



CCP NEWS

Newsletter of Ceylon College of Physicians

ISSN 3030-7511

Physicians for the Future

CCP 25

Welcome to the Third edition of our bimonthly newsletter for the year 2025! In this edition, we offer a comprehensive update on the college's activities during the months of May and June 2025.

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Dr Channa Weerasena

THIRD VOLUME

PRESIDENTS' MESSAGE



Vidya Jyothi Professor Prasad Katulanda

Invitation to CCP 2025 – The Academic Celebration in Medicine 2025

Dear Sir/Madam

It gives me immense pleasure to invite you to join CCP 2025, the 58th Annual Academic Sessions of the Ceylon College of Physicians, scheduled to be held from 10th to 13th September 2025 at the prestigious Cinnamon Life Hotel and Convention Center, Colombo.

This year, CCP 2025 promises to be a grand academic and scientific fiesta – a very comprehensive and inclusive conference in medicine. The CCP 2025 is collaboratively supported by almost all specialty colleges and associations in medicine in Sri Lanka. In addition, the Royal College of Physicians London (RCP), Royal College of Physicians Edinburgh (RCPE), Royal Australasian College of Physicians (RACP), European Federation of Internal Medicine (EFIM), Pakistan Society for Internal Medicine,

Ministry of Health Sri Lanka, World Health Organization, Faculty of Medicine, University of Colombo, and Postgraduate Institute of Medicine are all supporting the conference, bringing global expertise to our doorstep.

The meticulously planned three-day program includes:

- 3 Prestigious Orations & 6 Plenaries
 - 26 Specialty Symposia organized in collaboration with medical specialty colleges and associations in Sri Lanka
 - Dedicated sessions on Medical Education, Artificial Intelligence in Medicine, Healthcare Quality, and Medical Technology, including telemedicine and diabetes care innovations
 - Four Pre-Congress Workshops including the medical leadership program conducted with RCP London for 4th consecutive year
 - The Free Paper and Poster sessions presenting latest research in medicine
 - The inauguration ceremony and cultural show
 - The CCP Banquet 2025
 - Networking meetings in specialties and the members of RCP London
- Industry exhibition featuring many medical and non-medical industry exhibitors

We are proud to host an international faculty featuring speakers from the USA,

PRESIDENTS' MESSAGE CONTINUED ...

Canada, UK, Europe, Australia, New Zealand, Singapore, Hong Kong, India, Pakistan, and beyond, especially including distinguished Sri Lankan expatriates and leading local experts.

As the President of the Ceylon College of Physicians, I warmly invite you to be part of this unparalleled academic experience. By dedicating these three days to CCP 2025, you will gain cutting-edge insights spanning all domains of medicine and allied health specialties. In addition, it will also give you a tremendous opportunity to meet up with academic supervisors, peers, and friends around the globe.

I also humbly request you to spread this message among your colleagues, peers, and trainees, both within Sri Lanka and internationally, encouraging them to join the CCP 2025 at the Cinnamon Life Hotel and Convention Center from September 10th to 13th, 2025.

Please register early to ensure your participation at the early bird rate. In addition, I take this opportunity to extend an early invitation to you to participate in our traditional college banquet and post-banquet social by securing your banquet tickets early, as they are limited. More information can be obtained by visiting the college website www.ccp.lk, www.aas.ccp.lk or calling the college

office on 0112196547.

Let us come together to celebrate medical knowledge, learning, and fellowship.

Warm regards,

Vidya Jyothi Professor Prasad Katulanda
President
Ceylon College of Physicians



CEYLON COLLEGE OF
PHYSICIANS

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58th Anniversary Annual Academic Sessions

10th – 13th SEPTEMBER
SAVE THE DATES



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58TH ANNIVERSARY ANNUAL ACADEMIC SESSIONS
"Physician For The Future"

10th – 13th September, 2025 at Cinnamon Life Colombo, Sri Lanka

Approved by the Federation of the Royal Colleges of Physicians of the United Kingdom for 24 category 1 (external) CPD credits(s)

6.00 pm – 7.00 pm

- Welcome Address**
Video Jochi Professor Prasad Katalanda - President, Ceylon College of Physicians
- Address by the Guest of Honour**
Professor Nimesh Patel - President, Royal College of Physicians, London
- Address by the Guest of Honour**
Professor Andrew Elder - President, Royal College of Physicians of Edinburgh
- Address by the Guest of Honour**
Professor Jennifer Martin - President, Royal Australasian College of Physicians
- Address by the Guest of Honour**
Professor George Dabholgi - President, European Federation of Internal Medicine
- Address by the Guest of Honour**
Professor Javed Akram - President, Pakistan Society of Internal Medicine

Inauguration
Ceremony

Cinnamon Life
Colombo
10th September 2025



Please Scan the QR Code to Register

Visit: <https://aas.ccp.lk/registration-2/>

Email: info@ccp.lk

Specialists		Early Bird		On-site		Day Registration
Local Delegates	Non Specialists	Full Members	Non-Members Consultants	Associate Members (Sr/ Registrar)	Undergraduates/ Pre-Interns/ Interns	
Foreign Delegates		SAARC Countries		USD 225		
		Non SAARC Countries		USD 250		
				Rs 16,000	Rs 24,000	Rs 12,000
				Rs 24,000	Rs 24,000	Rs 12,000
				Rs 10,000	Rs 14,000	Rs 12,000
				Rs 6,000	Rs 7,500	Rs 12,000
				Rs 14,000	Rs 18,000	Rs 12,000

Day 01

Cinnamon Life
Colombo
11th September 2025

Breakfast Capsule Masterclasses in Geriatrics Professor Andrew Elder - President, Royal College of Physicians of Edinburgh 7.30 am – 8.30 am	Plenary 01 Physicians for the future - Interdisciplinary Perspectives President - Royal College of Physicians, London 8.30 am – 9.00 am	Plenary 02 Medicine in the Age of Complexity President and Vice-President, Royal College of Physicians 8.00 am – 9.30 am
Professor P. B. Fernando Memorial Oration Framing a Traditional Remedy in Modern Science - Based on the Medicine - The Case of Professor Pradyumn Bhatnagar Professor in Pharmacology, Faculty of Medicine, University of Colombo 9.30 am – 10.15 am		

Day 02

Cinnamon Life
Colombo
12th September 2025

Breakfast Capsule Masterclasses in Lipids Dr. Nishan Fernando - President, Sri Lanka Society of Lipid Metabolism 7.30 am – 8.30 am	Plenary 03 Autism Spectrum Disorder: What the Internist Should Know President - European Association of Internal Medicine 8.30 am – 9.00 am	Plenary 04 Beyond Insulin - Unravelling the Spectrum of Diabetes in the Hispanic Population President - American Diabetes Association 8.30 am – 9.00 am
Professor K. Rajaraja Memorial Oration A Multi-faceted Risk Model in Diabetes: From Screening to Prevention Senior Lecturer in Nephrology, Department of Nephrology, Faculty of Medicine, University of Colombo 9.30 am – 10.15 am		

Day 03

Cinnamon Life
Colombo
13th September 2025

Breakfast Capsule Masterclasses in Lipids Dr. Nishan Fernando - President, Sri Lanka Society of Lipid Metabolism 7.30 am – 8.30 am	Plenary 05 Management of Hyperlipidaemia Professor of Medicine, University of Oxford, UK 8.30 am – 9.00 am	Plenary 06 A Case - Based Approach to the Diagnosis of rare Disease President - Sri Lanka Society of Internal Medicine 8.00 am – 9.30 am
CCP Quiz Dr. Nishan Fernando Grand Prize: 50,000 LKR Senior Lecturer in Internal Medicine, Faculty of Medicine, University of Sri Jayawardenapura 9.30 am – 10.15 am		

7.00pm – 9.30pm

- Address by the Chief Guest**
Emeritus Professor Sachithanandam Ganesan
- Launch of CCP - CPD web portal**
Address by the Special Guest
Dr. Nishan Fernando
Secretary, Ministry of Health and Mass Media
- Presentation of Awards**
Award of Fellowships
Ceylon College of Physicians Oration
From Data to Diagnose: Revolutionizing Cardiovascular Risk Assessment in Sri Lanka with AI
Professor Chamila Mettananda
University of Kelaniya
- CCP 2025 - Glimpse of the Academic Future**

Symposium 01 10.30am-12.00 noon	Symposium 02 10.30am-12.00 noon	Symposium 03 12.00pm-1.30pm	Symposium 04 12.00pm-1.30 pm
Neurology Neuromuscular Crises for the Internist - Core Concepts and Clinical Action Professor Thilash Chang	Pulmonology COVID Managing Pulmonary Scandals Professor Ling Kai Ho Targeting the Unseen: Optimising Lung TB Management in Immunocompromised Population Dr. Eshwar Bera	Geriatrics Physical Co-morbidities in Dementia Professor Susan Barile De-prescribing in the Elderly Professor Aravindan Talleghiri Frailty Dr. Latana Maning (ACCP)	Translating - S4CTR Grant Aims Clinical Pharmacology Research Collaboration The Value of South-South Collaboration Professor Andrew Dones Lessons the World has Learnt from Periodic Regulation in Sri Lanka Professor Nishan Fernando Why has the Case Quality dropped for Non-based Research? Professor Nishan Fernando Diagnosis of Stroke: Emphasizing in Sri Lanka, Why, When and How? Professor Anura Kumara Community Suicide Interventions Dr. Nishan Fernando

Symposium 11 12.00 noon-1.30 pm	Symposium 12 12.00 noon-1.30 pm
Hepatology - MASLD Diagnosing and Staging of MASLD: an Update Dr. Eranga Thilagala Multidisciplinary Management of MASLD: the Role of the GP and Generalists Dr. Uddha Dasanayake Management of MASLD related Cirrhosis: Special Considerations Professor Thirya Wimala	Immunology Managing Immunoglobulin Demand and Ensuring Evidence-based use - the Role of Peer Review Dr. Sree Malab Autoinflammatory and Mast Cell Disorders: An Update Professor Suresh Suresh Vaccines for the Future Professor Mahesh Kumarasingh

Symposium 19 12.00noon-1.30 pm	Symposium 20 12.00noon-1.30 pm
Nephrology Vasculitis and the Kidney - An Overview Professor Nimesh Patel Management of Lupus Nephritis in 2025 Dr. Esha Rajakumar Hepatorenal Syndrome Professor Andrew Dones Update on Thyrotoxicosis Dr. Nishan Fernando	Endocrinology - Adrenal and Thyroid Challenge of Primary Hyperaldosteronism Dr. Ricardo Correa Changing Paradigm of Surgical Management of Well Differentiated Thyroid Cancer Professor Suresh Suresh Update on Thyrotoxicosis Dr. Nishan Fernando

Symposium 21 2.30pm-4.00 pm	Symposium 22 2.30pm-4.00 pm
Tackling the Burden of NCDs in Sri Lanka WHO strategy for NCDs Dr. Anura Kumara Burden of NCDs and risk factors in Sri Lanka Professor Anura Kumara The Strategies of the Ministry of Health: How can physicians complement? Dr. Samithi Samithi Dr. Nishan Fernando	Cardiology - Contemporary Approaches to Coronary Syndrome and Heart Failure Acute Coronary Syndrome: Integrating New Guidelines Professor Indira Jayasinghe Heart Failure Management: Embracing Guideline - Directed Medical Therapy Dr. Nishan Fernando Chronic Coronary Syndrome: Navigating Long - Term Management Strategies Professor Nishan Fernando



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At Cinnamon Life - City of Dreams, Colombo
From 10th to 13th of September 2025



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CCP 2025
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58th Anniversary

Annual Academic Sessions 2025

A Glimpse of the Academic Fiesta

Confirmed Overseas Speakers



Prof Anoop Chauhan
Pulmonology



Prof Ling Pei Ho
Pulmonology



Dr Padmini Ranasinghe
Quality Assurance & Medical Technology



Prof Christine Soong
Quality Assurance



Prof Tinsay Woreta
Hepatology



Dr Chamila Dabare
Rheumatology



Dr Omar Mustafá
Endocrinology



Professor John Waller
Neurology



Prof Susan Kurrie
Geriatrics



Dr Lalantha Leelarathne
Medical Technology



Dr Nadarajah Kangaharan
Medical Technology



Prof Javed Akram
Internal Medicine



Prof Rohan Jayasinghe
Cardiology



Dr Patrick Russell
Internal Medicine



Dr Latana Munang
Geriatrics



Dr Ricardo Correa
Endocrinology



Dr Dujeepa Samarasekara
Medical Education



Dr Mona Gossman
Endocrinology



Prof Arunansu Talukdar
Geriatrics



Dr Charitha Perera
Rehabilitation Medicine



Prof Mumtaz Patel
Nephrology



Dr Nishantha Wijesinghe
Ophthalmology



Dr Sivakumar Gulasingam
Rehabilitation Medicine



Prof Senarath Edirimanne
Endocrinology



Prof Suranjith Seneviratne
Immunology



Prof Maheshi Ramasamy
Immunology



Prof Eddy Fan
Critical Care Medicine



Prof Brian Angus
Infectious Diseases



Prof George Dalekos
Hepatology & Young Internists



Prof Andrew Elder
Masterclass in Geriatrics



Prof Fredrik Karpe
Endocrinology



Dr Ravi Rajakarier
Nephrology



Dr Nitin Kapoor
Endocrinology



Prof Andrew Davenport
Nephrology



Dr Siraj Misbah
Immunology



Dr Paul Toon Lim Chiam
Cardiology



Prof Derek Connolly
Cardiology



Prof Andrew Dawson
Toxicology



Prof Nick Buckley
Toxicology



Dr Dilendra Weerasinghe
Endocrinology



Prof Michael Edleston
Toxicology



Dr Melissa Pearson
Toxicology



Dr Manodhi Saranapala
Internal Medicine



Dr Udul Hewage
Endocrinology



Dr Darshana Kandamby
Critical Care Medicine



Dr Somia Iqtadar
Infectious Diseases



Dr Keshini Samarasekara
Young Internists



Prof Jennifer Martin
Plenary

6 Pre Congress Workshops

Inauguration Ceremony

6 Plenaries

24 Symposia

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CCP Quiz

Free Paper Sessions





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58th Anniversary Annual Academic Sessions 2025 *A Glimpse of the Academic Fiesta* Confirmed Local Speakers



Prof Thashi Chang
Neurology



Dr Eshanth Perera
Pulmonology



Prof Anjana Silva
South Asian Clinical Toxicology Research
Collaboration



Prof Inoshi Athukorale
Rheumatology



Dr Duminda Munidasa
Rehabilitation Medicine



Prof Lallindra Gooneratne
Haematology



Dr Upuli Wijemanne
Quality Assurance



Prof Priyanga Ranasinghe
Pharmacogenomics



Dr Dilshan Priyankara
Critical Care Medicine



Dr Eranga Thalagala
Hepatology



Dr Udayangani Ramadasa
Internal Medicine and
Palliative Medicine



Dr Manilka Sumanathileke
Endocrinology



Dr Noel Somasundaram
Endocrinology



Prof Anuradhani Kasturiratne
NCD



Dr Samiddhi Samarakoon
NCD



Dr Indira Kahawita
Dermatology



Prof Vajira Dissanayake
Pharmacogenomics



Dr Uditha Dassanayake
Hepatology



Dr Dumitha Govindapala
Young Internists



Dr Janaka Waidyasekara
Neurology

6 Pre Congress Workshops

Sepsis

Medical Simulation in Clinical Practice

Workshop on Medical Leadership

6 Plenaries

CCP Quiz

Inauguration Ceremony

Essentials of Research in Practice

AI in Medicine

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



OVER PRESCRIPTION AND SELF-MEDICATION OF ANTIBIOTICS IN SRI LANKA: THE UNSEEN THREAT

During a routine outpatient consultation, I encountered six patients who had been on antibiotic therapy ranging from azithromycin to cefixime for self-limiting viral illnesses. In most cases, antibiotics were initiated on the first day of symptoms, either through self-medication or a prescription from a healthcare provider. This clinical snapshot underscores a broader and deeply entrenched issue within the Sri Lankan healthcare landscape.

Antibiotic overuse and misuse have emerged as a significant public health concern globally, particularly in the Asian region. The indiscriminate use of antibiotics has accelerated the development of drug-resistant pathogens, making it more challenging and costly to treat infections. Despite increasing awareness of antimicrobial resistance (AMR), both the public and healthcare providers continue to misuse and overuse antibiotics. This unnecessary initiation of antibiotics persists, driven by various factors, including cultural expectations, regulatory gaps, and diagnostic uncertainty.

In Sri Lanka, self-medication with antibiotics is a major contributory factor for inappropriate antibiotic use.



Dr Dumitha Govindapala

Faculty of Medical Sciences
University of Sri Jayewardenepura

Community pharmacies are the primary source of self-medication antibiotics. Evidence from the pseudo-patient study revealed that 41% of pharmacies supplied antibiotics without a prescription and often dispensed medication without proper inquiry into the patient's condition. 1 Another national survey of pharmacy staff found that 30% of them were regularly dispensing antibiotics without prescriptions, primarily influenced by consumer expectations. 2 Patients often expect antibiotics for common illnesses and may pressure physicians or pharmacists to provide them, regardless of necessity. This demand-driven misuse is compounded by weak enforcement of existing prescription regulations, allowing antibiotics to be obtained over the counter with little to no scrutiny.

Inappropriate prescribing practices by medical professionals, especially in outpatient settings, have hastened antibiotic overuse. Data from a tertiary care hospital in Sri Lanka revealed that

ARTICLE CONTINUED ...

more than one-third of outpatient visits resulted in antibiotics being prescribed. The majority of these patients received antibiotic prescriptions for self-limiting symptoms, predominantly due to viral infections. Moreover, the high reliance on empirical treatment for actual bacterial infections, without the use of diagnostic tests for confirmation and sensitivity patterns for treatment, further aggravated the problems.³ Clinicians overprescribe antibiotics, often unnecessarily and for prolonged durations due to habit, heavy workload, and diagnostic uncertainty, especially in settings with limited resources.

In hospital settings, particularly in intensive care units, the situation is equally concerning. Studies have shown that excessive use of broad-spectrum agents, such as meropenem and piperacillin-tazobactam, occurs in these settings. One study found that 25% of these prescriptions lacked a documented indication, and only 47% were reviewed for appropriateness after initiation.⁴ This lack of review and monitoring significantly increases the risk of resistance, especially in critically ill patients where the stakes are highest.

Addressing this growing healthcare problem requires a multifaceted approach. The process should begin with the strict enforcement of relevant legislation within the country prohibiting the non-prescription sale of antibiotics.

However, regulatory measures alone are insufficient. It is equally important to create public awareness and educate communities about the dangers of self-medication and the global threat posed by AMR. At the institutional level, implementing antimicrobial stewardship programmes across all tiers of the healthcare system is imperative. Antimicrobial stewardship programmes are one of the most cost-effective interventions to optimize the use of antimicrobial medicines, improve patient outcomes, and reduce AMR and health care-associated infections. Moving forward, empowering healthcare professionals with access to timely diagnostic tools and ongoing, evidence-based training in rational antibiotic use will be essential.

In conclusion, the inappropriate use of antibiotics remains a pervasive problem within Sri Lanka. It is a multifactorial issue that demands urgent, coordinated action. Addressing this challenge will not only improve patient outcomes today but also safeguard the effectiveness of antibiotics for future generations.

ARTICLE CONTINUED ...

References

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INFECTIOUS DISEASES CONFERENCE 2025

**BY THE INFECTIOUS DISEASES FORUM
CEYLON COLLEGE OF PHYSICIANS**

The Infectious Diseases Forum (IDF) of the Ceylon College of Physicians, proudly hosted the Infectious Diseases Conference 2025 on 12–13 June at Hotel Galadari, Colombo. This much-anticipated hybrid event brought together an esteemed international and local faculty to address pressing issues in infectious diseases, offering an unparalleled platform for knowledge sharing, networking, and skill enhancement.

The two-day conference commenced with opening remarks by Prof. Prasad Katulanda, President of CCP, and Dr. Wimalasiri Uluwattage, Convener of CCP-IDF. This set the tone for a dynamic programme designed to equip physicians with the latest updates and practical approaches in the field.

International and Local Expertise

The conference featured a distinguished international faculty including Dr. P.H. Chandrasekar (USA), who delivered an inspiring keynote address, and experts such as Prof. Paul Tambyah (Singapore), Dr. Mayur Ramesh (USA), and Prof. George M. Varghese (India). Their insights into antimicrobial stewardship, emerging infections, and immune therapies were complemented by contributions from renowned Sri Lankan clinicians and researchers, ensuring relevance to local practice.

Cutting-Edge Discussions and Case Studies

The scientific programme was rich with thematic sessions addressing critical areas such as rational antibiotic use, CNS infections, outbreak control, and emerging and endemic threats. Interactive case-based discussions moderated by leading local experts provided delegates with practical solutions to challenging scenarios.



Highlights included the session on “Fungal Infections: Challenging Cases, Critical Decisions”, and a comprehensive discussion on “Vaccination Frontiers”, which explored both routine and novel vaccines, including advances in leptospirosis and Japanese encephalitis immunisation.

Rapid Fire Updates and ID Quiz

The “Rapid Fire: Updates in ID” segment offered quick insights into cutting-edge research and emerging clinical practices, while the ID Quiz added an engaging and competitive element to the closing day, showcasing the participants’ knowledge and encouraging lively participation.

Participation and Engagement

The hybrid format enabled widespread participation, with over 350 delegates joining in person and many more connecting virtually from across Sri Lanka and beyond. The event fostered robust dialogue between senior clinicians, trainees, and researchers, reaffirming CCP’s commitment to advancing medical education.

A Step Forward in Combating Infectious Diseases

The Infectious Diseases Conference 2025 has set a new benchmark for multidisciplinary collaboration in addressing infectious disease challenges. The CCP extends its sincere appreciation to all faculty, participants, and sponsors who contributed to making this event a resounding success.



As we continue to navigate a rapidly evolving infectious disease landscape, the insights gained and connections forged at this conference will undoubtedly strengthen clinical practice and public health responses in Sri Lanka and the region.

YOUNG PHYSICIANS' FORUM

The young physicians' forum for the months of May & June was held on the 20th of May and 17th June, respectively.

The two speakers for the month of May were Dr Namal Herath, Senior Registrar in Internal Medicine, Teaching Hospital Anuradhapura and Dr Udara Edirisinghe, Senior Registrar in Critical Care Medicine, National Hospital of Sri Lanka.



When breathing Fails: Critical battle against ARDS

Dr Udara Edirisinghe

Senior Registrar in Critical Care Medicine,
National Hospital of Sri Lanka



Leptospirosis Unmasked: What We Know, What Remains Elusive, and the Way Forward

Dr Namal Herath

Senior Registrar in Internal Medicine
Teaching Hospital Anuradhapura

To view the lecture visit



The Unseen Thread - A Tale of Friendly Fire

Dr Nipuni Ellawala

Senior Registrar in General Medicine
Colombo South Teaching Hospital



Lungs Under Siege: A Clinical Journey Through Pulmonary Mucormycosis

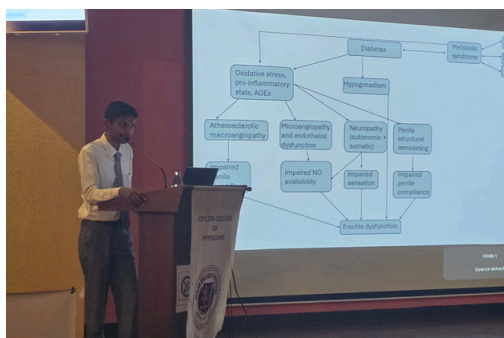
Dr K. B. K. T. Maduranga

Senior Registrar in Respiratory Medicine
National Hospital for Respiratory Diseases
Welisara

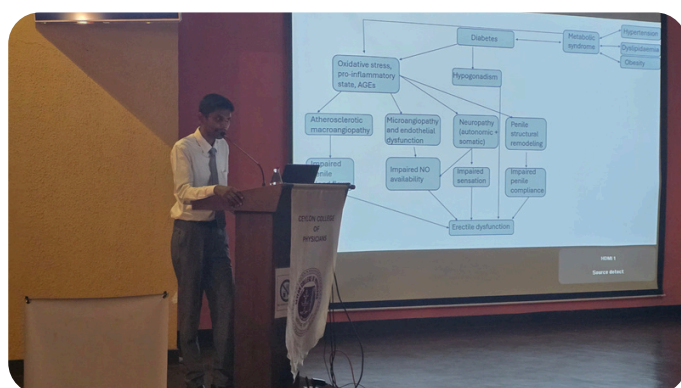
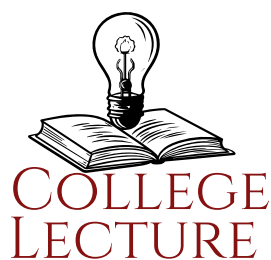
To view the lecture visit



The two speakers for April Young Physicians' Forum were Dr Nipuni Ellawala, Senior Registrar in General Medicine, Colombo South Teaching Hospital and Dr K. B. K. T. Maduranga, Senior Registrar in Respiratory Medicine National Hospital for Respiratory Diseases, Welisara



Young Physicians' FORUM



ClinMARC, NHSL — May 20, 2025 and June 17, 2025: The College Lectures for the month of May and June, as per tradition, followed the two YPF presentations.

The lecture titled “Silent struggle; tackling erectile dysfunction in men with diabetes” was delivered by Dr Nipun De Silva, Lecturer, Consultant Endocrinologist, Faculty of Medicine, General Sir John Kotelawala Defence University.

Consultant in Rehabilitation Medicine, Rheumatology & Rehabilitation Hospital Ragama. The lecture was titled, Journey forward for functional recovery following stroke.



Silent struggle; tackling erectile dysfunction in men with diabetes

Dr Nipun De Silva

Lecturer
Consultant Endocrinologist
Faculty of Medicine
General Sir John Kotelawala Defence University

To view the lecture visit



Journey forward for functional recovery following stroke

Dr Chamara B Jayatunga

Consultant in Rehabilitation Medicine
Rheumatology & Rehabilitation Hospital
Ragama

To view the lecture visit



PEER LEARNING: PERIPHERY TO THE FORE

*Clinical Case discussion by
Consultant Physicians away from
the centre.*

The Peer Learning: Periphery to the Fore lecture series provides an essential platform for physicians working in peripheral hospitals to share their experiences and strategies for delivering healthcare in resource-limited environments, despite facing various challenges.

The Third session of 2025 took place on 19th of May 2025, featuring two captivating case presentations. Dr M. M. D. R. Jayawardhane, Consultant Physician, District General Hospital Vauniya, presented on "Allergic Angina" and Dr Fazrina Farah Mubarak, Consultant Rheumatologist, District General Hospital, Nuwara Eliya discussed "A patient with post COVID Interstitial Lung Disease"



Allergic Angina

Dr M. M. D. R. Jayawardhane

Consultant Physician (Acting)
District General Hospital Vauniya



A patient with post COVID Interstitial Lung Disease

Dr Fazrina Farah Mubarak

Consultant Rheumatologist
District General Hospital Nuwara Eliya

To view the lecture visit



SPECIALTY UPDATE IN PALLIATIVE MEDICINE

The Ceylon College of Physicians successfully conducted a Speciality Update in Palliative Medicine on June 26, 2025, at ClinMARC, National Hospital, Sri Lanka. The session was designed to address the growing importance of holistic care and symptom control in patients with life-limiting illnesses, drawing participation from physicians across the country.

The programme commenced with a **Welcome Address** by **Vidya Jyothi Professor Prasad Katulanda**, President of the CCP, who highlighted the importance of integrating palliative principles into clinical practice. This was followed by an insightful **Introductory Lecture** by **Dr Udayangani Ramadasa**, setting the stage with "Caring Beyond Cure: Understanding Disease Trajectories and Goals of Care."

Two thought-provoking symposiums followed:

- **Symposium 1** focused on **Advanced Care Planning and Common Symptom Control**, chaired by **Dr Sandeepana Gamage**. Expert speakers **Dr Gamini Pathirana**, **Dr Jalitha Thinnarachchi**, and **Dr Chinthaka Hathlahawatta** addressed topics from prognostication to palliative care in renal and cardiac failure, sharing real-world experiences and strategies for improving patient quality of life.
- **Symposium 2** centred on **Managing the Dying Phase and Medico-Legal Aspects**, chaired by **Dr Sithira Senevirathne**. **Dr Udayangani Ramadasa** revisited the stage with a session on **Diagnosis of Dying and Medical Futility**, while **Dr Shehan Silva** concluded the programme with a compelling talk on **Caring for Dying Patients**.

The session was live-streamed and attended by a wide audience, with e-CPD certificates provided to all participants. The event marked another successful educational endeavour by the CCP, reinforcing its commitment to enhancing physician knowledge and patient-centred care in evolving specialities.





Specialty Update – Palliative Medicine



REGIONAL ACADEMIC SESSIONS NAWALAPITIYA

The Ceylon College of Physicians (CCP), in collaboration with the Nawalapitiya Clinical Society, and supported by the Education, Training and Research (ET&R) Division of the Ministry of Health, successfully conducted the Regional Academic Sessions Nawalapitiya on 28th May 2025.

Complementing this academic endeavour, a Public Health Forum was held on 27th May 2025, in partnership with the College of Community Physicians of Sri Lanka and the Lions Club Nawalapitiya Kothmale.

These events reaffirm the CCP's commitment to advancing professional education for doctors and nurses while fostering community engagement on key health issues.

Regional Academic Sessions – Nawalapitiya

Held at the District General Hospital (DGH) Nawalapitiya, the Regional Academic Sessions provided a vibrant platform for knowledge sharing and professional development. This year's programme was divided into two parallel streams catering to doctors and nursing officers, featuring expert speakers, practical insights, and interactive discussions.

For Doctors – Broadening Horizons in Medicine

The doctors' programme commenced with a series of engaging lectures covering critical topics in internal medicine. Highlights included:

- **“Principles of Dengue Management”** by Dr Asanka Rathnayaka, addressing the latest treatment strategies for this endemic threat.
- **“AI in Medicine”** by Prof. Prasad Katulanda, offering insights into the role of artificial intelligence in clinical practice.
- Practical updates on conditions such as acute ischemic stroke, high anion gap acidosis, and dermatological manifestations of internal disease.
- A thought-provoking panel on **“Professionalism, Ethics & Leadership”** moderated by leading physicians.



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For Nursing Officers – Empowering Frontline Care

Running concurrently, the nurses' programme opened at 8:30 am and focused on enhancing clinical competencies. Key sessions included:

- "Accuracy of Laboratory Results: The Role of the Nurse" by Dr Gaya Katulanda.
- "Comprehensive Geriatric Assessment" – Nurse's Role by Dr Lasantha Ganewatta.
- Practical discussions on oxygen therapy, medication safety, and the management of dengue patients.

The sessions encouraged active participation and provided valuable tools for improving patient care at the grassroots level.

Participation and Recognition

The event saw robust participation from medical professionals across the region. Attendees were awarded CPD certificates, with 3.5 credits for doctors and nurses, accredited by the National CPD Accreditation Committee.

Public Health Forum – Nawalapitiya

The preceding day, 27th May 2025, saw the Tamil Cultural Centre, Nawalapitiya, host a well-attended Public Health Forum. Organised jointly with the College of Community Physicians of Sri Lanka, Nawalapitiya Clinical Society, and the Lions Club Nawalapitiya Kothmale, this forum aimed to raise community awareness on pressing public health issues.

Focusing on Non-Communicable Diseases (NCDs)

The session featured a stellar line-up of speakers addressing the prevention and management of NCDs, including:

- "Diabetes, Obesity & Cancer" by Prof. Prasad Katulanda, highlighting lifestyle interventions and early detection.
- "Non-alcoholic Liver Disease" by Dr Upul Dissanayake.
- "Chronic Kidney Disease" by Dr Chanaka Aberathne.
- "Hypertension and Ischemic Heart Disease" by Prof. Namal Wijesinghe.



BEYOND MEDICINE

"MYSTERIES OF MARINE LIFE: A BIOLOGIST'S SAGA"

The Nawalapitiya Clinical Society, in collaboration with the Ceylon College of Physicians, successfully hosted a thought-provoking session under the Beyond Medicine series on May 27, 2025, at Okwin Resort, Nawalapitiya.

The event featured Mr. Thushan Kapurusinghe, a renowned marine biologist and conservationist, who delivered an engaging talk titled "Mysteries of Marine Life: A Biologist's Saga." With a Master's in Wildlife & Tourism, Mr. Kapurusinghe brings extensive experience as the Chairman of the Sri Lanka Turtle Conservation Project and Director of TCP Lanka Pvt Ltd. His affiliations with the IUCN Species Survival Commission and Duke University Marine Lab further enriched the depth and credibility of his insights.

Throughout the session, Mr. Kapurusinghe shared captivating stories from the field, including his work on sea turtle conservation, community engagement, and global ecological initiatives. His narrative beautifully bridged science, conservation, and personal experience, offering the audience a unique window into the underwater world and the challenges facing marine biodiversity today.

The evening was further enlivened by the Fellowship Dinner that followed the session, providing attendees with the opportunity to connect, reflect, and enjoy the serene ambience of the resort. The event was also live-streamed, enabling wider participation from members across the country.

This edition of Beyond Medicine was not only informative but also a reminder of the vital intersection between medicine, environment, and broader ecological awareness. It marked yet another step forward in the CCP's commitment to holistic learning and professional enrichment.



PRAJA SUWA SANAKELIYA

in collaboration with Diabetes Research Unit of the National Hospital of Sri Lanka and the College of Community Physicians of Sri Lanka

In a vibrant initiative to promote public health and well-being, the Ceylon College of Physicians (CCP), in collaboration with the Diabetes Research Unit (DRU) of the National Hospital of Sri Lanka and the College of Community Physicians of Sri Lanka, actively participated in the Praja Suwa Sanakeliya health fair held on June 7, 2025, at Viharamaha Devi Park.

Organised by the College of Community Physicians, the event aimed to raise awareness on non-communicable diseases and empower the public to adopt healthier lifestyles through education, screening, and interactive demonstrations.

At the CCP and DRU health stall, a wide range of free medical services were offered. Attendees had their blood glucose, blood pressure, Body Mass Index (BMI), and body fat percentage assessed. These screenings provided a practical opportunity for early detection of risk factors for diabetes, hypertension, and obesity. In addition to physical assessments, medical volunteers provided tailored dietary guidance and lifestyle counselling, ensuring participants left with a clearer understanding of how to improve their health and prevent chronic illnesses.

The stall attracted significant public attention, reflecting the community's growing interest in proactive health management. The hands-on support and compassionate engagement from CCP members and DRU staff added great value to the event.

The CCP is proud to be part of such community-centred efforts and remains committed to promoting preventive healthcare in collaboration with like-minded institutions.



MD Part I MCQ course

The college successfully conducted its MD part 1 MCQ preparatory course which concluded on the 20th of April 2025 following a 9 week long program.

MD Part I Preperatory Course

A stylized illustration of a notepad with a pen resting on it, positioned to the right of the main title.

It was conducted in two parts

- 1 Basic sciences & subspecialities
- 2 General medicine

The course was well received by over 200+ participants who were preparing for their MD part 1 exams with interactive QnA sessions and access to course material via LMS.

The college hopes to continue this successful programme in the future

COUNCIL 2025



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President



Professor Namal Wijesinghe
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Dr Manjula Dissanayake
Council Member



Dr Chathurie Suraweera
Council Member



Dr Manu Wimalachandra
Council Member

UPCOMING EVENTS



MD Part II Theory
Preparatory Course

**MD PART II THEORY
PREPARATORY COURSE**



YOUNG PHYSICIANS' FORUM

Young Physicians' Forum will be held on 15th July 2025, 11.45am to 12.45pm at the ClinMARC Auditorium, NHSL.



PERIPHERY TO THE FORE

Peer Learning: Periphery to the Fore is scheduled to be held on 19th May 2025, 12.00noon to 1.30pm at the ClinMARC Auditorium, NHSL.



**REGIONAL
ACADEMIC
SESSIONS**

REGIONAL MEETING HAMBANTOTA

Regional Meeting Hambantota will be held on 30th July 2025, at Auditorium, DGH Hambantota.



58TH ANNIVERSARY ANNUAL ACADEMIC SESSIONS

58th Anniversary Annual Academic Sessions will be held from 10th to 13th September 2025, at Cinnamon Life Colombo



**CEYLON COLLEGE OF
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