-making.

Participants will gain practical tools for recognising eosinophilic airway disease, distinguishing between SEA and EGPA, and applying evidence-based treatment strategies. The session will be directly relevant to general physicians, providing knowledge to enhance patient care and meet the growing challenges of treatment-resistant eosinophilic disorders.

Managing Pulmonary Sarcoidosis

Professor Ling Pei Ho

Professor of Respiratory Immunology, University of Oxford, UK

Sarcoidosis is an enigmatic disease. A better understanding of this condition can empower physicians to manage it with greater confidence. In this talk, we will explore the clinical features and types of sarcoidosis, with focus on a pulmonary involvement. We will examine the principles of management and offer a practical approach to diagnosis and treatment.



Targeting the Unseen: Optimizing Latent TB Management in Immunocompromised Populations

Dr Eshanth Perera

*Consultant Respiratory Physician, National Hospital for Respiratory Diseases,
Welisara, Sri Lanka*

Latent tuberculosis infection (LTBI) affects nearly a quarter of the world's population and represents a silent but potent driver of future disease. For immunocompromised patients including those with HIV, cancer, organ transplants, autoimmune conditions on immunosuppressants, or biologic therapies this risk is multiplied. In these hosts, LTBI frequently progresses to severe and disseminated disease, with high mortality if not addressed proactively.

Screening in immunocompromised populations remains challenging. The tuberculin skin test and interferon-gamma release assays both show reduced sensitivity under immunosuppression, while false negatives can delay life-saving interventions. Current strategies increasingly emphasize combined approaches, integrating epidemiological risk, imaging, and biomarkers with traditional testing to refine case detection.

Treatment likewise requires balance. The traditional 6-month isoniazid regimen is effective but limited by hepatotoxicity, adherence difficulties, and significant drug–drug interactions. Shorter regimens such as 3HP (isoniazid plus rifapentine weekly for three months) and 4R (rifampin daily for four months) offer promising alternatives with higher completion rates and improved safety. Yet regimen choice in immunocompromised patients demands careful tailoring to concurrent therapies and comorbidities.

By optimizing LTBI management in these high-risk populations, clinicians can prevent progression to active TB, reduce transmission, and protect patients for whom every infection carries disproportionate consequences.



GERIATRICS

In collaboration with Sri Lanka Association of Geriatric Medicine

Physical Co-morbidities in Dementia

Professor Susan Kurrle

*Curran Professor in Health Care of Older People
Faculty of Medicine and Health, The University of
Sydney, Australia*

There are a number of conditions that occur more commonly in people with dementia than in those of the same age without dementia. Whilst there is a lot of focus on the cognitive and behavioural symptoms of dementia, the physical side of dementia has often been neglected. This presentation uses a case study to look at the conditions of epilepsy, delirium, falls, oral disease, malnutrition, frailty, incontinence, sleep dysfunction and visual problems which all occur more commonly in people with dementia than in those without dementia. It briefly discusses how they present and how they can be managed.

De-prescribing in the Elderly

Professor Arunansu Talukdar

*Head, Geriatric Medicine Department, Medical College
Hospital, Kolkata, India*

Prescribing medication is central to modern healthcare, offering relief, improved function, and better quality of life. However, in elderly patients—especially those with multiple chronic conditions (MCCs)—prescribing becomes complex due to polypharmacy, altered pharmacokinetics/dynamics, and treatment burden. The aim is to maximize therapeutic benefits while minimizing harm, aligning interventions with patient priorities. Rational prescribing involves evidence-based, individualized medication selection, dosing, and monitoring to achieve optimal outcomes at minimal cost and risk. The WHO framework emphasizes correct drug choice, dose, duration, and affordability, tailored to the patient's needs. The 5R Framework – Right Drug, Dose, Route, Duration, Monitoring ensures structured, safe prescribing. Core principles of rational prescribing is

- Appropriate Drug Selection – Based on accurate diagnosis, comorbidities, and evidence.
- Personalized Dosing – Adjusted for age-related changes in metabolism and excretion.



- Risk Minimization – Avoiding high-toxicity drugs, drug-drug interactions, and inappropriate combinations.
- Patient-Centered Approach – Shared decision-making that respects values and goals.
- Economic Efficiency – Choosing cost-effective options, avoiding unnecessary polypharmacy. Challenges in the Elderly Polypharmacy increases adverse drug reactions (ADRs), falls, cognitive decline, and adherence problems.
- Physiological Changes—reduced renal/hepatic function and altered body composition heighten drug sensitivity.
- Drug-Disease Interactions—e.g., NSAIDs worsening hypertension, anticholinergics impairing cognition.
- Treatment Burden—complex regimens strain patients’ cognitive, physical, and financial resources. Benefits of Rational Prescribing
- Enhanced Safety—deprescribing inappropriate drugs (using STOPP/START or Beers Criteria) reduces ADRs.
- Improved Outcomes—tailored therapy prevents complications (e.g., adjusting anti-hypertensives to prevent falls).
- Cost Savings—fewer hospitalizations and unnecessary medications.
- Reduced Burden—simplified regimens improve adherence and quality of life.

Practical Strategies:

- Start low, go slow—especially with CNS-active drugs.
- Avoid high-risk drugs (benzodiazepines, strong anticholinergics, NSAIDs).
- Consider lifestyle, physical therapy, and behavioral approaches before initiating medications.
- Use technology and clinical tools to support safe prescribing. Conclusion

Rational prescribing in the elderly demands balancing evidence, clinical expertise, and patient goals. By applying frameworks like the 5Rs, clinicians can minimize harm, avoid polypharmacy, and optimize outcomes. Central to this process are regular reviews, deprescribing when appropriate, and aligning therapy with patient priorities—ensuring not just longevity, but better quality of life in later years.



Frailty

Dr Latana Munang

Consultant Geriatrician, Livingston, NHS Lothian

National Clinical Lead for Hospital at Home, Scotland

Frailty refers to a state of vulnerability due to decreased reserves of an individual, in which a stressor event is more likely to result in adverse health outcomes and poorer quality of life.

This talk will explore why this is important, how to systematically detect and measure frailty within different clinical settings, how frailty may influence clinical presentations and trajectories. We will also discuss interventions for managing frailty such as comprehensive geriatric assessment and the importance of future care planning.



SACTRC (South Asian Clinical Toxicology Research Collaboration)

The Value of South North Collaboration

Professor Andrew Dawson

*Clinical Director, NSW Poisons Information Centre,
Director, Clinical Toxicology - Royal Prince Alfred Hospital
Clinical Professor of Medicine - University of Sydney, Australia*

A "South-North collaboration" refers to partnerships between developing or emerging nations and developed nations. The most constructive relationship is where leveraging unique strengths to address shared challenges. The South Asian Clinical Toxicology Research Collaboration (SACTRC), established in 2004 in Sri Lanka, exemplifies such cooperation and is an example of the potential for partnerships to support physicians of the future.

SACTRC aimed to build sustainable, locally-led research infrastructure. Sri Lanka contributed a robust public health system, skilled practitioners, and policy recognition of health issues, while Australian partners brought expertise in clinical toxicology, epidemiology, and grant access. Initial research focused on pesticide poisoning but expanded to include snake bites, pharmaceutical poisoning, self-harm, alcohol use, and medical education. This broadened scope attracted European collaborators, further strengthening research capacity.

For 21 years, SACTRC has been primarily funded by international grants despite challenges posed by shifting financial and political environments. Success in obtaining these grants is due partly to the development of strong, stable physical and intellectual research structures. SACTRC collaborators have been able to produce substantial research that has independently of international funding.

Key achievements include over 45 Sri Lankan postgraduate degrees, more than 450 publications and successful translation of research into policy. Transitioning leadership to Sri Lanka began in 2008 and was largely completed by 2012, ensuring long-term sustainability.

SACTRC's success lies in its people and enduring partnerships, demonstrating the impactful potential of South-North collaborations in advancing shared knowledge and fostering future opportunities.



Lessons the World has Learnt from Pesticide Regulations in Sri Lanka

Professor Michael Eddleston

Professor of Clinical Toxicology, Clinical Lead, UK's National Poisons Information Service (NPIS), UK

Pesticide self-poisoning remains a critical public health challenge in South Asia, accounting for a substantial proportion of suicides in rural, agricultural communities. Despite efforts to improve pesticide storage and enhance clinical treatment—such as the use of activated charcoal and pralidoxime—research demonstrates that these interventions have had limited impact on reducing mortality.

This presentation examines the effectiveness of regulatory bans on highly hazardous pesticides as a suicide prevention measure in South Asia and explores how such actions can be integrated into broader public health strategies. Based on large-scale studies and policy evaluations from Sri Lanka, the evidence indicates that targeted pesticide bans result in rapid and sustained reductions in suicide rates without negatively impacting agricultural productivity. These outcomes of Sri Lankan regulatory action have informed national policy reforms and support the global effort to meet the Sustainable Development Goal of reducing suicide rates by 30% by 2030.

Regulatory approaches offer the most effective and scalable intervention for reducing pesticide-related suicides in the region. This presentation will summarise the latest findings, share implementation experiences from across South Asia, and highlight practical considerations for embedding regulation within comprehensive suicide prevention strategies.

Why has the Case Fatality Dropped for Non-banned Pesticide Poisoning in Sri Lanka?

Professor Nick Buckley

Professor of Clinical Pharmacology, Faculty of Medicine and Health, University of Sydney, Australia

A steady decline was seen in overall case fatality of pesticide poisoning in SACTRC hospitals (10.5% for 2002–06 to 3.7% for 2013–19), largely attributable to pesticide bans. However, a modest fall in case fatality for non-banned pesticides was also seen. The decline in case fatalities of poisonings with non-banned pesticides suggests that medical management improved over time.

No new antidotes were introduced during this time, and trials of existing antidotes didn't show high effectiveness. Discontinuation of harmful interventions, standardised management and better diagnostic strategies for methemoglobin and anticholinesterase poisonings might explain some of the improvements, as might general improvements in toxicology education, infrastructure and health systems.



Diagnosis of Snake Envenoming in Sri Lanka: Why, When and How?

Professor Anjana Silva

Chair Professor of Parasitology, Faculty of Medicine and Allied Sciences

Rajarata University of Sri Lanka

Snakebite remains a significant health challenge in rural tropical communities, with Sri Lanka exhibiting one of the world's highest incidence rates. Only five snake species are of highest medical importance, causing envenoming that can lead to severe complications such as local necrosis, and systemic effects such as venom-induced consumption coagulopathy (VICC), neuromuscular dysfunction, acute kidney injury, and thrombotic microangiopathy. The only available antivenom in Sri Lanka is the Indian polyvalent antivenom, which frequently triggers adverse reactions like anaphylaxis, necessitating its cautious use only upon confirmed systemic envenoming. The pathophysiology of snake envenoming is largely irreversible, with antivenom primarily effective before toxins reach peripheral targets, emphasising the importance of prompt diagnosis. Even in rural Sri Lanka, 80% of snakebite victims arrive in hospital within two hours, yet the antivenom is delayed with prolonged door-to-needle times. This delay is attributed to the lack of rapid, reliable diagnostic tests for envenoming. Standard bedside tests like the 20-minute whole blood clotting test (WBCT20) are unreliable for detecting mild VICC, especially in early stages, further postponing treatment. Combining WBCT20 with early clinical features such as abdominal pain and vomiting has shown diagnostic improvement. Emerging biomarkers, including phospholipase A2, show promise for rapid diagnostics. Validating available point-of-care tests for VICC could significantly reduce door-to-needle times, improving patient outcomes in Sri Lanka and other similar settings.



RHEUMATOLOGY

In collaboration with the College of Specialists in Rheumatology and Rehabilitation

Hip Fractures What the Physician Should Know: Lessons from Clinical Guidelines and a Registry

Professor Ian Cameron

*Professor of Rehabilitation Medicine, Faculty of Medicine and Health,
University of Sydney, Australia*

Hip fracture treatment clinical practice guidelines have been developed in multiple countries. Most frequently they are based on the United Kingdom Guidelines. In Australia, guidelines adapted from the United Kingdom are widely used.

The Australia New Zealand Hip Fracture Registry has been in operation for a decade. Audits using the Registry Framework have shown improved adherence with the clinical guidelines. Clinical variation has been reduced and individual hospitals have demonstrated increasing adherence with guideline recommendations. These have been associated with improved patient outcomes.

Osteoarthritis – An Update Beyond Pain

Dr Chamila Dabare

Consultant Rheumatologist, Western Health, Melbourne, Australia

This talk will provide an update on Osteoarthritis (OA) which is a prevalent joint disease characterized by the breakdown of cartilage and other joint tissues, leading to pain, stiffness, and reduced mobility. It is a major cause of disability, particularly in older adults, and its prevalence is increasing with an aging population. I will be discussing current treatments primarily focus on symptom management, including exercise, and a better understanding of the underlying mechanisms of OA pathogenesis. I will be discussing research on exploring disease modification strategies: current, emerging and investigational strategies of management of this chronic disease.



Rheumatoid Arthritis – Current and Emerging Therapies

Professor Inoshi Atukorale

Consultant Rheumatologist, Senior Lecturer, Department of Clinical Medicine

Faculty of Medicine, University of Colombo, Sri Lanka

Rheumatoid arthritis (RA) is a common immune mediated multisystem inflammatory disease which particularly affects the joints and periarticular tissues. Untreated RA is associated with progressive disability and pain, early death, and high socio-economic and healthcare cost.

Treatment of RA has been revolutionised in the recent decades. The paradigm of early aggressive treatment, treat to target, improved understanding of the disease and consequent advent of newer agents have contributed to increased rates of remission of disease and better outcomes.

This talk will focus on current therapies, especially on the effective use of conventional disease modifying drug, combination strategies and treat to target. In addition, it will focus on the newer and emerging therapies focusing on the pathogenic mechanisms based on which they were developed.

Ultimately, by integrating conventional strategies and comprehensive multidisciplinary care with innovative targeted therapies, we can move closer to the shared goal of sustained remission and improved quality of life for patients with rheumatoid arthritis.



MEDICAL TECHNOLOGY

Changing Lives: Transforming Diabetes Care Through Technology

Dr Lalantha Leelarathne

*Clinical Associate Professor in Diabetes Division of Diabetes,
Endocrinology and Metabolism, Imperial College London, UK*

Over the last decade, the use of novel diabetes technology has revolutionized the management diabetes, improving both health outcomes and quality of life for many people living with this challenging condition.

This lecture will focus on the following key areas:

Continuous Glucose Monitors (CGMs): CGMs provide real-time glucose readings by measuring interstitial glucose levels every few minutes. They offer significant advantages over traditional fingerstick testing, including providing trend data and alerting patients to high or low glucose levels, reducing the risk of severe hypoglycemia and hyperglycemia.

Automated Insulin Delivery Systems (Artificial Pancreas): These systems combine CGMs and insulin pumps with sophisticated algorithms to automatically adjust insulin delivery based on glucose readings. Benefits include improved glucose control and enhanced quality of life.

Smart Insulin Pens: Smart insulin pens record the timing and amount of insulin doses, offering dose reminders and alerts for missed doses. Patients and healthcare providers can review data to optimize insulin therapy, and smart pens sync with smartphone apps for comprehensive diabetes management.

Mobile Apps and Digital Health Platforms

Numerous mobile apps and digital platforms support diabetes management by offering analysis of glucose, insulin, diet, and activity data to identify patterns and trends.



AI in Clinical Practice – An Overview & Insights

Dr Padmini Ranasinghe

Co-Director, Hospitalist Education Programs

Artificial intelligence (AI) is rapidly reshaping clinical practice, enhancing diagnostics, decision support, and predictive analytics across specialties. Validated AI tools are improving accuracy and efficiency in cancer detection, retinal screening, and stroke triage, while advanced decision-support algorithms enable personalized care pathways, such as the early detection disease. Predictive models are increasingly being used to anticipate sepsis, hospital readmissions, and clinical deterioration, supported by a growing body of evidence from prospective trials and real-world implementations. Successful integration of AI requires clinician leadership, rigorous validation, and strong governance to ensure safety, transparency, and fairness while minimizing bias. Importantly, AI systems should be designed to augment—not replace—the physician’s role, strengthening the clinician–patient relationship. Global collaboration will be critical for sharing best practices and ensuring that high-impact AI solutions are adapted to local needs and resource settings, maximizing their relevance and scalability.



Telemedicine in Cardiology

Dr Nadarajah Kangaharan

Divisional Director & Cardiologist, Division of Medicine Darwin Private Hospital, NT, Australia

The Northern Territory (NT) of Australia faces distinctive healthcare challenges — including disproportionately high rates of cardiometabolic disease among First Nations Australians and the logistical complexities of providing care across vast, remote regions. Traditional face-to-face consultations, while valuable, have inherent limitations. Specialist outreach and telehealth initiatives have improved access, but for patients with overlapping cardiac, renal, and metabolic conditions, care often remains fragmented, with delayed communication and suboptimal implementation of guideline-directed therapies.

In 2025, we piloted the Virtual Cardio-Renal-Metabolic Multidisciplinary Team (Virtual CRM-MDT) care model — a digitally enabled, primary care-led, specialist-supported approach designed to deliver timely, integrated, and evidence-based care. The model leverages three key NT digital health platforms: Acacia (NT-wide electronic health record), AURA (integrated cardiovascular information system), and TKC (AI-enhanced decision-support tool). Together, these systems enable real-time, collaborative case reviews in which primary care teams and multiple specialists work from a single, unified patient record — enhancing efficiency, clinical decision-making, and continuity of care. Early implementation, driven by a small, highly engaged group of clinicians, demonstrated feasibility, rapid adoption, and strong engagement from primary care teams. This presentation will describe the digital enablers, operational framework, and early insights from the pilot, and outline pathways for evaluation, scaling, and sustainability.

The Virtual CRM-MDT model illustrates how targeted digital innovation, coupled with committed multidisciplinary collaboration, can transform chronic disease care delivery in resource-constrained, remote settings. Lessons learned may be transferable to other low-resource environments, including Sri Lanka.



REHABILITATION MEDICINE

In collaboration with the College of Specialists in Rheumatology and Rehabilitation

Managing Chronic Back Pain - A Rehabilitation Medicine Approach

Dr Charitha Perera

*Consultant Physician in Rehabilitation Medicine Division of Rehabilitation,
Aged Care and Palliative Care, Flinders Medical Centre, SA, Australia*

Nearly eighty percent of the general population will experience back pain during their lifetime and one in six will be experiencing back pain at any given time. It is one of the most common reasons for General Practitioner and hospital presentations resulting in significant financial and productivity costs. The vast majority of chronic back pain is "mechanical" or "non-specific" arising mainly from the bony structures and soft tissues.

The Rehabilitation Medicine approach to managing chronic back pain is focused on patient education, improving core muscle strength and flexibility, and non-surgical interventions.

Rehabilitation Medicine for Future Physicians: Lessons from the Past

Dr Duminda Munidasa

*Consultant in Rheumatology and Rehabilitation, Rheumatology and Rehabilitation Hospital, Ragama,
Sri Lanka*

The specialty of Rehabilitation Medicine in Sri Lanka, which has likely existed since ancient times under the patronage of the kings and queens who ruled the country, has undergone a significant transformation in the era of modern medicine. Beginning in the 1920s as a nurse-supervised specialty, it has evolved into a stand-alone specialty under the supervision of consultants in rehabilitation medicine today.

The training of Sri Lankans as specialists in Physical Medicine and the physiotherapists in the 1950s; the recognition of the specialty as Rheumatology and Rehabilitation Medicine in the 1960s bringing it in line with other medical specialties; establishment of clinic units in Colombo, Kandy, and other major hospitals; key development of creation of a long-term rehabilitation hospital in Ragama in the 1970s; were milestones in this journey. All were made possible by the contributions of many dedicated individuals of respective periods.



The most significant change that promises to elevate rehabilitation services in Sri Lanka, began at the start of the new millennium, with the recognition of Rehabilitation Medicine as a stand-alone specialty within medicine. Although this recognition came later than in many other parts of the world, it is not too late for a brighter future for our citizens with disabilities.

It will be the responsibility of future physicians to advance this field and align with the Rehabilitation 2030 initiative of the WHO.

Promoting Physical Activity in Individuals with Physical Impairments

Dr Sivakumar Gulasingam

Medical Director, Rehabilitation, William Osler Health Physiatrist, Toronto Rehab,

University Health Network

Assistant Professor, University of Toronto, Canada

Physical Activity (PA) leads to a continuum of exercise and sports, promoting health and quality of life; conversely, Physical Inactivity (PIA) results in a continuum that leads to sedentary behaviour, deconditioning and increased risk of morbidity and mortality. According to a June 2024 WHO report, PA in adults contributes to prevention and management of noncommunicable diseases including cardiovascular diseases, cancer and diabetes and reduces symptoms of depression and anxiety, enhances brain-health, and can improve overall well-being; in children, PA promotes bone health, encourages healthy growth and development of muscle, as well as improves motor and cognitive development.

Globally 1 in 4 adults (23%) and 4 in 5 adolescents (81%) were achieving insufficient levels of PA. Amongst the more than 1 billion people (15%) living with some form of disability globally, the rates of insufficient PA is much greater. The WHO's global target was a 10% relative reduction of PIA in adults and adolescents by 2025 from the 2010 baseline, and 15% by 2030. PA and sports in the form of recreation and competitive have been made use of in rehabilitation settings and have shown to increase self reliance, independence and individual & community acceptance in individuals with physical impairments. This interactive presentation is aimed at sharing current evidence and measures in promoting PA and sports participation in individuals with physical impairments.



PHARMACOGENOMICS – IMPLICATIONS FOR CLINICAL PRACTICE IN SRI LANKA

Pharmacodynamic Diversity in the Sri Lankan Population – The Case for Implementing Pharmacogenomics in Sri Lanka

Professor Vajira Dissanayake

Dean, Chair & Senior Professor of Anatomy, Department of Anatomy, Genetics & Biomedical Informatics, Faculty of Medicine, University of Colombo, Sri Lanka

Pharmacogenomic research in Sri Lanka has revealed significant genetic variation in key drug-response genes such as CYP2C19, VKORC1, and DPYD. These differences have major implications for the safety and efficacy of commonly used medications, including clopidogrel, warfarin, and fluoropyrimidines. For example, the high prevalence of CYP2C19 loss-of-function alleles in the Sri Lankan population suggests that a large proportion of patients may not respond adequately to standard antiplatelet therapy.

This pharmacodynamic diversity challenges the use of dosing guidelines derived from other populations and highlights the need for locally relevant pharmacogenomic data to inform clinical decision-making. Integrating pharmacogenomics into routine care can improve drug efficacy, reduce adverse drug reactions, and enhance patient safety.

This lecture will present key findings from Sri Lankan pharmacogenomic studies and make the case for a phased implementation strategy, including the development of targeted genotyping platforms, healthcare provider education, and integration into national treatment guidelines. Harnessing pharmacogenomics offers a transformative opportunity to move toward more precise, personalized healthcare in Sri Lanka.



Pharmacogenomics in Sri Lankans: Evidence, Opportunities and Challenges

Professor Priyanga Ranasinghe

Professor in Pharmacology, Department of Pharmacology, Faculty of Medicine, University of Colombo, Sri Lanka

Pharmacogenomics, the study of how genetic variation influences drug response, is transforming clinical practice globally by enabling more precise, safe, and effective prescribing. In Sri Lanka, inter-individual variability in drug response is often observed in clinical settings, understanding the genetic underpinnings of pharmacological diversity is important, especially in the background of a rising prevalence of non-communicable diseases.

This presentation explores the emerging evidence on pharmacogenomic profiles of Sri Lankans, drawing on our local studies that highlight key genetic variants influencing response to commonly used medications such as statins, clopidogrel, warfarin, and certain chemotherapeutics. These findings underscore significant allelic frequencies and polymorphisms that may predispose Sri Lankan patients to higher risks of adverse drug reactions or reduced efficacy.

We will discuss the opportunities pharmacogenomics presents for improving patient safety, optimizing therapy, and reducing healthcare costs by moving toward personalized medicine in the Sri Lankan context. At the same time, critical challenges must be addressed, including limited awareness among clinicians, absence of local clinical guidelines, lack of infrastructure for genetic testing, and the need for further large-scale, population-specific research.

By reviewing the current evidence and highlighting both opportunities and barriers, this presentation aims to initiate dialogue on integrating pharmacogenomics into Sri Lankan clinical practice and to propose pragmatic steps forward for research, policy development, and clinician education in this evolving field.



Pharmacogenomics in Clinical Practice: Lessons from Implementation

Dr Vinod Scaria

Chief Data Officer at Karkinos Healthcare, Adjunct Professor at the IIT Kanpur, India

Whole genome sequencing (WGS) is rapidly transforming pharmacogenomics, accelerating our understanding of drug response variability and paving the way for widespread clinical implementation as they are becoming increasingly affordable and offers an unprecedented comprehensive coverage enabling discovery and clinical applications. By comprehensively mapping an individual's genetic makeup, WGS provides an unprecedented depth of information compared to targeted genotyping panels, which often fall short of emerging evidence and guidelines. WGS therefore offers the identification of a broader spectrum of genetic variants, including single nucleotide polymorphisms (SNPs), insertions, deletions, and structural variations, all of which can influence drug metabolism, efficacy, and toxicity.

At the population level, WGS initiatives are building extensive genomic databases, linking genetic profiles with real-world health outcomes and drug responses. These large-scale datasets are crucial for discovering novel pharmacogenomic markers, understanding population-scale differences, elucidating complex gene-drug interactions, and refining existing pharmacogenomic guidelines at the same time offering an unprecedented opportunity to create cost-effective, affordable and accessible testing options. This collective knowledge is essential for moving beyond single-gene pharmacogenomics towards a more integrated, polygenic risk assessment approach.

The concept of pre-emptive WGS is gaining traction as a cost-effective strategy for precision medicine. By performing WGS once early in life, a patient's comprehensive pharmacogenomic profile can be established and referenced throughout their lifetime. This approach eliminates the need for repeated genetic testing when new medications are prescribed, potentially reducing healthcare costs and improving patient safety by proactively identifying individuals at risk for adverse drug reactions or therapeutic failure. Implementing pre-emptive WGS on a population scale has the potential to optimize drug prescribing, minimize trial-and-error treatment approaches, and ultimately lead to more personalized and effective healthcare for everyone.



SYMPOSIUM ON OBESITY

Targeting Fat Storage in Adipose Tissue

Professor Fredrik Karpe

Professor of Metabolic Medicine, Head of OCDEM, Radcliffe Department of Medicine, University of Oxford, UK

Overall adiposity is determined by positive energy balance but the location in the body where fat storage takes place appear to be the major determinant of the metabolic consequences of adiposity. Preferential fat storage in the upper body, in particular in the intrabdominal compartment, confers a high risk of both type 2 diabetes, hyperlipidaemia and CVD whereas fat storage in the lower body (gluteofemoral region) shows protection. We have postulated that it is the different functional characteristics of the fat depots, not least their ability to store and effectively retain the fat, that determines the whole-body metabolic environment. However, there is limited knowledge of the functional properties of the actual fat storage process and an absence of biomarkers for fat storage, so fat storage per se has been understudied. There are some suggestions that fat storage is adaptable and some targets identified through human genetics suggest feasibility for drug development in the area.

Evolving Landscape of Pharmacotherapies for Obesity

Dr Nitin Kapoor

*Consultant Endocrinologist & Bariatric Physician,
Professor & Acting Head, Department of Endocrinology, Diabetes and Metabolism, Christian Medical College, Vellore, India*

Novel anti-obesity medications have drastically changed the landscape of medical management of obesity. Glucagon-like peptide-1 [GLP-1], glucose-dependent insulinotropic polypeptide [GIP, Glucagon, and Amylin receptors are predominantly the four major receptor targets for the development of these new drugs. Incretin-based glucose-lowering drugs (such as selective GLP-1 receptor agonists or, more recently, co-agonists that, for example, activate both GIP and GLP-1 receptors) have been developed. The data is rapidly evolving with respect to these medications. While new indications like steatotic hepatic liver disease, obstructive sleep apnoea, and diabetes remission are being explored, novel concerns with respect to loss of muscle mass, retinal complications, and pancreatic lesions are also concerning. While there has been a rampant use of these drugs in the



countries where they are made available, there should be correct guidance given to the patient on how to use them to enhance the efficacy while minimizing the risks associated with these medications. In this session, I shall discuss the evidence of these novel molecules, the indications to start, precise information to be given, and also about the follow-up protocol while using the newer medications in clinical practice

Optimizing Outcomes of Metabolic/ Bariatric Surgery – to the Right Patient at the Right Time

Dr Dilendra Weerasinghe

Consultant Gastro-intestinal Surgeon, Director Bariatric Surgery, Rochester Regional Health, New York, USA

The central role of insulin resistance in cardio kidney metabolic disease and obesity is increasingly identified as a key common factor. In Asian countries what is referred to as normal BMI (body mass index) metabolic syndrome is highly prevalent with lower BMI patients having severe insulin resistance as compared with the western world. This phenotype is referred to as thin on the outside and fat inside. (TOFI)

Bariatric and metabolic surgery offers the most effective, durable treatment for insulin resistance, and thereby for obesity and related metabolic disease. This is by leveraging our bodies own insulin sensitizing mechanisms referred to as nutrient stimulated hormonal activation or NUSHA. GLP-1, Peptide YY, Amylin and many other gut hormones have an impact on insulin sensitivity.

Over the last few decades bariatric metabolic surgery has become one of the safest surgeries performed and being safer than a cholecystectomy with a lower overall mortality. Yet, the true measure of success extends far beyond the operating room. We will outline a collaborative blueprint for physicians and bariatric surgeons to optimize patient outcomes across the entire care continuum through a patient centric approach.

By integrating our expertise, we can move from siloed care to a unified approach. This collaboration allows for personalized treatment plans, enhanced patient education, and ensures robust, lifelong follow-up. This interdisciplinary model not only improves understanding on obesity and cardio metabolic disease but also maximizes and improves treatment and long-term remission of comorbidities, ultimately transforming the health and quality of life for our patients.



CRITICAL CARE MEDICINE

In collaboration with the Ceylon College of Critical Care Specialists

ARDS: Current Evidence and Future Directions

Professor Eddy Fan

Professor of Medicine, University of Toronto

Medical Director, Extracorporeal Life Support (ECLS) Program, Toronto

General Hospital, Canada

The acute respiratory distress syndrome (ARDS) is a devastating form of acute respiratory failure. Unfortunately, there are no specific therapies for this syndrome, and the cornerstone of management remains supportive care with mechanical ventilation. Advances in our understanding of this syndrome over the last 40 years has led to a focus on strategies designed to mitigate ventilator-induced lung injury (VILI) through lung protective ventilation. However, mortality and morbidity from ARDS remains unacceptably high - and new developments look to find ways to further improve both short- and long-term patient outcomes from this syndrome. In this presentation, I will review the current evidence-based management of ARDS, followed by a discussion of ongoing research and future directions in ARDS treatment.

AKI and When to Start RRT

Dr Dilshan Priyankara

Consultant Intensivist, National Hospital of Sri Lanka

Renal replacement therapy (RRT) is a cornerstone in the management of critically ill patients with acute kidney injury (AKI). However, the optimal timing of initiation remains one of the most debated issues in critical care. While delayed initiation risks worsening metabolic derangements and fluid overload, premature initiation may expose patients to unnecessary complications and resource utilization. Traditionally, absolute indications such as life-threatening hyperkalemia, severe metabolic acidosis, refractory fluid overload, and overt uremic complications have guided initiation. In recent years, randomized controlled trials (e.g., ELAIN, AKIKI, STARRT-AKI) have compared early versus delayed strategies, yet findings remain inconclusive, reflecting the heterogeneity of critically ill populations. Current evidence suggests that a “one-size-fits-all” approach is inappropriate; rather, the decision must integrate clinical context, dynamic trends in renal function, severity of illness, hemodynamic status, and resource availability. Biomarkers and predictive models are being explored to refine patient selection and timing, but their utility in routine practice is limited. In resource-constrained settings, the decision is further influenced by availability of modalities, staffing, and cost considerations.



Clearing the Roadblocks

Dr Darshana Hewa Kandamby

Consultant Intensivist, Chief of Service – Intensive Care Unit, Princess

Margaret Hospital and Yan Chai Hospital,

Hong Kong

Management of Pulmonary Embolism(PE) has evolved over the past decade with many new approaches developing. In keeping with this year's theme of CCP Annual session "Physician for the future", we will explore the future management direction possibilities for PE.

Many new methods of Catheter directed therapies for treating PE are available. As the major guidelines for the management of PE are not recent, the place for these therapies are not addressed well yet. The presentation will include the current indications for their use and the various types of catheter directed therapy modalities available. The use of ECMO in the setting of PE will also be presented briefly.



Hepatology – MASLD

In collaboration with the Sri Lanka College of Gastroenterology

Diagnosing and Staging of MASLD: An Update

Dr Eranga Thalagala

Consultant Gastroenterologist, District General Hospital Chilaw, Sri Lanka

Metabolic Dysfunction-Associated Steatotic Liver Disease (MASLD) has become the most prevalent chronic liver disease worldwide. The diagnosis and staging of MASLD has evolved during last few years. Diagnosis of MASLD is made when there is hepatic steatosis (identified by radiologic imaging or liver histology) in the presence of at-least one cardio-metabolic risk factors (Obesity, Hypertension, Impaired glucose tolerance/DM, Dyslipidemia) and in the absence of other causes of hepatic steatosis. MASLD could lead to both liver related and extrahepatic adverse clinical outcomes. Liver related clinical outcomes include cirrhosis and HCC. Extrahepatic clinical outcomes includes cardiovascular diseases, heart failure, arrhythmias, T2DM, CKD and some extrahepatic malignancies.

The risk of liver related and extrahepatic complications varies from individual to individual. Hence risk stratification and staging of MASLD is crucial in the management of MASLD.

Staging of MASLD includes the assessment of degree of steatosis, presence or absence of inflammation and degree of fibrosis. Although liver biopsy remains the gold standard test, it is an invasive test and could be associated with life threatening adverse events. Therefore noninvasive tests are gaining popularity for this purpose. Blood based and Imaging based noninvasive tests are increasingly used for staging of MASLD. FIB 4 score (a blood based test) and Fibroscan (Imaging based test) could be used to identify high risk patients, prognostication and to assess the response to treatment.



Multidisciplinary Management of MASLD: the Role of the GP and Generalists

Dr Uditha Dassanayake

Senior Lecturer in Medicine, University of Kelaniya

Honorary Consultant Gastroenterologist and Hepatologist

Colombo North Centre for Liver Diseases, Sri Lanka

Metabolic dysfunction-associated steatotic liver disease (MASLD), previously known as non-alcoholic fatty liver disease (NAFLD), represents a growing global health challenge affecting up to 25% of the world's population. As the hepatic manifestation of metabolic syndrome, MASLD demands a comprehensive, multidisciplinary approach where general practitioners and generalists play pivotal roles.

General practitioners serve as the critical first point of contact for MASLD identification and management. Their unique position allows for early detection through routine screening of high-risk patients, particularly those with diabetes, obesity, dyslipidemia, and metabolic syndrome. GPs are ideally positioned to implement lifestyle interventions—the cornerstone of MASLD management—including dietary counseling, exercise prescription, and weight management strategies. Their longitudinal relationship with patients enables sustained behavioral modification support, which is essential for long-term success.

Generalists coordinate care across multiple specialties, bridging the gap between primary care and specialist services. They manage comorbidities that directly impact MASLD progression, including diabetes control, cardiovascular risk modification, and metabolic optimization. This holistic approach is crucial since MASLD patients often have multiple metabolic derangements requiring simultaneous management.

The multidisciplinary team model places GPs and generalists as central coordinators, determining appropriate timing for specialist referral based on disease severity markers such as fibrosis scores and liver function parameters. They maintain ongoing surveillance for disease progression while managing the broader metabolic milieu.

Effective MASLD management requires seamless collaboration between primary care, endocrinology, hepatology, and allied health professionals, with GPs and generalists serving as the essential coordinators ensuring comprehensive, patient-centered care delivery.



Management of MASLD Related Cirrhosis: Special Considerations

Professor Tinsay Woreta

Associate Professor of Clinical Medicine

Johns Hopkins Physician, John Hopkins Hospital, USA

MASLD has emerged as a leading indication for liver transplant globally for both decompensated cirrhosis and hepatocellular cancer. Unlike other liver disease etiologies, MASLD is a multi-system disease that is associated with multiple metabolic comorbidities and increased risk of major cardiovascular events. This introduces unique challenges to the management of patients with MASLD-related cirrhosis both pre- and post-liver transplantation. Key steps in the management of patients with MASLD-related cirrhosis include non-invasive assessment for the presence of clinically significant portal hypertension and screening for hepatocellular cancer. Obesity and sarcopenic obesity are prevalent in patients with MASH-related cirrhosis and are risk factors for clinical decompensation and worsen prognosis. Control of metabolic comorbidities and lifestyle intervention to achieve weight loss while maintaining muscle mass are integral to management and optimization of long-term clinical outcomes. Lifestyle interventions are recommended first-line and should be adapted to the severity of liver disease, nutritional status, and presence of sarcopenia/sarcopenic obesity. Pharmacological weight-loss strategies and bariatric surgery may be considered after careful risk-benefit assessment in patients with compensated cirrhosis. Comprehensive screening for comorbidities in adults with MASLD before liver transplantation including careful cardiovascular assessment is essential to optimize clinical outcomes. Post transplant patients with MASLD are at high risk of recurrent graft steatosis and complications of metabolic syndrome and warrant therapeutic interventions to control obesity and associated cardiometabolic comorbidities.



IMMUNOLOGY

Managing Immunoglobulin Demand and Ensuring Evidence-Based Use – The Role of Peer Review

Dr Siraj Misbah

Consultant Clinical Immunologist, Oxford University Hospitals, UK

Polyclonal therapeutic immunoglobulin (Ig) has had a transformative impact across clinical medicine. Initially as replacement therapy for patients with antibody deficiency, the serendipitous discovery of its efficacy as an effective immunomodulator in immune thrombocytopenic purpura, has led to an explosion in its use. With an annual spend of approximately £475m in the UK (2022/23), ensuring evidence-based use has been critical in protecting this precious resource for all deserving patients, irrespective of disease indication.

This talk will discuss the role of clinically-led peer review in demand management. In the UK, rigorous oversight of Ig use by regional Ig assessment panels has led to major savings and ensured clinically appropriate and cost-effective use. As immunological advances lead to revolutionary new therapies, exemplified by CAR-T cells and bi-specific antibodies, caring for patients with iatrogenic antibody deficiency will pose a major challenge to healthcare systems. Ig stewardship is essential for any healthcare system grappling with exponential demand.

Autoinflammatory and Mast Cell Disorders: An Update

Professor Suranjith Seneviratne

Professor and Clinical Immunologist, Royal Free London NHS Foundation Trust, London, UK

Autoinflammatory disorders are a group of diseases caused by dysfunction of the innate immune system. They are characterized by recurrent episodes of inflammation and are accompanied by a wide range of symptoms, including fever, abdominal pain, skin rash, arthralgias, and myalgias. The common pathophysiologic feature of the classic monogenic autoinflammatory syndromes is the excess production of interleukin-1 (IL-1). Adequate control of inflammation is necessary to prevent amyloid A (AA) amyloidosis. During the past two decades, Mast Cell Disorders and the Ehlers Danlos Syndromes have come into greater focus within clinic practice. Their recognition, assessment and appropriate management is important for reducing troublesome levels of morbidity. My talk will focus on the recognition, diagnosis and management of the most common types of Autoinflammatory and Mast cell disorders and the Ehlers Danlos Syndromes.



Vaccines for the Future

Professor Maheshi Ramasamy

Associate Professor, Oxford Vaccine Group, University of Oxford

Consultant Physician, Oxford University Hospitals NHS Foundation Trust, UK

Vaccines for Tomorrow: Innovation, Access and Global Equity

Vaccines have reshaped the landscape of global health, preventing millions of deaths and transforming the course of infectious diseases. Yet, as science advances, so do the challenges: pandemics demand rapid innovation, adult immunisation remains under-prioritised, and millions of children still receive zero doses. Vaccine hesitancy, fueled by misinformation and mistrust, threatens hard-won progress.

From cutting-edge platforms developed during COVID-19 to strategies for equitable distribution and uptake across all age groups, this talk will challenge physicians to lead the next phase of the vaccine revolution—ensuring that scientific innovation reaches everyone, everywhere.



INTERNAL MEDICINE AND PALLIATIVE MEDICINE

In collaboration with Sri Lanka College of Internal Medicine

Place of Postmortem in Current-day Medicine

Dr Patrick Russell

Consultant Physician, Royal Adelaide Hospital, Adelaide, SA, Australia

Autopsy remains a cornerstone in medical practice, serving as both a diagnostic tool and a profound educator for clinicians. It provides definitive insights into disease processes, clarifies causes of death, and highlights diagnostic or therapeutic discrepancies, fostering humility and a commitment to lifelong learning. For the mature clinician, the autopsy not only validates or challenges clinical judgment but also deepens understanding of pathology beyond what technology alone can reveal. Engaging with autopsy findings cultivates reflective practice, enhances diagnostic accuracy, and reinforces accountability to patients and families. Moreover, it strengthens the clinician's role as both scientist and healer—uniting objective evidence with ethical responsibility. In this way, autopsy stands as a vital instrument in shaping clinicians who are not only skilled diagnosticians, but also thoughtful, self-aware, and effective guardians of human health.

Hypoglycaemia

Dr Manodhi Saranapala

Consultant Endocrinologist, South Australia, Australia

Hypoglycaemia is a low blood glucose level causing signs and symptoms including impairment of brain function. It is confirmed by Whipple's triad and needs careful evaluation to find the underlying pathology. New advances in glucose measurements including continuous glucose monitoring has made detecting hypoglycaemia easier than in the past leading to diagnosis, treatment and prevention more successful. In this discussion we are focusing on non – diabetic hypoglycaemia, looking at the pathophysiology and discuss a few cases I have come across in the past.



Integrating Palliative Care in Chronic Illness Management: A Paradigm Shift in Internal Medicine

Dr Udayangani Ramadasa

Specialist in General (Internal) Medicine, Senior Lecturer in Medicine, Department of Medicine, Faculty of Medicine, Sabaragamuwa University of Sri Lanka

Palliative care is increasingly recognized as a vital component of comprehensive treatment for patients with chronic, progressive conditions such as heart failure, chronic obstructive pulmonary disease (COPD), and advanced renal or liver disease. The integration of palliative care into chronic illness management marks a significant evolution in internal medicine.

Understanding the trajectory of chronic illness and establishing appropriate goals of care at each stage namely, palliative, end-of-life, and terminal is essential.

This paradigm shift emphasizes quality of life, symptom control, psychosocial support, and shared decision-making which are core principles that align closely with the goals of managing chronic diseases. Early introduction of palliative care helps clinicians to address physical symptoms such as pain, fatigue, and breathlessness more effectively, while also providing social, psychological, spiritual, and ethical support to patients and their families.

Early palliative involvement can reduce hospitalizations, improve patient satisfaction, and, in some cases, even prolong survival. It also promotes realistic expectations about disease progression and supports informed advanced care planning that reflect patient's values, preferences and goals.

This integration redefines professional roles and strengthens communication through interdisciplinary collaboration, moving from disease-centered models to person-centered care. It acknowledges suffering and seeks to alleviate it, complementing curative or life-prolonging treatments.

Incorporating palliative care into chronic disease management acknowledges patient well-being at the heart of internal medicine, paving the way for a more humane, holistic, and effective approach to healthcare delivery.



ENDOCRINOLOGY

In collaboration with the Sri Lanka College of Endocrinologists

Endocrine Issues in Elderly

Dr Mona Gossmann

*Assistant Professor of Medicine, Associate Program Director,
Endocrinology, Diabetes and Metabolism Fellowship Program,
Cleveland Clinic, USA*

The endocrine system undergoes profound changes with aging, resulting in altered hormone secretion, sensitivity, and feedback regulation. This presentation will review the physiological adaptations and clinical implications of endocrine conditions in the elderly population with a particular focus on diabetes, thyroid disease and osteoporosis.

Spectrum of Hypercortisolism – Autonomous Hypercortisolism to Overt Cushings

Dr Ricardo Correa

Specialist Endocrinologist, Cleveland Clinic, USA

Mild Autonomous Cortisol Secretion (MACS) is characterized by the hypersecretion of cortisol by the adrenal glands/abnormal circadian cortisol rhythm occurring independently of ACTH regulation. It is frequently associated with adrenal incidentalomas (AI), which are adrenal gland masses detected incidentally through cross-sectional imaging. MACS can be linked to various adverse clinical conditions. It is very important for Primary care to recognize this condition and know how to diagnose it.

Approach to Polyuria

Dr Udul Hewage

*Consultant Physician & senior lecturer, Flinders Medical Centre & Flinders University, Adelaide,
Australia*

Polyuria is a common medical condition characterised by abnormally high urine output. From a pathophysiological perspective, polyuria can be classified into two types: solute diuresis, which occurs when there is excessive excretion of solutes and urine osmolality exceeds 300 mosmol/kg, and water diuresis, which occurs when there is an inability to concentrate urine, resulting in urine osmolality usually between 150 and 300 mosmol/kg. Diagnosing polyuria can be challenging; therefore, accurate diagnosis and effective treatment require a thorough medical history, appropriate diagnostic investigations, and correct interpretation of the findings.



SNIPPETS IN HAEMATOLOGY, OPHTHALMOLOGY AND DERMATOLOGY

Looking Through Skin for the Medical Diagnosis

Dr Indira Kahawita

Consultant Dermatologist, National Hospital of Sri Lanka

The skin, in addition to its numerous important functions in maintaining human health, acts as a mirror for various internal disease entities. The connective tissue disorders are the best known group of such diseases.

A careful examination of the skin and the mucosal surfaces and logical interpretation of the cutaneous findings and the systemic features will enable the clinician to arrive at a tentative diagnosis, which may then be confirmed by appropriate investigations. The examination of the skin is now enhanced by the use of handheld tools like dermoscopy, which reduces the need for skin biopsy and facilitates a quick diagnosis

Sometimes a clinical decision based on careful examination of the skin may enable the clinician to make life saving decisions, mostly in the case of severe cutaneous drug reactions.

This case based discussion will analyse interesting clinical scenarios where the careful interpretation of clinical signs led to prompt diagnoses and successful management of patients with difficult medical problems.

Ocular Clues of Systemic Diseases: Don't Miss What the Eye Can Tell You

Dr Nishantha Wijesinghe

Senior Consultant in Ophthalmology, Royal Darwin Hospital, Tiwi NT, Australia

The eye often reflects systemic disease, sometimes offering the earliest clues to conditions affecting the whole body. This presentation will explore common and significant ocular findings that serve as windows into systemic illnesses, with a focus on practical relevance for physicians across disciplines.

Key areas include diabetic and hypertensive retinopathy as markers of vascular compromise, ocular inflammation in autoimmune diseases and critical infectious causes like tuberculosis, neurosyphilis and interesting case of Cat Scratch disease. The talk will also highlight important ocular signs that may point to life-threatening systemic conditions, including papilledema, Carotico- cavernous Fistula and painful Horner's syndrome.



Using clinical examples and imaging, the session will help attendees recognise when the eye is signaling systemic disease, prompting timely investigations and referrals. Emphasis will be placed on collaborative care to improve outcomes and reduce diagnostic delays. This talk aims to reinforce the role of the eye not just in vision, but in systemic diagnosis and holistic patient care.

A Practical Guide to Coagulation Disorders

Professor Lallindra Gooneratne

*Consultant Haematologist, Professor in Haematology,
Department of Pathology, Faculty of Medicine, University of
Colombo, Sri Lanka*

Haemostasis is a complex biological process that hinges on a delicate balance between procoagulant and anticoagulant forces. Disruption of this balance by any condition may result in a coagulopathy. Coagulopathies could manifest with excessive bleeding or thrombosis.

A reduction in procoagulant factors, impaired fibrinolysis, thrombocytopenia, or defective platelet function increases the risk of bleeding. Inherited coagulopathies with a tendency to bleed excessively manifest most commonly in childhood or adolescence and are due to genetic defects that affect clotting factor production or function, such as in haemophilia A and von Willebrand disease, and more rarely affect platelet function, such as in Bernard-Soulier syndrome and Glanzmann thrombasthenia.

Acquired coagulopathies with bleeding may occur at any age, are more abundant than inherited coagulopathies and result commonly from underlying medical conditions such as liver disease, vitamin K deficiency, snake envenomation, infections, renal impairment, rheumatological disorders or haematological malignancies. In addition, medications such as anticoagulants, antiplatelets and herbal preparations disrupt the coagulation cascade resulting in a tendency to bleed. Importantly, trauma and its associated coagulopathy are responsible for more than 10% of the global health burden, whereas bleeding is responsible for 30% to 40% of the mortality in trauma.

On the flip side, thromboembolic diseases such myocardial infarction and stroke as arterial thromboembolism, and venous thromboembolism account for about 1 in 4 deaths worldwide. A hypercoagulable state may arise from multiple inherited and acquired factors associated with increased procoagulant, decreased anticoagulant or fibrinolytic factors. Inherited thrombophilias, such as deficiencies of natural anticoagulants or mutations resulting in factor V Leiden are less common than acquired thrombophilias commonly associated with medical, surgical, obstetric and



immune-based or neoplastic haematological conditions. These conditions range from prolonged hospitalization, trauma, surgery, cancer, pregnancy, anti-phospholipid syndrome and myeloproliferative neoplasms.

This talk will suggest a practical guide to “wade the waters” in conditions such as coagulopathy of liver disease, disseminated intravascular coagulation, bleeding on anti-platelet drugs and other acquired coagulopathies.



QUALITY ASSURANCE IN HEALTHCARE DELIVERY

In collaboration with the Directorate of Healthcare Quality and Safety, Ministry of Health,
Sri Lanka

Physician Engagement in Quality Improvement

Professor Christine Soong

Professor of Medicine, University of Toronto Medical Director, Quality and Safety, Sinai Health, Toronto, Canada
Senior Editor, BMJ Quality and Safety

This session will enable the participant to, describe the importance of quality improvement in healthcare, understand facilitators and barriers of successful quality improvement and to appreciate the role of the physician in quality improvement.

High-Reliability Unit Care: Quality & Safety Best Practices

Dr Padmini Ranasinghe

Co-Director, Hospitalist Education Programs
Assistant Professor of Medicine, Johns Hopkins Physician
John Hopkins School of Medicine, Baltimore, USA

This presentation highlights the clinician's experience of quality and safety strategies at a tertiary care hospital in the United States, emphasizing high-reliability care from patient arrival to the hospital to discharge. By integrating interventions — from barcode patient identification and infection prevention bundles to structured communication frameworks such as TeamSTEPPS and SBAR, they help to improve adverse events and patient outcomes. The session will cover unit-based safety practices, predictive analytics and monitoring practices, and standardized discharge and transition-of-care protocols that enhance safety across the continuum



Quality & Safe Healthcare Delivery - Ministry of Health Experience

Dr Upuli Wijemanne

Director – Directorate of Healthcare Quality and Safety

Ministry of Health Sri Lanka

The evolution of healthcare quality and safety in Sri Lanka reflects over three decades of progressive reforms, beginning with the National Quality Assurance Programme in 1989 up to establishing Patient Safety & Accreditation Bureau and formation of the National Healthcare Accreditation Council by 2024/25. Key milestones include the formulation of the national policies on healthcare quality and safety (2015, 2021), the national strategic plans for quality & safety 2021–2025, and the national strategic plan on medication safety 2021–2025.

The World Health Organization (WHO) identifies several common sources of patient harm in healthcare settings. Considering those, significant initiatives have advanced medication safety through the appointment of liaison pharmacists, development of medication safety practice packages, and establishment of guidance documents for Look-a-Like-Sound-a-Like (LASA) & High Alert (HAM) medications etc. The well structured infection prevention and control programme at the central level, introduction of WHO surgical safety checklist in the theatre setting and preparation of epidemic preparedness guidelines have further strengthened patient safety.

The ultimate goal is to establish a strong system of clinical governance across the country. Clinical governance is not just a framework but also a culture and a set of systems that organizations put in place to ensure quality, safety, and continuous improvement in patient care. To achieve this, a national training programme has already been commenced. The strategy is to develop a pool of master trainers who will take the responsibility for different pillars of the governance framework within their hospitals and guided to select audit topics, identify gaps, and recommend appropriate changes, ensuring that quality improvement embedded into the healthcare system nationwide.

Performance monitoring mechanism had been introduced since 2013 for close assessment of the implementation of quality safety initiatives. The hospital accreditation project introduces development of guidance documents in collaboration with professional colleges for accreditation purpose, piloting and implementing standards in hospitals in a phased manner. Persistent challenges include limited undergraduate exposure, inconsistent practices, and gaps in monitoring etc. The way forward prioritizes accreditation, strengthening of reporting systems and fostering a sustainable patient safety culture, collectively positioning Sri Lanka in achieving a resilient, safe, and quality-driven healthcare system aligned with global standards.



ENDOCRINOLOGY – DIABETES MELLITUS

In collaboration with the Sri Lanka College of Endocrinologists

Diagnosing Diabetes - Implications on Precision Medicine

Dr Mona Gossmann

Assistant Professor of Medicine, Cleveland Clinic Lerner College of Medicine,

Associate Program Director, Endocrinology, Diabetes and Metabolism

Fellowship Program, Cleveland Clinic, USA

Diabetes is a heterogeneous disease with variable etiology, clinical presentation, and progression, necessitating a precise approach to diagnosis. Advances in genomics, biomarker discovery, and data science have enabled more accurate identification of diabetes subtypes, particularly monogenic forms, where genetic testing can guide targeted therapy. For type 1 diabetes, integration of islet autoantibody profiles, genetic risk scores, and clinical features enhances diagnostic specificity, though challenges remain. This lecture will review current evidence, highlight practical algorithms for precision diagnosis, and discuss future directions for integrating individualized data into routine diabetes care.

Will Rapidly Evolving Therapies Replace the Traditional Approach in

Diabetes?

Dr Manilka Sumanathileke

Consultant Endocrinologist,

National Hospital of Sri Lanka

Diabetes management has traditionally relied on lifestyle modification, metformin, stepwise oral therapy, and insulin initiation. Rapidly evolving therapies—including GLP-1 receptor agonists, dual incretin agonists, and SGLT2 inhibitors, longer acting insulin analogs and different combinations of them—offer benefits beyond glycemic control, such as weight loss, cardiovascular protection, and renal preservation. Advances in digital health, continuous glucose monitoring, insulin pumps and emerging stem cell therapies further promise transformative care. However, cost, accessibility and infrastructure are major obstacles for resource poor countries to adopt. Novel therapies are increasingly prioritized for high-risk populations, traditional approaches remain the corner stone of management.



The future of diabetes care is likely to be integrative, combining established strategies with innovative modalities, rather than a complete replacement of traditional management. It will be a hybrid model, where precision medicine guides therapy choice, combining the best of established and innovative treatments.

Inpatient Management of Diabetes

Dr Omar Mustafa

Registrar and Global Vice President, Royal College of Physicians, Consultant in Diabetes and General Internal Medicine, King's College Hospital, UK

The management of diabetes in the inpatient setting pose specific challenges to the clinicians owing to the nature and speed of change in this setting. Hyperglycaemia and hypoglycaemia play a significant role in clinical outcomes. This presentation provides a review of the latest evidence-based updates in inpatient diabetes care, drawing directly from the work and publications of the Joint British Diabetes Societies for Inpatient Care (JBDS-IP) group.

Areas of focus will include diabetic ketoacidosis (DKA), hyperglycaemic hyperosmolar state (HHS), the management of hypoglycaemia, using diabetes technology in inpatients, enteral feeding, safe use of variable-rate intravenous insulin infusions (VRIII), perioperative medicine and others. A central theme of the JBDS-IP work is enhancing patient safety through simplified, standardised protocols designed for non-specialist clinical staff, emphasising a multidisciplinary team approach. Delegates will gain practical insights into adopting these internationally relevant standards to reduce clinical risk, improve glycaemia, and enhance patient outcomes, underscoring the value of a systematic, guideline-driven approach to this complex and clinical problem.



SYMPOSIUM ON INFECTIOUS DISEASES

In collaboration with the Infectious Diseases Forum of the Ceylon College of Physicians &
Sri Lanka College of Internal Medicine

Antimicrobial Resistance in Asia – Challenges and the Way Forward

Dr Somia Iqtadar

Secretary General - Pakistan Society of Internal Medicine, Associate Professor of Medicine

King Edward Medical University, Pakistan

Antimicrobial resistance (AMR) poses a significant global health threat, with projections indicating up to 10 million deaths annually by 2050 if no urgent action is taken. In Asia, countries such as India and China face heavy burdens due to high antibiotic consumption and widespread resistance. India reports over 58,000 newborn deaths annually linked to antibiotic-resistant infections, while China accounts for 18% of global antibiotic use. In Sri Lanka, resistance rates are alarmingly high—57% of *E. coli* isolates are resistant to third-generation cephalosporins, and 72% of *Klebsiella pneumoniae* isolates are resistant to fluoroquinolones. In Bangladesh, AMR continues to rise due to unregulated access to antibiotics and inadequate healthcare infrastructure. Meanwhile, Pakistan has seen a 65% increase in antibiotic consumption over two decades, ranking it the third-highest antibiotic consumer among low- and middle-income countries. The emergence of multidrug-resistant (MDR) and extensively drug-resistant (XDR) typhoid fever across South Asia further intensifies the public health crisis. Contributing factors such as limited access to clean water, poor sanitation, and transmission of resistant infections significantly worsen the situation. With a dwindling pipeline for new antibiotics, the future of infection control is under serious threat. A coordinated global response, as outlined in the WHO's Global Action Plan, is essential. Central to this is Antimicrobial Stewardship, a strategic approach to optimize antibiotic use, strengthen surveillance, reduce infection incidence, and raise public awareness. This multifaceted response is critical to ensuring antibiotics remain effective for future generations.



Infection in the Immunocompromised – Diagnosis and Management

Professor Brian Angus

Professor in Practice, Medical Education and Director of the Oxford Centre for Clinical Tropical Medicine and Global Health, University of Oxford, UK

This talk will start with a recent case that presented to and give an update on the problems of investigation and management of the increasing number of immunocompromised patients who travel or live in the tropics.

Infection in the Immunocompromised – Case Discussion

Presenter - Dr Chanaka Abeyratne – Consultant Nephrologist

Moderator - Dr Lakmal Fonseka - Senior Lecturer and Consultant Physician

Prof George Alangaden

Director, Transplant Infectious Diseases, Henry Ford Health Clinical Professor of Medicine, Michigan State University, USA

Dr Chula Herath

Consultant Nephrologist

Sri Jayewardenepura General Hospital, Nugegoda



NEPHROLOGY

In collaboration with the Sri Lanka Society of Nephrology

Vasculitis and the Kidney - An Overview

Professor Mumtaz Patel

President, Royal College of Physicians

Consultant Nephrologist, Manchester University Hospitals NHS Foundation

Trust, Honorary Clinical Professor, University of Liverpool, UK

This session will give an overview of the definitions, classification, pathophysiology and clinical presentations of vasculitis. Some patient cases will be presented to reflect the diagnostic and therapeutic challenges in managing these patients.

Management of Lupus Nephritis in 2025

Dr Ravi Rajakariar

Clinical Director for Nephrology and Transplantation

Consultant Nephrologist, Barts Health NHS Trust, UK

Lupus nephritis remains a major cause of morbidity and progression to kidney failure in systemic lupus erythematosus. Management has evolved considerably in recent years, driven by advances in diagnostics and therapeutic options. Traditional approaches centered on corticosteroids and mycophenolate mofetil are now being refined with steroid-sparing strategies, earlier intervention, and combination regimens. Novel targeted therapies, including B-cell depletion agents, calcineurin inhibitors, have expanded the therapeutic landscape, supported by evidence from pivotal trials.

In 2025, treatment is increasingly individualised, guided by risk stratification, patient characteristics with an emphasis on balancing efficacy and long-term safety. This presentation will provide an overview of current evidence-based practice, highlight recent trial data, and explore management with a focus on implementing published guidelines.



Hepatorenal Syndrome

Professor Andrew Davenport

Professor of Dialysis & ICU Nephrology, UCL Centre for Kidney & Bladder Health

Royal Free Hospital, University College London, UK

25-50% of patients with cirrhosis admitted to hospital with an acute episode of hepatic decompensation will have abnormal kidney function, due to underlying chronic kidney disease or an acute deterioration. An acute deterioration in kidney is now collectively referred to as acute kidney injury (AKI), which has been sub-classified into different grades of severity that identifies prognostic groups. Acute on chronic liver failure (ACLF) is characterised by acute hepatic and or extrahepatic organ failure driven by a dysregulated immune response. AKI is a major predictor of both short and long-term survival in patients with ACLF and is a major component in grading the severity of ACLF. As such, the pattern of AKI now observed in patients admitted to hospital with acutely decompensated liver disease is likely to be acute tubular rather than hepato-renal syndrome (HRS). The International Club of Ascites revised their definition of HRS-AKI to more closely align with that of the Kidney Disease Improving Global Outcomes. As demographics and co-morbidities have changed, more patients are now developing cirrhosis metabolic dysfunction-associated steatohepatitis (MASH). As such, patients presenting with cirrhosis and ascites may also have diabetes, hypertension, minor glomerular changes, and urine may contain > 500 mg/day, or > 50 rbc/hpf, and ultrasound appearances of the kidneys may show changes of parenchymal disease. As the management and supportive treatment for ATI potentially differs from HRS, it is important to distinguish between ATI and HRS when reviewing patients with ACLF and AKI, so that appropriate and early management can be instituted.



ENDOCRINOLOGY – ADRENAL AND THYROID

In collaboration with the Sri Lanka College of Endocrinologists

Challenge of Primary Hyperaldosteronism

Dr Ricardo Correa

Specialist Endocrinologist, Cleveland Clinic, USA

Mild Autonomous Cortisol Secretion (MACS) is characterized by the hypersecretion of cortisol by the adrenal glands/abnormal circadian cortisol rhythm occurring independently of ACTH regulation. It is frequently associated with adrenal incidentalomas (AI), which are adrenal gland masses detected incidentally through cross-sectional imaging. MACS can be linked to various adverse clinical conditions. It is very important for Primary care to recognize this condition and know how to diagnose it.

Changing Paradigm of Surgical Management of Well-differentiated Thyroid Cancer

Professor Senarath Edirimanne

Specialist Breast and Endocrine Surgeon

Clinical Associate Professor, University of Sydney, Australia

The incidence of thyroid cancer is increasing, especially in females. Yet, the mortality of thyroid cancer has shown only a minor increase over the same period. A significant proportion of newly diagnosed cancers represents over diagnosis.

For decades, the paradigm for management of well differentiated thyroid cancer (WDTC) has been total thyroidectomy, radioactive iodine treatment (RAI) and thyroid stimulating hormone (TSH) suppression. Currently, better understanding of molecular pathways and classification (WHO 2022), improved imaging and molecular testing have helped to separate low risk Vs high risk WDTC. Also, there are clinical evidence that extent of surgery, use of RAI and degree of TSH suppression can be de-escalated without compromising oncological outcomes while improving the treatment related morbidity and quality of life. Furthermore, establishment of active surveillance and emerging use of ablative techniques have created more opportunities for de-escalating surgery. However, such de-escalation of therapy needs to be implemented with consensus among the treating clinicians, taking account of patient beliefs, values and expectations and the resources/costs that are unique to each treatment setting.



This presentation will cover:

- Trends of incidence and mortality of thyroid cancer
- Biological subtypes of WDTC and WHO 2022 classification
- Molecular testing such as Afirma® and ThyroSeq®
- Active surveillance for PMTC
- Partial (Hemi) thyroidectomy Vs Total thyroidectomy in low risk WDTC
- Immerging role of ablative techniques in low risk WDTC
- Avoiding RAI in low-risk WDTC
- Implications of dynamic risk stratification on degree of TSH suppression and follow up

Update on Thyrotoxicosis

Dr Noel Somasundaram

Consultant Endocrinologist, Diabetes and Hormone Centre, Colombo, Sri Lanka

Graves' hyperthyroidism is the prototypical autoimmune thyrotoxicosis, mediated by TSH receptor autoantibodies that drive both glandular hyperfunction and extrathyroidal manifestations. Despite widespread use of antithyroid drugs (ATD), radioiodine (RAI), and thyroidectomy, each modality is limited by relapse, hypothyroidism, or morbidity. Recent data reframe the therapeutic landscape. Therapeutic options are based on multiple factors: Prolonged low-dose ATD demonstrates durable remission with reduced adverse events. Large cohort analyses confirm RAI safety, with no excess malignancy or cardiovascular mortality, while surgical risk can be minimized in high-volume centers. Immunotherapeutics has provided advances: IGF-1R blockade with teprotumumab yields efficacy in thyroid eye disease, and emerging biologics and small-molecule TSHR antagonists promise disease-modification. Risk stratification incorporating TRAb titers, genetic predisposition, smoking, obesity, and pregnancy-specific pharmacovigilance supports personalized therapy. This lecture reviews current evidence, delineates mechanistic insights, and projects a shift from symptomatic control to precision immunomodulation in the management of Graves' hyperthyroidism.



TACKLING THE BURDEN OF NCDs IN SRI LANKA

In collaboration with the Non-Communicable Disease Unit

Ministry of Health, Sri Lanka

WHO Strategy for NCDs

Dr Angela De Silva

Regional Adviser, Nutrition and Health for Development, WHO, Regional Office for South-East Asia

Burden of NCDs and Risk Factors in Sri Lanka

Professor Anuradhani Kasturiratne

Professor in Public Health, Faculty of Medicine,

University of Kelaniya, Ragama, Sri Lanka

Chronic non-communicable diseases (NCDs) account for over 80% of total deaths in Sri Lanka, a lower-middle-income country experiencing a demographic and epidemiological transition. Cardiovascular diseases, diabetes, cancers and metabolic disorders are predominant, conforming to a common phenomenon observed in South Asia. The unique NCD susceptibility of South Asians, who develop type-2 diabetes and cardiovascular disease at a younger age and lower body mass index is well documented and is attributed to visceral adiposity, insulin resistance, and early-life nutritional influences.

Recent estimates indicate a type-2 diabetes prevalence of at least 20% among adults, alarmingly exceeding 30% in those over 30 years of age. The prevalence of hypertension is between 25–30% while the combined overweight and obesity prevalence exceeds 30% in men and 40% in women according to the Global Obesity Observatory. Recent analyses show that stroke and ischaemic heart disease are among the leading causes of mortality and disability. Unhealthy dietary practices, physical inactivity, tobacco and alcohol use and psychological stress remain dominant modifiable behavioural risk factors of NCDs.

The burden of related metabolic diseases, including non-alcoholic fatty liver disease, is increasing while cancers, chronic respiratory disease and chronic renal disease contribute significantly to premature mortality, with lifestyle and environmental determinants compounding the risk.

The interplay of biological, behavioural, and social drivers determine the risk of chronic NCDs with significant implications for the health system. There is an urgent need for integrated, multi-sectoral prevention strategies to reduce the growing burden of NCDs and protect national health and productivity of Sri Lanka.



The Strategies of the Ministry of Health - How Can Physicians Complement?

Dr Samiddhi Samarakoon

Director - Non-Communicable Disease Unit

Ministry of Health, Sri Lanka

This presentation outlines the strategic framework employed by the Ministry of Health to combat the growing burden of Non-Communicable Diseases (NCDs) in Sri Lanka, where they account for 80% of all deaths. The strategy is built on a three-pronged approach: implementing policy and legislative measures (including tobacco/alcohol control and food industry regulations), strengthening the health system through primary care reforms and digital health tools, and promoting public awareness and community engagement.

A central focus is placed on the critical role of physicians in this national effort. Physicians are called upon to act not only as clinical leaders in early detection and patient-centered care but also as advocates for healthy public policy, contributors to research and innovation, and key players in building a healthcare system resilient to pandemics and future shocks. The presentation concludes with a call to action for all physicians to become NCD champions, emphasizing that through multi-sectoral collaboration and the leveraging of technology, the rising tide of NCDs in Sri Lanka can be reversed.



CARDIOLOGY – CONTEMPORARY APPROACHES TO CORONARY SYNDROME AND HEART FAILURE

In collaboration with the Sri Lanka College of Cardiology

Acute Coronary Syndrome: Integrating New Guidelines into Clinical Practice

Professor Rohan Jayasinghe

*Head of Cardiology, Professor of Cardiology & Interventional Cardiologist,
Gold Coast University Hospital, Australia*

Multiple peak bodies published updated guidelines on the management of acute coronary syndrome this year (2025). These peak bodies include, American College of Cardiology, American Heart Association, Cardiac Society of Australia and New Zealand and National Heart Foundation of Australia.

The guidelines were developed by expert panels that reviewed the contemporary published evidence, and they made recommendations. The strength of each recommendation was based on the certainty of the evidence.

The presentation briefly reviews the pathophysiology of acute coronary syndrome and examines the contemporary classifications of the various forms of acute coronary syndrome.

The presentation places particular focus on the recently published practical guidelines by the two Australian peak bodies.

The guidelines are provided to assist clinicians in the diagnosis and management of people presenting with symptoms suggestive of acute coronary syndromes (ACS), or with confirmed ACS. ACS includes acute myocardial infarction (AMI) and unstable angina (UA), resulting from inadequate blood flow to heart muscle. ACS is a leading cause of morbidity and mortality world-wide and is a time-critical medical emergency. Its incidence and prevalence are very high globally, hence has significant epidemiological and health economic implications.

The recommendations are based on contemporary evidence. They should complement, not replace, clinical judgement. Shared decision-making among clinicians, presenting individuals and their families is required and should be based on individual values, preferences and circumstances. Clear communication with individuals and those who support them is critical to these discussions.

These guidelines have been developed in consultation with a broad range of organisations, clinical experts and people with lived experience, representing different geographic regions, sex, genders, ethnicities, clinical settings and perspectives.

The review also focuses on various therapeutic applications as well as secondary prevention measures.



Heart Failure Management: Embracing Guideline – Direct Medical Therapy

Dr Paul Toon Lim Chiam

Interventional Cardiologist, Mount Elizabeth Medical Centre, Singapore

The management of heart failure has improved dramatically over the past decade. Clinical entities of heart failure with reduced ejection fraction (HFrEF) and heart failure with preserved ejection fraction (HFpEF) are now well established. Several new drugs have become available that have shown benefit in improving clinical outcomes particularly for patients with HFrEF. Current therapeutic guidelines, optimising medical therapy by combining different classes of medications and promising drugs for both conditions are discussed.

Chronic Coronary Syndrome: Navigating Long-Term Management Strategies

Professor Derek Connolly

Professor in Cardiology, University of Birmingham,

Consultant Cardiologist, Priory Hospital, Birmingham City Hospital, UK

In 2019 the ESC introduced the term chronic coronary syndromes to describe the clinical presentations of coronary artery disease during stable periods with transient, reversible, myocardial demand vs. blood supply mismatch. These manifest as angina/chest discomfort, or dyspnoea, or may be asymptomatic. Lifestyle and risk-factor modification combined with disease-modifying and antianginal medications are cornerstones in the management of CCS. Although stable for long periods, CCS can be progressive and may destabilize at any moment with the development of an ACS. In these patients, cardiovascular preventive therapy is recommended for risk factors. Diagnosis can be established by CT or invasive angiography but calcium scoring and perfusion scanning are also important tools. Invasive angiography with FFR is recommended in patients with refractory symptoms and imaging guidance is now recommended when performing complex PCI. A single antiplatelet agent, aspirin or clopidogrel, is generally recommended long term in CCS patients with obstructive atherosclerotic CAD. For high thrombotic-risk CCS patients with lower bleeding risk, long-term therapy with two antithrombotic agents is reasonable. Among CCS patients with normal LV function and no significant left main or proximal LAD lesions, current evidence indicates that myocardial revascularization over GDMT alone does not prolong overall survival. Among CCS patients with reduced LV function, surgical revascularization compared with GDMT alone prolongs overall survival at very long follow-up. In complex mvCAD without LMCAD, particularly in the presence of diabetes, who are clinically and anatomically suitable for both revascularization modalities, current evidence indicates longer overall survival after CABG than PCI.



MEDICAL EDUCATION

In collaboration with the College of Medical Educationists Sri Lanka

Undergraduate Assessment

Professor Brian Angus

Professor of Practice,

*Medical Education and Director of the Oxford Centre for Clinical Tropical Medicine and Global Health
University of Oxford, UK*

Undergraduate Assessment – The GMC in the UK introduced a new assessment strategy in 2024 as a requirement for entry into the UK Foundation Training Programme. The Knowledge based assessment component has been developed and managed by the Medical Schools Council. This talk will summarise the Medical Licensing Assessment (MLA).

Clinical Reasoning and Bedside Teaching

Professor John Woller

Assistant Professor of Medicine and Physician, Johns Hopkins School of Medicine, USA

Clinical reasoning, or diagnostic thinking, is critical to the practice of internal medicine. Clinical reasoning is usually taught in the classroom or in the hallway outside a patient's room, but it can be taught at the bedside, with the patient a part of the educational process. Physicians should use educational techniques based on adult learning theory and should look for opportunities to teach clinical reasoning at each stage of the patient's care: history, physical, bedside presentation, and during the subsequent testing process.



Shaping the Future Physician - Humanism, AI, and the Art of Clinical Wisdom

Dr Dujeepa Samarasekera

*Senior Director, Centre for Medical Education, Yong Loo Lin School of Medicine,
National University of Singapore*

Contemporary shifts in healthcare driven by demographic transitions, digital innovation, and the increasing complexity of clinical care are prompting renewed attention to the education and training of future physicians. The future physician, it is argued, must be trained not only to work with technology, but to lead its ethical and compassionate use in service of patients and healthcare systems. This presentation explores how technology, particularly artificial intelligence (AI), can be integrated meaningfully into medical education to enhance the efficiency, relevance, and responsiveness of training programmes drawing examples from the presenter's own experiences in Singapore.

AI-enabled tools offer significant potential to personalise learning, support deliberate practice, and provide real-time feedback, allowing trainees to acquire knowledge and clinical reasoning skills more effectively. Moreover, such technologies can create simulated environments and virtual patient encounters that safely mirror clinical realities, helping learners to develop decision-making abilities while navigating uncertainty and complexity.

However, the successful preparation of future physicians extends beyond technical fluency. In an era where algorithms can aid diagnosis and guide interventions, it becomes even more critical to cultivate humanistic qualities such as compassion, ethical sensitivity, and collaborative practice. Educational approaches must therefore enable learners to critically engage with technology while remaining anchored in the values that define patient-centred care.

This session reflects on curricular strategies that encourage adaptability, foster innovation, and promote professional identity formation within a technology-enriched landscape. Drawing on case examples from undergraduate and postgraduate medical education, it proposes ways to align digital integration with the development of empathy, clinical wisdom, and respectful team-based care.



EFIM & CCP JOINT SYMPOSIUM FOR YOUNG INTERNISTS

Opportunities for Young Internists with EFIM

Professor George Dalekos

*President, European Federation of Internal Medicine Professor of Medicine,
National Expertise Centre in Autoimmune Liver Diseases, University of Thessaly, Greece*

Navigating a Career in Internal Medicine Without Burnout

Dr Miguel Romano

*Chair – EFIM Young Internists Section
Assistant Professor, School of Medicine, University of Minho, Portugal*

At the Crossroads: Challenges and Opportunities for the Next Generation of Internists in Sri Lanka

Dr Dumitha Govindapala

*Senior Lecturer and Consultant Physician, Department of Medicine,
University of Sri Jayewardenapura, Sri Lanka*

The next generation of internists in Sri Lanka faces a critical crossroads amid significant healthcare challenges and evolving opportunities. Key issues include overburdened hospitals, limited resources, rising non-communicable diseases, economic pressures affecting healthcare delivery, restricted access to subspecialty training, lack of work-life balance, and financial difficulties. Additionally, the ongoing migration of young physicians seeking better career prospects abroad exacerbates workforce shortages and impacts the sustainability of the healthcare system.

Despite these challenges, there are promising opportunities for growth and leadership. Emerging subspecialties, advances in digital health and telemedicine, and increased potential for locally relevant research and policy involvement offer avenues for innovation and system improvement. Additionally, they can broaden their impact by serving as trainers and examiners, as well as by actively engaging with professional organizations, such as the CCP, to support medical education, uphold professional standards, and advocate for the field. By embracing these roles, young internists can transform internal medicine in Sri Lanka, leading reforms that enhance patient care and healthcare equity across the country.



Thus, young internists should be encouraged to redefine their role, not merely as clinicians, but as future leaders, advocates, and reformers capable of shaping a brighter, more equitable healthcare system in Sri Lanka.

Integrating Overseas Training and Artificial Intelligence into the Clinical Practice of the Young Sri Lankan Internist

Dr Keshini Samarasekera

Consultant Physician in Acute Medicine

Royal Liverpool University Hospital, UK

This talk explores how overseas training and artificial intelligence (AI) can be synergistically integrated into the evolving practice of young internists in Sri Lanka. Amid rising clinical demands, resource limitations, and rapid knowledge expansion, today's internist must balance adaptability with clinical excellence.

Overseas exposure offers valuable lessons in structured, evidence-based care, multidisciplinary collaboration, quality improvement, and leadership. However, the challenge lies not in imitation but in thoughtful adaptation—translating global best practices to fit local realities through simplified protocols, mentorship initiatives, and reflective practice.

The second half of the presentation focuses on the role of AI in modern medicine. AI is defined in its various forms—narrow (current), general (theoretical), and superintelligent (hypothetical)—with emphasis on practical applications in Sri Lanka. These include mobile clinical tools, AI-assisted radiology, telemedicine triage, and chat-based support. While promising, AI introduces risks such as algorithmic bias, data privacy issues, context mismatch, and overdependence, especially in training environments.

The concept of the “Hybrid Internist” is introduced—clinically grounded, digitally enabled, globally informed, and committed to lifelong learning. Action steps include pursuing global exposure, experimenting with AI tools, mentoring peers, and embedding audit and reflection into practice.

A thoughtful and ethical fusion of global perspectives and digital innovation is essential today—anchored firmly in the timeless foundation of the doctor–patient relationship. By adapting wisely and leading humbly, young internists can elevate both their practice and the broader healthcare system.





Lists of
RESEARCH
PRESENTATIONS

FREE PAPER PRESENTATIONS

FREE PAPER SESSION 1 [GI - 10 Abstracts]

11th September 2025, 10.00 – 12.00 noon

OP 1

GENETIC DETERMINANTS OF NON-ALCOHOLIC STEATOHEPATITIS-RELATED HEPATOCELLULAR CARCINOMA IN A SRI LANKAN COHORT

Samarasinghe SASM¹, Hewage AS¹, Siriwardana RC², Tennekoon KH¹, Niriella MA³, Silva SD¹, Abey Suriya V¹

¹ Institute of Biochemistry, Molecular Biology and Biotechnology, University of Colombo

² Department of Surgery, Faculty of Medicine, University of Kelaniya

³ Department of Medicine, Faculty of Medicine, University of Kelaniya

OP 2

VALIDATION OF THE FIB-4 SCORE TO PREDICT SIGNIFICANT FIBROSIS IN SRI LANKANS

Mettananda K.C.D¹, Madhubhashini K.L.A¹, Fernando J.S.U¹, Premaratna R.A¹, Mallawa M.S.R¹, Dassanayake A.S, Ranawaka C.K²

¹ Department of Pharmacology, Faculty of Medicine, University of Kelaniya

² Colombo North Teaching Hospital

OP 3

PATTERNS OF DYSSYNERGIC DEFECATION IN SRI LANKA: A MANOMETRY-BASED NATIONAL COHORT STUDY

Perera MPM¹, Wickramasinghe NA², Wickramasinghe DP¹

¹ Department of Surgery, University of Colombo

² Department of Physiology, University of Colombo

OP 4

FINANCIAL TOXICITY AND ITS SOCIOECONOMIC DETERMINANTS IN COLORECTAL CANCER PATIENTS IN SRI LANKA

Perera MPM¹, Wickramasinghe DG¹, Wannakuwatte RA¹, Wickramasinghe DP¹

¹ Department of Surgery, University of Colombo

OP 5

CAPSULE ENDOSCOPY FINDINGS IN PATIENTS WITH SUSPECTED SMALL BOWEL BLEEDING AT A TERTIARY CARE CENTER IN SRI LANKA

Aponso GTR¹, Wanninayake WMDAS², Nawarathne NMM¹, Peiris R¹, Fernandopulle N¹, Wijesinghe LP²

¹*Gastrointestinal and Hepatology Unit, National Hospital of Sri Lanka, Colombo, Sri Lanka*

²*Medical Unit, National Hospital of Sri Lanka, Colombo, Sri Lanka*

OP 6

IMPACT OF FINANCIAL TOXICITY ON QUALITY OF LIFE IN INFLAMMATORY BOWEL DISEASE: A SRI LANKAN STUDY

Perera MPM¹, Wickramasinghe DG¹, Wickramasinghe DP¹, Wannakuwatte RA¹, Fernandopulle ANR¹

¹*Department of Surgery, University of Colombo*

OP 7

CLINICAL AND DEMOGRAPHIC PROFILE OF COLORECTAL CANCER AT SRI LANKA'S LARGEST TERTIARY CARE CENTRE (2024 - 2025)

Perera MPM¹, Wickramasinghe DG¹, Wannakuwatte RA¹, Wickramasinghe DP¹

¹*Department of Surgery, University of Colombo*

OP 8

DIAGNOSTIC DELAYS IN COLORECTAL CANCER: PATIENT AND SYSTEM BARRIERS IN A SRI LANKAN COHORT

Perera MPM¹, Wickramasinghe DG¹, Wannakuwatte RA¹, Wickramasinghe DP¹

¹*Department of Surgery, University of Colombo*

OP 9

ANURADHAPURA CHRONIC LIVER CELL DISEASE REGISTRY - (PRELIMINARY REPORT ON EPIDEMIOLOGY)

Premawardana NP¹, De Silva GCV¹, Senadhira SDN¹, Warnasekara J¹, Umayanga HD¹, Fonseka HAN¹, Karunaratne YD¹, Karawita SS¹

¹*Teaching Hospital Anuradhapura*

OP 10

COLONOSCOPY SCREENING UPTAKE AT A TERTIARY CARE CENTRE: DEMOGRAPHIC AND PERCEPTUAL BARRIERS

Perera MPM¹, Wickramasinghe DG¹, Wickramasinghe DP¹

¹*Department of Surgery, Faculty of Medicine, University of Colombo*



FREE PAPER SESSION 2 [Endocrinology/DM - 9 Abstracts]

11th September 2025, 12.00 – 1.30 pm

OP 11

BEYOND TRADITIONAL RISK FACTORS: DYNAMICS OF DIABETES RISK IN WESTERN PROVINCE, SRI LANKA (2005-2020)

Fernando DR¹, Samita S², Senarath U³, Katulanda P¹

¹ Diabetes Research Unit, Faculty of Medicine, University of Colombo, Sri Lanka

² Postgraduate Institute of Agriculture, University of Peradeniya, Sri Lanka

³ Department of Community Medicine, Faculty of Medicine, University of Colombo

OP 12

BRIDGING THE DIABETES LITERACY POLICY-PRACTICE GAP IN THE COMMUNITY: PERSPECTIVES OF MEDICAL OFFICERS OF HEALTH (MOH) IN COLOMBO, SRI LANKA

Kesavan, S¹, Wijesinghe, MSD², Katulanda, P³

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² Health Promotion Bureau, Colombo, Sri Lanka

OP 13

ASSESSMENT OF DIABETES DISTRESS LEVELS AND ITS ASSOCIATED FACTORS AMONG PATIENTS DIAGNOSED WITH TYPE 2 DIABETES MELLITUS AT TEACHING HOSPITAL, KARAPITIYA.

Sandanuwan HKN¹, Mendis BILM², Rajapakse IH³, Dissanayake AS⁴

¹ Post Graduate Institute Of medicine, Colombo.

² Faculty of Behavioural and Movement science, University of Amsterdam, Netherlands

³ Department Of psychiatry, faculty of medicine, University of Ruhuna, Sri Lanka

⁴ Department of medicine, faculty of medicine, University of Ruhuna, Sri Lanka

OP 14

EFFECTS OF MEDITATION ON GLYCEMIC CONTROL IN PATIENTS WITH TYPE 2 DIABETES MELLITUS “MINDDM”: A RANDOMIZED CONTROLLED TRIAL

Dalpatadu KPC¹, Katulanda P², Galappatthy P¹, Jayasinghe S²

¹ Department of Physiology, Faculty of Medicine, University of Colombo, Sri Lanka

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

³ Department of Pharmacology, Faculty of Medicine, University of Colombo, Sri Lanka



OP 15

ASSOCIATION OF IN-HOSPITAL MORBIDITY AND DYSGLYCAEMIA IN A TERTIARY CARE HOSPITAL OF SRI LANKA.

Jayasekera MMPT¹, Kariyawasam VT¹, Edirisiginhe EMDT², Lamabadusuriya DA¹, Perera DN¹, Munasinghe JM¹, Abeykoon AMAA¹, Angelo Leard PD¹, Wijesinghe RANK¹

¹Department of Medicine, Faculty of Medicine, General Sir John Kotelawala Defence University, Sri Lanka

²University Hospital, General Sir John Kotelawala Defence University, Sri Lanka

OP 16

DESCRIPTIVE ANALYSIS OF PATIENTS REGISTERED AT THE OBESITY CLINIC IN UNIVERSITY HOSPITAL KDU

Lamabadusuriya DA¹, Kariyawasam VT¹, De Silva RM¹, De Silva NL¹, Waidyarathna GRNN¹, Vithanage WVV¹, Solomons TH¹, Vidanagamage G², Jayasekera MMPT¹

¹ Faculty of Medicine, General Sir John Kotelawala Defence University, Sri Lanka

² University Hospital, Kotelawala Defence University, Sri Lanka

OP 17

PREVALENCE AND CHARACTERISTICS OF PRE-EXISTING DIABETES IN PREGNANCY: A DESCRIPTIVE ANALYSIS FROM TWO TERTIARY CARE HOSPITALS IN WESTERN SRI LANKA

Sasikanth T¹, Nashri MNM¹, Kumarasinghe KKA¹, Kaluarachchi A², Dodampahala S.H², Jayasundara C², Rishard MRM², Ranaweera AKP², Jayawardena DBIA², Piyadigama I², Kadotgajan T³, Lanerolle S³, Ruwanpathirana SA², Ratnasiri UDP³, Katulanda GW⁴, Katulanda P¹

¹Diabetic Research Unit, National Hospital, Sri Lanka

²De Soysa Hospital for Women, Colombo, Sri Lanka

³Castle Street Hospital for Women, Colombo, Sri Lanka

⁴National Hospital Colombo, Sri Lanka

OP 18

INSIGHTS INTO THE USE OF WORK SUPPLEMENTS: A MIXED METHODS STUDY AMONG GYM-GOERS, SUPPLEMENT SHOPS IN SRI LANKA

Gunawardana GK¹, Herath CM¹, Jayawardena R¹

¹ Faculty of Medicine, University of Colombo, Sri Lanka



OP 19

NUTRITIONAL KNOWLEDGE AND DIETARY PRACTICES AMONG ADULT CHRONIC KIDNEY DISEASE PATIENTS NATIONAL INSTITUTE OF NEPHROLOGY, DIALYSIS AND TRANSPLANTATION

Vancuylenberg AR¹, Udayakantha LAA¹, Vakshalan M¹, Jayasumana SD²

¹ Faculty of Medicine, University of Colombo,

² East & North Hertfordshire, NHS Trust



FREE PAPER SESSION 3

[Therapeutics and Respiratory - 9 Abstracts]

12th September 2025, 10.00 – 12.00 noon

OP 20

ASSOCIATION OF THE CYTOKINES IL-1 β , IL-4, IL-6 AND IL-10 WITH INTERSTITIAL LUNG DISEASE AND THEIR CORRELATION WITH DISEASE SEVERITY IN A SRI LANKAN COHORT

Dias YB¹, Hamza B^{2,3}, Karunathilake RDS^{2,3}, Weerakoon DK¹, Malavige GN⁴, Galhena GH¹

¹ Centre for Immunology and Molecular Biology, University of Colombo, Sri Lanka

² Central Chest Clinic, Colombo, Sri Lanka

³ National Hospital of Sri Lanka, Colombo, Sri Lanka

⁴ Allergy, Immunology and Cell Biology Unit, Faculty of Medical Sciences, University of Sri Jayewardenepura, Sri Lanka

OP 21

BARRIERS TO HYPERTENSION MANAGEMENT: A QUALITATIVE STUDY OF PATIENT KNOWLEDGE, PERCEPTIONS, AND PRACTICES AT THE NATIONAL HOSPITAL OF SRI LANKA

Peiris LCD¹, Weerasekera WMPC¹, Gunarathna PB¹, Jeyapragasam H¹, Manchanayake MM¹, Ranasinghe P¹

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

OP 22

EFFICACY OF ATORVASTATIN 40MG VERSUS 80MG IN LOW-DENSITY LIPOPROTEIN CHOLESTEROL REDUCTION AMONG SRI LANKAN PATIENTS WITH ACUTE CORONARY SYNDROME: A RANDOMIZED CONTROLLED TRIAL

Fernando KM^{1,2}, Welhenge CW³, Fernando JN³, Shifnah MJF¹, Dayanth BKTP^{2,4}, De Silva ST^{3,5}, Mettananda KCD⁶

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OP 23

COMPARATIVE EVALUATION OF TENECTEPLASE AND ALTEPLASE IN ACUTE ISCHEMIC STROKE IN A TERTIARY CARE HOSPITAL, SRI LANKA: A STRATIFIED FUNCTIONAL OUTCOME ANALYSIS

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OP 24

BARRIERS TO CLINICAL PRACTICE GUIDELINE IMPLEMENTATION AMONG DOCTORS OF NH GALLE

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OP 25

MISTREATMENT AND DISCRIMINATION AMONG MEDICAL UNDERGRADUATES IN SRI LANKA: AN ISLAND WIDE CROSS-SECTIONAL STUDY

Liyanaige CK¹, Kumarihamy KWMPP², Gamakaranage C³, Jayasekara R⁴, Wickramasinghe ND⁵, Murugapille R⁶, Ralapanawa U⁷, Abeyarathne D⁸, Kurukulasuriya S⁹, Munasinghe J¹⁰, Fernando S¹, Perera J², Balendran K¹¹, Peiris LCD¹, Jeyapragasam H¹

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OP 26

A RANDOMIZED, CONTROL TRIAL IN EVALUATING THE EFFICACY AND SAFETY OF A TRADITIONAL POLY-HERBAL PREPARATION “DESADUN KALKA” IN REDUCING SYMPTOMS AND INFLAMMATORY MEDIATORS IN PATIENTS WITH ACUTE COVID-19

Thatparan R¹, Umayankany LHS¹, Amarasinghe G², Wijewickrama A³, Malavige GN⁴, Jeewandara C⁴

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OP 27

KNOWLEDGE, ATTITUDES, AND PRACTICES OF ADVANCED PAEDIATRIC LIFE SUPPORT (APLS) AMONG DOCTORS IN LADY RIDGEWAY HOSPITAL FOR CHILDREN, SRI LANKA

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OP 28

ACUTE OXYGEN THERAPY: AN AUDIT OF PRESCRIBING AND DELIVERY PRACTICES IN A UNIVERSITY MEDICAL UNIT

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FREE PAPER SESSION 5 [ID - 8 Abstracts]

12th September 2025, 12.00 – 1.30 pm

OP 29

EVALUATION AND COMPARISON OF DIAGNOSTIC PERFORMANCE OF LEPTOCHECK-WB AND STANDARD Q RAPID DIAGNOSTIC TESTS IN LEPTOSPIROSIS

¹Wickramasinghe WSM, ²Yeshinika KAS, ²Dasanayake HD, ³Jayasundara JMDD, ³Senavirathna I, ⁴Agampodi S,

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OP 30

CHIKUNGUNYA – AN EMERGING INFECTION IN SRI LANKA: CLINICAL CHARACTERISTICS AND A ONE MONTH FOLLOW UP

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OP 31

THE PHYSICAL, PSYCHOLOGICAL, FINANCIAL AND OCCUPATIONAL BURDEN OF LEPTOSPIROSIS AFTER HOSPITAL DISCHARGE

Sinhabahu TK¹, Chandrasiri PAA², Gunawardhana KAPS³, Jayasundara JMDD⁴, Gunasekara CA³, Hettiarachchi ED², Somaratne KM², Dissanayake A⁶, Agampodi S⁵, Fonseka CL⁶

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OP 32

CLINICAL AND LABORATORY FEATURES THAT DIFFERENTIATE DENGUE AND CHIKUNGUNYA DURING EARLY ILLNESS IN HOSPITALIZED PATIENTS

Rathnapriya KGRS¹, Kuruppu H¹, Jayadas TTP¹, Gomes L¹, Madusanka S¹, Idampitiya D², Wijewickrama A², Jeewandara C¹, Malavige GN¹

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OP 33

ELEVATED BREAST CANCER RISK ASSOCIATED WITH DELAYED CHILDBEARING AND ORAL CONTRACEPTIVE USE IN SRI LANKAN WOMEN

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⁴Genetech Molecular Diagnostics, Colombo, Sri Lanka

OP 34

COMPARISON OF CLINICAL AND LABORATORY CHARACTERISTICS OF PATIENTS WITH PULMONARY TUBERCULOSIS AT A TERTIARY CARE HOSPITAL

Rifhan AS¹, Wijayapura HPN¹, Rajapakshe S³, Dissanayake U³, Karunatilake H³, De Silva PK³, Dikmadugoda N³, Sathischandra H³, Liyanarachchi GG³, Ranaweera Y³, Seneviratne MP³, Gunasekara U³, Mujahieth MI³, Mendis S³, Shanthilatha RP², Cader M², Rajapakshe OBW², Senanayake NP¹

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OP 35

CAVEATS OF TREATING PATIENTS HAVING SUSPECTED LEPTOSPIROSIS IN GALLE WITHOUT REAL-TIME DIAGNOSIS: A COMPARISON BETWEEN CONFIRMED LEPTOSPIROSIS AND UNCONFIRMED LEPTOSPIROSIS-LIKE ILLNESS

Fonseka CL¹, Chandrasiri PAA², Sinhabahu TK³, Gunawardhana KAPS⁴, Abusalem L⁵, Somaratne KM², Uluwattage W⁶, Jayasundara JMDD⁷, Gunasekara CA⁴, Hettiarachchi ED², Dissanayake A¹, Tillekeratne LG⁵, Agampodi S⁸

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OP 36

TOXOPLASMA GONDII SAG2 GENE AMPLIFICATION AND GENOTYPING AMONG IMMUNOCOMPROMISED PATIENTS WITH CANCER, END-STAGE RENAL FAILURE ON HEMODIALYSIS, AND RENAL TRANSPLANT RECIPIENTS IN SRI LANKA

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FREE PAPER SESSION 5 [ID - 7 Abstracts]

12th September 2025, 12.00 – 1.30 pm

OP 37

BEYOND THE STENT: NOVEL INSIGHTS INTO PATIENT ASSESSMENT, PROCEDURAL STRATEGIES, AND OUTCOMES OF PCI IN A TERTIARY CARE CENTER IN SRI LANKA.

Rahuman. MBF¹, Fernando N¹, Peiris A¹, Abeysenavi P¹, Wanninayake L¹, Robert RA¹, Ratnayake C¹, Nawaratna A¹, De Silva P²

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²Ministry of Health, Colombo, Sri Lanka

OP 38

PREVALENCE AND RISK FACTORS OF CARDIOVASCULAR DISEASES IN SRI LANKA: FINDINGS FROM THE SOUTH ASIA BIOBANK

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OP 39

VALIDITY OF THE “HEART” SCORE AS AN EARLY ASSESSMENT TOOL IN ACUTE CORONARY SYNDROME IN A SRI LANKAN POPULATION: A SINGLE CENTRE PILOT STUDY

Welhenge C¹, Fernando KM^{2,3}, Fernando JN¹, Deshapriya PC⁴, Lekamge MLD⁵, Kasturiratne A⁶, De Silva AP^{1,7}

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OP 40

EVALUATION OF DYSLIPIDEMIA AMONG ADULTS IN ANURADHAPURA, SRI LANKA: A COMMUNITY BASED CROSS-SECTIONAL STUDY

Wijayarathna LS¹, Gurunayake KGMB², Kaviratna M², Pushpakumara PHGJ³, Amarasena PRT⁴, Weerakoon KGAD⁵, Senadheera SPAS⁶, Weerakoon HTW⁶

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OP 41

EXPLORING GENDER DISPARITIES IN CORONARY ARTERY DISEASE: INSIGHTS FROM A TERTIARY CARE CENTER IN SRI LANKA

Rahuman MBF¹, Fernando N¹, Kempitiya C¹, Peiris A¹, Abeysenavi P¹, Wanninayake L¹, Robert RA¹, Ratnayake C¹, Nawaratna A¹, De Silva P²

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OP 42

BLOOD PRESSURE CONTROL IN SRI LANKA: AN ISLANDWIDE CROSS-SECTIONAL SURVEY

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OP 43

ASSOCIATION BETWEEN BODY MASS INDEX, LIPID PROFILE, AND NON-ALCOHOLIC FATTY LIVER DISEASE IN PATIENTS WITH ACUTE CORONARY SYNDROME AT A TERTIARY CARE HOSPITAL IN SRI LANKA: A PRELIMINARY STUDY

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POSTER PRESENTATIONS

POSTER PRESENTATION SESSION 1 [9 Abstracts]

11th September 2025, 2.00 – 3.30 pm

PP 1

CLINICAL KNOWLEDGE, ATTITUDE AND EXPOSURE IN ELDERLY CARE AMONG FINAL YEAR MEDICAL STUDENTS IN UNIVERSITY OF PERADENIYA

Perera A A B S¹, Edirisinghe DEMS¹, Jayasinghe C¹, Perera AAVT²

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PP 2

AWARENESS AND KNOWLEDGE OF COLORECTAL CANCER SYMPTOMS AND RISK FACTORS: A STUDY FROM THE LARGEST TERTIARY CARE CENTRE IN SRI LANKA

Perera MPM¹, Wickramasinghe DG¹, Nugaliyadda T¹, Samarasekera DN¹, Wickramasinghe DP¹

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PP 3

USEFULNESS OF CEFTAZIDIME-AVIBACTAM IN A TERTIARY CARE CENTER IN SRI LANKA: A RETROSPECTIVE STUDY

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²Sri Jayewardenepura General Hospital, Sri Lanka

PP 4

FACTORS ASSOCIATED WITH HESITANCY AND REFUSAL OF COVID-19 VACCINATION AMONG PATIENTS ATTENDING OUTPATIENT CLINICS IN A TERTIARY CARE HOSPITAL IN SRI LANKA

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PP 5

RISK FACTORS AND TRIGGERS IN INFLAMMATORY BOWEL DISEASE: A CROSS-SECTIONAL STUDY OF A SRI LANKAN COHORT

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PP 6

OSTEOPOROSIS RELATED KNOWLEDGE, BELIEFS, PRACTICES, AND FACTORS ASSOCIATED WITH KNOWLEDGE AMONG THIRD YEAR FEMALE UNDERGRADUATES IN TWO SELECTED FACULTIES IN UNIVERSITY OF SRI JAYAWARDENAPURA, SRI LANKA

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PP 7

DO DENGUE PATIENTS ADMITTED TO TEACHING HOSPITAL PERADENIYA MEET THE ADMISSION CRITERIA ACCORDING TO THE NATIONAL GUIDELINE?: A CLINICAL AUDIT

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PP 8

BURDEN OF CHRONIC KIDNEY DISEASE IN GENERAL MEDICAL CLINICS AT TERTIARY CARE HOSPITALS - A SINGLE CENTER STUDY FROM SRI LANKA

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PP 9

DO ACADEMIC DISCIPLINE OR GENDER SHAPE PROBLEM-SOLVING PSYCHOLOGY? A STUDY OF COGNITIVE STYLES AND ATTITUDES ACROSS DISTINCT FIELDS OF STUDY: SCIENCE VS. ARTS

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POSTER PRESENTATION SESSION 2 [Endocrine -5 Abstracts]

11th September 2025, 2.00 – 3.30 pm

PP – C - 10

UNRAVELLING EUGLYCAEMIC KETOACIDOSIS IN THE SHADOW OF SEPTIC SHOCK – A CASE REPORT

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PP – C – 11

FROM NORMAL PREGNANCY TO DIABETIC CRISIS: A POSTPARTUM PRESENTATION OF SEVERE DKA AND POLYRADICULOPATHY

Udara DLD¹, Kankanamge HKCA¹, Gunawardane WWGM¹, Dissanayake D¹, Senevirathne M¹

¹National Hospital of Sri Lanka

PP -C – 12

ASYMPTOMATIC COMPLEX PITUITARY MACROADENOMA COMPRESSING THE OPTIC NERVE: A SURVIVOR OF THREE DISTINCT GLANDULAR TUMOURS

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PP – C – 13

STORM BEFORE THE CALM: SEVERE HYPERCALCAEMIA AND NEUROPSYCHIATRIC SYMPTOMS IN PRIMARY HYPERPARATHYROIDISM

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PP – C -14

AN UNUSUAL CAUSE OF SEIZURES IN A YOUNG WOMAN: NEUROLOGICAL MANIFESTATIONS OF ACUTE PROMYELOCYTIC LEUKAEMIA – A CASE REPORT

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POSTER PRESENTATION SESSION 3 [ID -5 Abstracts]

12th September 2025, 2.00 – 3.30 pm

PP – C – 15

KIMURA DISEASE MASQUERADING AS EGPA IN A SRI LANKAN MALE WITH ANCA POSITIVITY AND ASPERGILLUS SENSITIZATION

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PP – C – 16

EXTENSIVE SPINAL TUBERCULOSIS WITH PREDOMINANT CERVICAL CORD INVOLVEMENT IN AN IMMUNOCOMPETENT HOST : A CASE REPORT

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PP – C -17

UNCOMMON PRESENTATION OF VARICELLA-ZOSTER INFECTION WITH ACUTE LIVER AND MULTIORGAN FAILURE IN AN IMMUNOCOMPETENT ADULT: A CASE REPORT ON HAEMORRAGIC VARICELLA

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PP – C – 18

MORE THAN MEETS THE EYE: BASILAR ARTERY THROMBOSIS AS THE FIRST PRESENTATION OF LEPTOSPIROSIS

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PP – C – 19

PULMONARY SHADOWS, NEUROLOGICAL CATASTROPHE: CNS MELIOIDOSIS MASQUERADING AS TUBERCULOSIS

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POSTER PRESENTATION SESSION 4

[Rheumatology - 5 Abstracts]

12th September 2025, 2.00 – 3.30 pm

PP – C – 20

A PATIENT WITH CONCOMITANT ANTISYNTHEASE SYNDROME AND LUNG MALIGNANCY: A CASE REPORT

Costa MN¹, Dissanayake UIM¹, Nasim FN¹

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PP – C – 21

EARLY-ONSET BETA THALASSEMIA MAJOR IN A 45-DAY-OLD INFANT – AN UNUSUAL PRESENTATION

Antonypillai A¹, Chandrarathne S¹

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PP – C – 22

ANTI-SRP POSITIVE IMNM IN A PATIENT WHO WAS ON STATINS: A DIAGNOSTIC CHALLENGE

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PP -C – 23

DECOMPRESSION TO RECOMPRESSION: CHALLENGES AND OPPURTUNITIES IN A DIVING PARADISE

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PP – C – 24

THE FACE BEHIND THE FALTERING: DIAGNOSING WILLIAMS SYNDROME IN EARLY INFANCY

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POSTER PRESENTATION SESSION 4

[Rheumatology - 5 Abstracts]

12th September 2025, 2.00 – 3.30 pm

PP – C – 25

STROKE AT THE CROSSROADS – A RARE CAUSE OF LOWER MOTOR NEURON FACIAL PALSY

Sureshkumar S¹, Rajaratnam A¹, Senanayake B¹

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PP -C – 26

**MOYA-MOYA DISEASE PRESENTING WITH RECURRENT TRANSIENT ISCHEMIC ATTACKS
COMPLICATED BY FATAL INTRAVENTRICULAR HEMORRHAGE: A CASE REPORT**

¹Perera H MUAS, ¹Perera NM

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PP -C – 27

UNMASKING THE SILENT INFARCT: A CLINICALLY TRANSIENT EPISODE REVEALED BY MRI

¹Pavithira S, ¹Bimsara Senanayake

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PP -C – 28

A RARE CASE OF DELAYED ONSET ANGINA FOLLOWING MULTIPLE BEE STINGS (KOUNIS SYNDROME)

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PP -C – 29

**ACQUIRED NEUROMYOTONIA (ISAACS' SYNDROME) IN A SRI LANKAN FEMALE PATIENT: A CASE
REPORT**

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FELLOWS

Inducted in 2025



Dr Kaluthanthri Patabandi Chamila Dalpatadu

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Senior Lecturer, Department of Physiology, Faculty of Medicine, University of Colombo

Dr Dalpatadu graduated with First Class Honours from the Faculty of Medicine, University of Colombo, in 2005, receiving distinctions and gold medals in both Medicine and Surgery. Having obtained her MD in Medicine and comprehensive Geriatric Medicine training in Monash Health in Australia, she was board-certified as a Specialist Physician in 2014.

She currently serves as a Senior Lecturer at the Department of Physiology, Faculty of Medicine, University of Colombo. Dr Dalpatadu is the president of the Sri Lankan Association of Geriatric Medicine and Director of the Centre for Ageing Research and ambulatory care at the Faculty of Medicine, Colombo. She serves as a consultant for the WHO World Health Survey Plus 2025 and a member of the specialty boards of Geriatric Medicine and Physiology at PGIM.

She was the Honorary Joint Secretary of the CCP in 2023 and has served on the council for three consecutive years. Dr Dalpatadu has received the prestigious Global Physician Scholar award from the American College of Physicians in 2023.

Her research interests include geriatric medicine, autonomic dysfunction, and mindfulness in diabetes management, with numerous publications in both local and international peer-reviewed journals.





Dr Dilrukshi Maheshika Jayasekera Tennekone

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Dr Tennekone received her secondary education at Visakha Vidyalaya in Colombo and graduated from the Faculty of Medicine, University of Colombo in 2001 with Second Class Honours (Upper Division). She obtained her MD in General Medicine in 2011 and subsequently specialised in Rheumatology and Rehabilitation.

Following the successful completion of her advanced subspecialty training at Hammersmith and Charing Cross Hospitals under the Imperial College Healthcare NHS Trust in the United Kingdom, she was conferred board certification as a Specialist in Rheumatology and Rehabilitation in 2014.

Dr Tennakone is an active member of the College of Specialists in Rheumatology and Rehabilitation, Sri Lanka, where she has held several key positions, including Assistant Secretary, Secretary, and currently serves as Treasurer.

She has contributed significantly to postgraduate medical education as a member of the Specialty Board in Rheumatology at the Postgraduate Institute of Medicine (PGIM) since 2018. She has held the position of Secretary of the Specialty Board continuously since 2018.





Dr Pathiranage Don Nishantha Perera

MBBS, MD (Internal Medicine), FRACP (Geriatrics and General Medicine),

Dip Pall Med (clinical), Victorian Geriatric Medicine Continenence Fellow, MClined)

Consultant Physician, Box Hill Hospital, Melbourne

Dr Perera is a dual-trained specialist in Geriatric Medicine and Internal Medicine, currently serving as a Consultant Physician at Box Hill Hospital in Melbourne. He commenced his medical career at the University of Colombo, graduating in 1998, and obtained his MD in Medicine from the Postgraduate Institute of Medicine, University of Colombo, in 2004. Following his service as a Resident Physician in Galle, he moved to Australia in 2007 to pursue further specialist training.

He completed dual advanced training in Geriatrics and General Medicine in Melbourne, earning Fellowship of the Royal Australasian College of Physicians in 2014. He further completed a geriatric continence fellowship at Alfred Health and was awarded a Clinical Diploma in Palliative Medicine in 2015.

In addition to his clinical expertise, Dr. Perera holds a Master of Clinical Education from the University of Melbourne and has served as an examiner for the RACP and for Monash and Deakin Universities. He has authored several publications in peer-reviewed journals.





Dr Morandage Ramya Prasanna Weerawansa

MBBS, MD (medicine)

*Senior Lecturer, Department of Medicine, Faculty of Medicine,
Rajarata University of Sri Lanka Honorary Consultant Physician,
Teaching Hospital, Anuradhapura*

Dr Prasanna Weerawansa is a Senior Lecturer and an Honorary Consultant Physician in the Department of Medicine at the Faculty of Medicine, Rajarata University of Sri Lanka. He received his secondary education at St. Anthony's College, Katugastota, and graduated from the Faculty of Medicine, University of Peradeniya in 1999.

Dr Weerawansa obtained his MD in Medicine in 2008, following completion of his local training at the Teaching Hospital Karapitiya, and overseas training at Lancashire Teaching Hospitals NHS Foundation Trust in the United Kingdom.

In 2010, he joined Rajarata University as one of the founding members of the Department of Medicine and has served as Head for several years. He is a past President of the Anuradhapura Clinical Society. Dr Weerawansa plays an active role in postgraduate medical education as a trainer and examiner at the Postgraduate Institute of Medicine, University of Colombo.

His research focuses on tropical diseases, particularly snakebite and leptospirosis, and has been published in many leading peer-reviewed journals. In recognition of his academic contributions, he has received several Dean's Awards and three Presidential Awards.

Beyond his clinical and academic work, Dr Weerawansa is also passionate about architecture, sports, and tourism.





Dr Lalindra Dharshan Dias

**MBBS(Colombo), MD (Medicine), MRCP (UK), FRCP (London),
FRCP (Edin). FACP**

Consultant Physician, District General Hospital, Negombo

Dr Lalindra Dharshan Dias is a clinician and a medical educator with over two decades of experience in clinical practice in Sri Lanka and Australia. He commenced his education at Royal College, Colombo, having qualified through the Year 5 Scholarship Examination with outstanding results, and was awarded the prestigious Sir Edward Denham Memorial Prize for Mathematics. Later, he graduated from the Faculty of Medicine, University of Colombo, and obtained his MD in Medicine in 2010.

Following an advanced training in Internal Medicine at Flinders Medical Centre, Adelaide, he was board-certified as a Specialist Physician in 2012. During this period, he has served as an Associate Lecturer at the Flinders University Medical School, Southern Adelaide.

Dr Dias has made significant contributions to undergraduate and postgraduate medical education in Sri Lanka. He has served as an Honorary Senior Lecturer at the University of Wayamba and as an External Examiner for the Final MBBS examination at the University of Peradeniya. He continues to play an active role in postgraduate training as a resource person for MD preparatory and clinical training courses conducted by the Ceylon College of Physicians.

He is a past President of the Hill Country Clinical Society and served as Co-Editor of the Hill Country Medical Journal in 2018.

Dr Dias currently serves as a Consultant Physician at the District General Hospital, Negombo, and has held appointments at several leading hospitals across Sri Lanka, demonstrating a strong commitment to both clinical service and the advancement of internal medicine.





Dr Umayal Indrarajah Lakshman

MBBS, MD (Medicine), FRACP

*Director of Internal Medicine, Oncology, Palliation and Renal Services,
Queensland Health, NWHHS, Mount Isa, Queensland, Australia*

Dr Lakshman graduated from R.N.T. Medical College, University of Rajasthan, India, and obtained her MD in General Medicine in 2003. She was board-certified as a Specialist Respiratory Physician in 2005.

She currently serves as the Director of Internal Medicine, Oncology, Palliative Care, and Renal Services at Queensland Health, North West Hospital and Health Service (NWHHS) in Mount Isa, Queensland, Australia. Appointed as Director of General Medicine and Oncology Services in 2017, Dr. Lakshman has demonstrated a strong commitment to building a capable and sustainable rural health workforce. Her leadership has been instrumental in enhancing the quality of clinical care for rural and remote communities, focusing on workforce development, service innovation, and strategic partnerships.

In addition, she holds the position of Honorary Consultant with the Australian College of Rural and Remote Medicine (ACRRM).

Dr Ruhunage Don Bennett Dayaratne

MBBS (Cey), FRCP (London), FRCPCH (UK), DCH (London), FRACP

*Consultant Paediatrician, Royal Darwin Hospital, Melbourne Children's
Hospital*



Dr Dayaratne graduated from the University of Ceylon in 1964. After five years of medical service in Sri Lanka, he pursued specialist training in paediatrics in the United Kingdom from 1968 to 1973, followed by advanced training at Westmead Children's Hospital in Sydney in 1974.

He has served as a Consultant Paediatrician at the Royal Darwin Hospital since 1974, where he also held the role of Head of the Department of Paediatrics. In 2025, he marks 51 years of dedicated service to the Northern Territory of Australia. In addition to his clinical responsibilities, Dr. Dayaratne has made significant contributions to medical education as a Senior Lecturer in Paediatrics at Flinders University.

He is the Founder of the Sri Lanka/Australia Friendship Association (SLAFA) in Darwin, established in 1978, which has played a key role in strengthening ties between the two nations. He has also served as an Honorary Consultant Paediatrician to the Government of Sri Lanka for five years.

In recognition of his outstanding service, Dr. Dayaratne was awarded the Pride of Australia Medal in 2010.





Dr Mohamed Nijamudeen Mohamed Suaib

MBBS, MD (Medicine), FACP

Consultant Physician, Base Hospital, Kalmunai

Dr Suaib graduated from the Faculty of Medicine, University of Peradeniya, in 1993. He obtained his MD in Medicine in 2004 and was board-certified as a Specialist Physician in 2006. He is a Fellow of the American College of Physicians.

Dr Suaib is a highly experienced clinician who currently serves as a Consultant Physician at the Base Hospital in Kalmunai. Throughout his career, he has worked in numerous hospitals across Sri Lanka, gaining extensive expertise in internal medicine. In addition to his clinical responsibilities, he is actively involved in medical education, playing a vital role in teaching and mentoring junior doctors, medical students, and nursing staff.

He regularly participates in medical audits and contributes to the planning and delivery of Continuing Medical Education (CME) programs. Dr Suaib also serves as an examiner for both MBBS and ERPM examinations, further underscoring his commitment to medical education and professional development.



Dr Gunanayagam Illanchellian

MBBS, MD (Medicine), MRCP (UK), FRCP (London)

Consultant Physician, Base Hospital, Puttalam

Dr Illanchellian graduated from the Faculty of Medicine, University of Jaffna, in 1991. He subsequently obtained his MD in Internal Medicine from the Postgraduate Institute of Medicine, University of Colombo.

He is a member of both the Royal College of Physicians (London) and the Royal College of Physicians and Surgeons of Glasgow, reflecting his dedication to clinical excellence and ongoing professional development.

Dr Illanchellian currently serves as a Consultant Physician at the Base Hospital, Puttalam.





HONORARY FELLOWS



Professor Javed Akram

MBBS, M.D., MRCP (UK), FRCP (London), FRCP (Edinburgh), FRCP (Glasg.) FACP(USA), FACC (USA), FASIM (USA)

Professor Javed Akram is a globally acclaimed physician, researcher, and academic leader whose contributions to medicine span clinical care, research, education, and policy. With an unparalleled Impact Factor of 890, the highest ever for a Pakistani doctor, he has authored six books and over 195 research papers in leading journals including Lancet, BMJ, and NEJM. His distinguished career includes serving as Minister for Health, Punjab, Minister for Social Welfare, Vice Chancellor of both Shaheed Zulfiqar Ali Bhutto Medical University and the University of Health Sciences, Lahore. He served as Principal of Allama Iqbal Medical College/CEO of Jinnah Hospital, Principal of Federal Medical College/CEO of Pakistan Institute of Medical Sciences. Professor Akram has pioneered several clinical trials on COVID-19 vaccines, led groundbreaking research in gene cloning, stem cell regeneration, and pharmaceutical biotechnology, and received the Prime Minister's Gold Medal, Tamgha-i-Imtiaz, and multiple lifetime achievement awards. A fellow of several prestigious international colleges, international advisor to Royal College of Physicians, London. Professor Akram remained founding President of Pakistan Society of Internal Medicine and is now Chairman of the organization. He is also founding President of Society for Novel & Rare Diseases.

He continues to be a visionary medical educationist, researcher, health administrator, and advocate for accessible healthcare in Pakistan and beyond.





Professor George Dalekos

MD, PhD, FEFIM, FAASLD

Professor George Dalekos, is currently the President, European Society of Internal Medicine and Head, Department of Medicine, Larissa University Hospital, Greece. He graduated from Athens Medical School in 1985 following which He earned Internal Medicine specialty and his PhD in 1995.

He is a board member of Hellenic Society of Internal Medicine, Chair of Clinical Practice Guidelines for Autoimmune Hepatitis, Vice President of Internal Medicine Society of Greece from 2012 to 2018) and Vice President and President of Hellenic Association for the Study of the Liver from 2013 to 2015 and from 2015 to 2017. He is a member of many scientific committees, acknowledged for Exceptional Medical Activity in IM (Bucharest Medical School), has acted as Academic Editor/Reviewer or Editorial Board member in numerous journals and is an expert Reviewer for Research Projects (e.g. Medical Research Council, Wellcome Trust; Austrian Science Fund). His areas of scientific interests are, Clinical Immunology, Autoimmune Hepatitis, Primary Biliary Cirrhosis, Viral Hepatitis, Zoonoses and Haemophagocytic lymphohistiocytosis (HLH). Professor Dalekos has published more than 390 manuscripts with more than 28000 citations and an h-index of 79, and recognized in the Global Ranking of the top 2% of scientists of the Stanford University database.





Professor Andrew Elder

PRCP Edin, MACP FRCSEd FRCP FRCPSG FAMM FAMS FBCPS

Professor Andrew Elder is the first geriatrician to become President of the Royal College of Physicians of Edinburgh.

Educated at Edinburgh Medical School, he has been an NHS consultant in medicine for older people since 1993 and in 2015 was appointed as an Honorary Professor at Edinburgh Medical School.

Recognised as expert in the teaching and assessment of clinical skills, Professor Elder has taught, assessed or lectured on bedside clinical skills in over twenty countries in the past ten years. He has been a visiting professor at a number of US institutions including Stanford University, California, where he is currently a Presence Fellow and Scholar, the University of Alabama at Birmingham, Washington University St Louis, and in 2022 he became the inaugural Visiting Professor of Bedside Medicine at Johns Hopkins, Baltimore.

In 2021 he was awarded Mastership of the American College of Physicians, becoming the first doctor practising in Scotland, and only the second in the UK, to attain this honour since its inception in 1923.

He believes that compassion, communication and core clinical skills remain fundamental to high quality care and therefore have prime importance in contemporary medical education.





Professor Jennifer Martin

MBChB, MA (Oxon.), FRACP, PhD

Professor Jennifer Martin is a practicing physician and clinical pharmacologist in the Hunter and Chair of Clinical Pharmacology at the University of Newcastle. She holds an MA in politics and economics from Oxford University, a science PhD from Monash University and a postdoctoral fellowship at the Walter and Eliza Hall Institute. She has been involved in a broad range of activities including State, Commonwealth and international medicines and health policy committees/advisory roles, specifically around drug development and translation into optimized medicines usage. She is also President of the Royal Australasian College of Physicians and Chair of the Board of Directors, and elected Councilor on the NSW Council of Australian Institute of Company Directors.



Professor Mumtaz Patel

MBChB (Honours), FRCP (UK), FHEA, PG Dip (Medical Education), PhD

Professor Patel is a Consultant Nephrologist at Manchester University Hospitals NHS Foundation Trust and Honorary Clinical Professor at the University of Liverpool. Elected in April 2025, she is the President of the Royal College of Physicians, London, and the first woman of South Asian heritage to lead the RCP in its 500-year history.

She studied medicine at the University of Manchester, qualifying in 1996, and completed her PhD in the genetics of lupus nephritis in 2006. She became a consultant in 2007 and completed her master's in medical education in 2014 and since then has developed a national reputation in postgraduate education, assessment, and training.

She is also the Senior Censor and Vice President for Education and Training at the Royal College of Physicians, London. As the Vice President – Education and Training, she led the development of a new education strategy. During her tenure as the Past Global Vice-President at the Royal College of Physicians, London, she expanded international engagement and launched the RCP's Global Women Leaders programme. She previously served as Postgraduate Associate Dean for NHS England (Northwest) and is also the Director for Conduct and Progress at the University of Liverpool's School of Medicine.





AWARD WINNERS

DR SOMA DE SYLVA AWARD

for the best performance at the MD Medicine Selection Examination

- in October/ November 2024 – **Dr Withanage Dona Thattsarani Amaya Mahathanthila**
- in April/May 2025 – **Dr Lakshamiya Rajayohan**

DR NANDA AMARASEKERA AWARD

for the best performance at the MD Medicine Examination

- in August/ October 2024 – **Dr Warusahannadige Lumal Malaka Soysa**
- in February/ March 2025 – **Dr Pramith Shashinda Ruwanpathirana**

DR E M WIJERAMA AWARD for the Best Presentation Young Physicians Forum 2024/2025

Dr H. K. C. A. Kankanamge

Senior Registrar in General Medicine, National Hospital of Sri Lanka - Colombo

Merit Awards - Young Physicians Forum 2024/2025

- **Dr Parami Munasinghe** – *Senior Registrar in Respiratory Medicine, National Hospital for Respiratory Diseases, Welisara*
- **Dr Krishna Ranatunga** – *Senior Registrar in Nephrology, National Hospital Kandy*
- **Dr Lumal Soysa** – *Senior Registrar in General Medicine, National Hospital of Sri Lanka – Colombo*
- **Dr Vishwa Dilshan Wijekoon** – *Senior Registrar in General Medicine, National Hospital of Sri Lanka – Colombo*

The Most Innovative Outstation Physician – 2025

Dr Suren William De Silva

Acting Consultant Rheumatologist and Rehabilitation Specialist, District General Hospital Nawalapitiya - for the submission title “Quality Improvement Project on Introduction of Focused Patient Education and Patient Advice line”



Best Publication by a Physician – 2024

Professor Chamila Mettananda

Professor, Department of Pharmacology, Faculty of Medicine, University of Kelaniya

*For the paper titled “**Development of a Predictive Model for Cardio-Vascular Risk Prediction of Sri Lankans**” published in Plus One, on 22nd of October 2024*

Authors – Chamila Mettananda, Isuru Sanjeewa, Tinul Benthota Arachchi, Avishka Wijesooriya, Chiranjaya Chandrasena, Tolani Weerasinghe, Maheeka Solangaarachchige, Achila Ranasinghe, Isuru Elpitiya, Rashmi Sammandapperuma, Sujeewani Kurukulasooriya, Udaya Ranawaka, Arunasalam Pathmeswaran, Anuradhini Kasturiratne, Nei Kato, Rajitha Wickramasinghe, Prasanna Haddela, Janaka de Silva





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- Royal Australasian College of Physicians
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- Faculty of Medicine, University of Colombo
- Ministry of Health and Mass Media, Sri Lanka
- Association of Sri Lankan Neurologists
- Ceylon College of Critical Care Specialists
- Sri Lankan Association of Geriatric Medicine
- Sri Lanka College of Cardiology
- College of Specialists in Rheumatology & Rehabilitation Sri Lanka
- Sri Lanka Society of Nephrology
- Sri Lanka College of Endocrinologists
- Sri Lanka College of Internal Medicine
- Sri Lanka College of Pulmonologists
- Sri Lanka Society of Gastroenterology
- College of Medical Educationists Sri Lanka
- South Asian Clinical Toxicology Research Collaboration (SACTRC)
- All speakers and resource persons
- All Chairpersons, Panelists and judges



Pre – Intern Demonstrators

- Dr Channa Weerasena
- Dr Gihani Madhuwanthi

Volunteers

- Dr Neranjan Handagala
- Dr Anuki Alahakoon
- Dr Kavindya Kariyawasam
- Dr Naduni Kariyawasam
- Dr Kaveesha Gayathmie
- Dr Hansika Jayamaha
- Dr Gayan Ranawaka
- Dr Supun Eranda
- Dr Dinithi Rathnayake
- Dr Amasha Welgama
- Dr Manthi Katulanda

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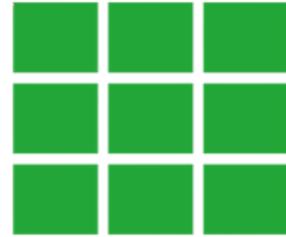


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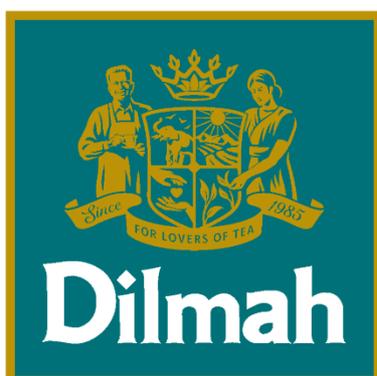


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