



CCP NEWS

Newsletter of Ceylon College of Physicians

ISSN 3030-7511

Physicians for the Future

CCP 2025

Welcome to the Fourth 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 July-October 2025.

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FOURTH VOLUME

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PRESIDENT'S MESSAGE



Vidya Jyothi Professor Prasad Katulanda

It gives me great pleasure to send this message to our newsletter, following a very successful 58th anniversary annual academic sessions, CCP2025, which was held at Cinnamon Life Hotel and Convention Centre - Colombo, marking a new milestone of the journey of the college's annual academic sessions. This year's sessions were a truly international academic celebration, with the participation of the Royal College of Physicians London, the Royal College of Physicians of Edinburgh, the Royal Australasian College of Physicians, the European Federation of Internal Medicine, and the Pakistan Society of Internal Medicine, along with all the specialty colleges and associations

in medicine in Sri Lanka, the Ministry of Health and the Postgraduate Institute of Medicine, University of Colombo.

With the participation of over 600 delegates in a rich and diverse scientific programme comprising of three prestigious orations, six plenaries, twenty-four symposia, and three networking meetings, CCP2025 truly stood as a grand academic feast. One of the most heartening features of this year's event was the significant participation of our expatriate colleagues from countries such as Australia, United States of America, the United Kingdom, and beyond, who joined us in both academic and fellowship activities, symbolizing the strength of our extended professional family.

I extend my heartfelt thanks to the CCP Council 2025, the organizing committee, and the entire membership for their unwavering support and contributions in making this year's Sessions a resounding success.

Another two landmark initiatives this year were the launch of the CPD (Continuing Professional Development) Portal and the White Paper on Artificial Intelligence in Medicine.

The CPD Portal will soon be operational, providing Sri Lankan physicians with a modern digital platform to track and enhance their professional learning. The White Paper on AI, prepared by our multidisciplinary team, marks CCP's commitment to engaging with the evolving medical landscape and addressing the ethical, legal and practical

PRESIDENT'S MESSAGE CONTINUED...

challenges of emerging technologies.

The College continues to move forward with its new building project, which will finally give the CCP a permanent home. We are in the process of finalising the extended lease agreement with the Urban Development Authority for our property in Rajagiriya, and with the support of the incoming Council, we hope to initiate the next phase of development in the coming months.

Our academic calendar continues to be vibrant and comprehensive. We successfully conducted the Speciality Update in Gastroenterology in October, and the final Speciality Update for the year on Rheumatology will follow shortly in December. The College also held its second Career Guidance Seminar for Senior Registrars who have successfully completed the MD (Part II) in Medicine, with participation from all Speciality Boards of the PGIM, the PGIM management, and the Board of Study in Medicine. This programme once again emphasised our commitment to guiding and nurturing the next generation of specialists in Sri Lanka. To conclude the year's regional activities, the final regional academic session will be held in Batticaloa from 1st to 3rd December, and I warmly invite all members to participate in this important event, which aims to strengthen our outreach and engagement with physicians across the country.

As we move into the final months of 2025, I am deeply grateful for the continued enthusiasm, unity, and academic spirit of our members. Together, we have made this year a period of remarkable progress for the College, and I look forward to continuing our shared journey of excellence and collaboration.

BEYOND THE COMFORT ZONE: PHYSICIANS' ROLE IN ALLOGENEIC HAEMATOPOIETIC STEM CELL TRANSPLANTATION (HSCT)

Introduction:

Haematopoietic stem cell transplantation (HSCT) represents one of the most transformative and high-risk therapeutic strategies in hemato-oncology. Its central purpose is to “reset” diseased marrow with healthy haematopoietic progenitors. Allogeneic transplantation not only reinstates normal haematopoiesis, but also introduces donor-derived immune effector cells that provide ongoing immunological surveillance, targeting and eliminating residual malignant clones through the graft-versus-leukaemia (GVL) effect [1,2]. Autologous transplantation, using the patient’s own mobilised stem cells, is commonly applied in eligible patients with multiple myeloma and relapsed/refractory lymphomas. In contrast, allogeneic HSCT, where stem cells are donated by another individual, remains the cornerstone for eligible patients with acute leukaemias, myelodysplastic syndromes, and certain non-malignant hematological conditions [1,3]. In Sri Lanka, allogeneic HSCT is



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becoming increasingly feasible due to growing infrastructure and expertise, and physicians are now recognized as integral members of the transplant team. Their role extends beyond recipient care, over to thorough donor assessment, close monitoring and management of complications during stem cell collection, and post-donation follow-up to protect donor safety and long-term health. In addition, Foundation for the Accreditation of Cellular Therapy–Joint Accreditation Committee of ISCT and EBMT (FACT–JACIE) accreditation standards require that donor eligibility be confirmed by a licensed healthcare provider to protect donor autonomy and ensure legal compliance with international standards [4]. This evolving landscape demands that physicians step beyond their traditional comfort zone to embrace an expanded role in transplant care. Within this context, this article will explore the physician’s role in pre-transplant assessment and in the medical management of donors once a suitable donor has been identified.

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Donor Sources in Allogeneic HSCT:

Within allogeneic HSCT, donor sources include:

HLA-matched sibling donor – long regarded as the optimal choice.

- Haploidentical related donor – a half-matched family member, i.e., a sibling or a parent
- Matched unrelated donor – identified through donor registries.
- Umbilical cord blood – an alternative particularly useful for paediatric or ethnically diverse patients [1,5,6].

In Sri Lanka, donor selection is carried out on a case-by-case basis, typically beginning with HLA typing of siblings, followed by parents to identify a fully matched or haploidentical donor. A national donor registry has also been established recently, marking an important step toward expanding access to matched unrelated donors in the local context.

Donor Selection: Medical, Ethical, and Legal Considerations

Selecting a donor goes beyond HLA typing. International guidelines (EBMT, ASTCT, ESMO) emphasise a holistic donor assessment process [1,5,7]

- Medical fitness: donors undergo a structured evaluation to exclude transmissible infections, underlying

cardiovascular, pulmonary, hepatic, or haematological disease.

Age and sex: younger donors are generally preferred for higher stem cell yield and lower GVHD risk; male donors and those without prior pregnancies may reduce alloimmunisation-related complications [8].

- Psychosocial assessment: ensuring voluntariness and obtaining fully informed consent are fundamental.
- Donor-specific risks: G-CSF mobilisation and leukapheresis are generally safe, but physicians must anticipate bone pain, transient cytopenias, venous access issues, and rare complications such as splenic rupture or thromboembolic events [9].
- Legal safeguards: donor evaluation and collection must comply with national transplantation legislation and international standards, including proper documentation of informed consent, adherence to age restrictions, registry reporting, and independent donor advocacy to ensure that the rights and welfare of healthy volunteers are fully protected.

Donor selection is ultimately guided by HLA compatibility, donor health, availability, and the balance between transplant-related risks and expected clinical benefit.

Physicians' Role: stepping outside the comfort zone

ARTICLE CONTINUED ...

The donor journey in allogeneic HSCT extend far beyond HLA typing. Physicians, whether part of a transplant programme or engaged in shared care, have critical responsibilities in safeguarding donor safety and ensuring high-quality outcomes. Their role spans three key phases:

Pre-donation Medical Assessment [1]

- Before stem cell mobilisation, physicians conduct a structured evaluation of the donor:
- Systemic illness screening: excluding transmissible infections (hepatitis, HIV, syphilis), cardiovascular disease, uncontrolled diabetes, renal impairment, or hematologic abnormalities.
- Optimising comorbidities: asthma, hypertension, diabetes, thyroid disease, or other chronic conditions should be stabilised before mobilisation.
- Medication and lifestyle review: identifying drugs that may affect mobilisation (e.g., NSAIDs, anticoagulants) and counselling regarding smoking, alcohol, or obesity-related risks.
- Baseline investigations: full blood count, renal/liver function, ECG, chest X-ray, and infectious disease serology as recommended in the EBMT Handbook and FACT-JACIE standards [1,4].

- Informed consent & psychosocial support: physicians ensure voluntariness, clarify potential risks, and screen for psychological readiness.

This holistic pre-donation evaluation is essential not only for donor safety but also for successful engraftment in the recipient Care During Stem Cell Apheresis [1,8,9]

Once mobilisation with granulocyte colony-stimulating factor (G-CSF) is initiated, physicians remain pivotal in monitoring and managing procedure-related issues:

- Mobilisation monitoring: bone pain, headaches, or fatigue are common G-CSF effects; serious complications such as splenic rupture, thrombosis, or sickle crises (in carriers) are rare but must be anticipated [9].
- Haemodynamic surveillance: during apheresis, donors may develop hypotension or vasovagal episodes. Physicians coordinate with the apheresis team to ensure stability.
- Citrate-related hypocalcemia :symptoms such as perioral tingling, cramps, or dizziness are common due to citrate anticoagulant use. Prompt calcium supplementation (oral or IV) is guided by physician assessment
- Venous access management: Central venous access,

ARTICLE CONTINUED ...

- typically via a temporary dual-lumen vascath inserted into the internal jugular or subclavian vein, may be required when peripheral veins are inadequate or, depending on the standard operating procedure of the transplant unit, for apheresis. The physicians mitigate risks of bleeding, thrombosis, and infection.

Active physician involvement ensures donor safety during what is often their first hospital-based medical intervention.

3. Post-donation Follow-up [1]

- Physician engagement continues after stem cell harvest, focusing on recovery and reassurance:
- Hematological recovery: transient leukopenia or thrombocytopenia post-apheresis is monitored with follow-up blood counts.
- Metabolic balance: physicians check for persisting electrolyte imbalances, calcium depletion, or iron deficiency.
- Infection vigilance: although rare, central line-related infections or delayed recovery require timely management.
- Long-term safety monitoring: Long-term donor safety is well established, with large registry studies showing a very low incidence of late complications following peripheral

- blood or marrow donation [6,9]. Continued follow-up ensures the detection of rare delayed effects and contributes to donor safety surveillance
- Psychological well-being: donors may experience anxiety, fatigue, or concern about the recipient's outcome. Physicians provide reassurance, counselling, and facilitate access to psychosocial support services.

Implications for Clinical Practice

By engaging at every stage, physicians safeguard donor welfare, optimise stem cell yield, and strengthen confidence in

HSCT programmes. In resource-limited settings such as Sri Lanka, where allogenic HSCT capacity is steadily growing, the physician's role in donor care is not peripheral but central to programme credibility and sustainability.

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CCP2025 – PRECONGRESS WORKSHOP ON MEDICAL LEADERSHIP IN COLLABORATION WITH THE ROYAL COLLEGE OF PHYSICIANS: IMPACT ON PARTICIPANTS

Clinical leadership skills are essential for all medical professionals, as they enhance team management, improve patient safety, and ensure high-quality care. These skills enable healthcare providers to motivate colleagues, foster collaboration, and drive continuous clinical improvement. Furthermore, strong leadership empowers healthcare professionals to advocate patients, make informed decisions, and implement evidence-based solutions when it is needed.

Recognizing the importance of these skills, the Ceylon College of Physicians (CCP) identified gaps in leadership knowledge, skills and attitudes among medical professionals and established the CCP Medical Leadership Forum in 2022. This forum aims to bridge this gap through interactive sessions and workshops.



Prof. P.L.D. Ariyananda

Founder Chairperson, CCP-Medical Leadership Forum, Consultant Physician, Emeritus Professor of Medicine, University of Ruhuna



Dr Duminda Munidasa

Chairperson, CCP-Medical Leadership Forum, Consultant Rheumatologist, Rheumatology & Rehabilitation Hospital Ragama

In 2025, scenario-based interactive sessions were held at regional meetings in Anuradapura, Nawalapitiya, Hambantota, and Batticaloa. Additionally, CCP was invited to conduct a collaborative workshop as part of the Galle Medical Association's Annual Academic Session 2025, further promoting the development of clinical leadership skills across the country. The pre-congress on Medical Leadership of the CCP Annual Academic Sessions, in collaboration with the Royal College of

ARTICLE CONTINUED ...

Physicians (RCP), have evolved over the years.

Starting as a virtual event in 2022, this year's session was conducted entirely in person, enabling more intimate and engaging discussions on the subject. We were privileged to have Prof. Mumtaz Patel, President of RCP, as a key resource person.

An analysis of the feedback forms received from the 37 participants (comprising 4 consultants, 11 postgraduate trainees, and 22 medical officers) revealed that 97.3% agreed the workshop had a positive impact on their ability to function as effective clinical leaders.

Furthermore, participants were asked to outline "new strategies they would adopt in their workplace as effective leaders." The responses highlighted several key areas of focus, reflecting their commitment to applying the knowledge gained during the session as listed below. All of them mentioned that they would recommend their colleagues to attend this workshop when we conduct it again.

Enhancing Communication Skills

Participants emphasized the critical role of communication in medical leadership. Many committed to improving communication with healthcare staff, patients, and colleagues to manage

conflicts effectively and ensure smooth operations.

Suggestions included practicing effective communication as a key to resolving most issues, promoting open and transparent dialogue so that all team members feel heard and valued, and implementing good communication practices in daily interactions. Additionally, there was a focus on one-to-one meetings during problem situations or conflicts, as well as regular team meetings to discuss issues and foster better understanding.

Fostering Empathy and Compassion

A recurring theme was the adoption of empathetic and compassionate approaches in leadership. Attendees planned to be more empathetic towards colleagues, juniors, and staff, especially during difficult times, by understanding their perspectives and providing psychological support. Emotional intelligence, compassion, and accountability were highlighted as essential qualities to manifest in daily work. Some participants reflected on personal growth, such as overcoming stress and panic in emergencies to become compassionate leaders who prioritize quality patient care, while others aimed to practice compassionate leadership while remaining firm.



CCP 2025 Pre - Congress
Workshop on Medical Leadership
in collaboration with
Royal College of Physicians, London



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Approved by the Federation of the Royal Colleges of Physicians of the United Kingdom for 4 category 1 (external) CPD credit(s)

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	
	<table border="0" style="width: 100%;"> <tr> <td style="width: 50%; text-align: center;"> Dr Duminda Munidasa Consultant Rheumatologist Rheumatology and Rehabilitation Hospital Ragama </td> <td style="width: 50%; text-align: center;"> Dr Dinesha Sudusinghe Consultant Nephrologist Royal London Hospital, United Kingdom </td> </tr> </table>	Dr Duminda Munidasa Consultant Rheumatologist Rheumatology and Rehabilitation Hospital Ragama
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	
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	
12.30 - 1.15 PM	Discussion & Presentation Based on a Scenario	
1.15 - 1.30 PM	Session 4 Leading a team Team building Professor P. L. Ariyananda Consultant Physician, Emeritus Professor of Medicine, University of Ruhuna	
1.30 - 2.15 PM	Discussion & Presentation Based on a Scenario	
2.15 - 2.30 PM	Concluding Remarks and Vote of Thanks Dr Dinushka Jayaweera Bandara Secretary, Medical Leadership Forum, Ceylon College of Physicians	



Professor Mumtaz Patel
President Royal College of Physicians, London



Professor P. L. Ariyananda
Consultant Physician
Emeritus Professor in Medicine



Professor Arosha Dissanayake
Consultant Physician, Professor in Medicine

Scenario Feedback

Dr Neranjan Dissanayake
Consultant Pulmonologist
Teaching Hospital Kalutara

Dr Dinushka Jayaweera Bandara
Consultant Physician
National Hospital Galle

Dr Chaturika 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 Wijayaratne
Consultant Nephrologist, Senior Lecturer
University of Colombo

Dr Chiranthi Liyanage
Consultant Rheumatologist, Senior Lecturer
University of Colombo

4 Category 1 (external)
RCP CPD Points

CEYLON COLLEGE OF PHYSICIANS
CCP 2025
PHYSICIAN FOR THE FUTURE

Fully Subscribed

10th September 2025

9.15 AM - 2.30 PM

Muti-purpose Room, UCFM Tower,
Faculty of Medicine, University of Colombo



Flyer of the Pre-Congress Workshop

ARTICLE CONTINUED ...

Promoting Teamwork and Collaboration

Teamwork emerged as a vital area for improvement, with commitments to enhance team communication, build morale through acknowledging contributions, and cultivate empathetic relationships among staff. Ideas included empowering teamwork, delegating tasks effectively, identifying team capabilities, and actively escalating team knowledge. Regular unit meetings, reflective sessions with consultants and peers, and team-building activities like fellowship events were proposed to overcome challenges and maintain service quality. Overall, participants aimed to work collaboratively, appreciate hard work, and support each other in achieving common goals.

Developing Leadership Qualities and Styles

Feedback highlighted the importance of



Pre-Congress Workshop-Annual Academic Session

self-awareness and adapting leadership styles to situations.

Attendees intended to identify their own leadership styles, incorporate elements like transformational, transactional, and empathetic leadership, and practice good leadership skills whenever possible. Key qualities mentioned included emotional intelligence, self-reflection, reflecting on feedback from others, modeling professionalism and integrity, social awareness, and giving importance to how actions are perceived by others. Some planned to implement strategies learned in the workshop into daily work, such as planning ahead, problem-solving, and being compassionate while firm.

Improving Problem Solving and Conflict Resolution

Participants focused on proactive approaches to handling problems and conflicts. This included involving higher management to solve issues, identifying allies, raising concerns with discipline, and handling patient complaints procedurally while teaching colleagues the same. Strategies like one-to-one discussions, briefing sessions, providing feedback, and arranging meetings to uplift service quality were suggested. Additionally, there was an emphasis on getting patient feedback on service quality and practicing an empathetic approach towards difficult colleagues and juniors to resolve conflicts

ARTICLE CONTINUED ...

and colleagues to deliver better care.

Advancing Professional Development

Continuous learning and development were key takeaways, with calls for frequent continuing medical education (CME), annual leadership workshops similar to this one, and leadership training for juniors. Participants planned to build structures like a clinical nutrition steering committee and conduct leadership awareness sessions for trainees and staff. Regular reviews, self-reflection, and implementing continuous quality improvement processes were also mentioned to enhance personal and team growth.

Prioritizing Patient Care and Safety

A strong commitment to patient-centered leadership was evident, with priorities on patient care and safety, effective communication with patients and relatives, and improving interactions to provide quality service. Some specific ideas included exploring possibilities like having child care inside hospital grounds to support staff, and not appointing leaders or rapporteurs prematurely in group settings to ensure fair participation. These could be useful areas to highlight when the members of the CCP inculcating clinical leadership qualities in their team members. Overall, the workshop inspired changes in dealing with patients and

ARTICLE CONTINUED ...

Members of the Leadership Forum as listed in the poster contributed with dedication for the successful conduction of the workshop.

- ·Prof. Mumtaz Patel - President Royal College of Physicians,
- ·Prof. P L Ariyananda - Consultant Physician, Emeritus Professor of Medicine, University of Ruhuna
- ·Prof. Arosha Dissanayake - Consultant Physician, Professor in Medicine, University of Ruhuna
- ·Dr Neranjan Dissanayake - Consultant Pulmonologist, Teaching Hospital Kalutara
- ·Dr Dinushka Jayaweerabandara - Consultant Physician, ETU – National Hospital Galle
- ·Dr Nilanka Perera - Consultant Physician, Senior Lecturer, University of Sri Jayewardenepura
- ·Dr Chathurika Dandeniya - Consultant Rheumatologist, Senior Lecturer, University of Peradeniya
- ·Dr Chamila Dalpatadu - Consultant Physician, Senior Lecturer, University of Colombo
- ·Dr Nadeesha Nishanthi - Consultant Nephrologist, Teaching Hospital Anuradhapura
- ·Dr Dilushi Wijayaratne - Consultant Nephrologist, Senior Lecturer, University of Colombo
- ·Dr Chiranthi Liyanage - Consultant Rheumatologist, Senior Lecturer, University of Colombo
- ·Dr Dinesha Sudusinghe - Consultant Nephrologist, Royal London Hospital, UK
- ·Dr Duminda Munidasa - Chairperson CCP Medical Leadership Forum
- ·Prof. Prasad Katulanda, President, Ceylon College of Physicians
- ·Dr Praveen Weerathuga, Dr Lilanthi Subasinghe – Hony. Secreatary – CCP
- ·Dr Channa Weerasena and Team of CCP office staff

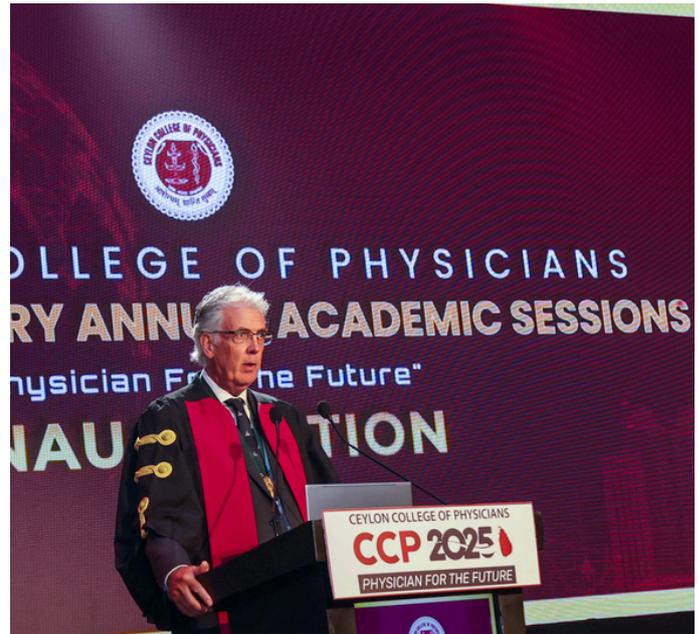


Pre-Congress Workshop-Annual Academic Session

ANNUAL ACADEMIC SESSIONS

INAUGURATION

The grand Ceremonial Procession of the Ceylon College of Physicians (CCP) Academic Sessions 2025 was held in an atmosphere of prestige and celebration, marking the commencement of one of the most anticipated events in the College's calendar. Vidya Jyothi Professor Prasad Katulanda, President of the Ceylon College of Physicians, delivered the welcome address, extending a warm greeting to all local and international delegates. His address highlighted the College's continued dedication to advancing internal medicine in Sri Lanka through education, collaboration, and innovation.



Inauguration-Annual Academic Session

The ceremonial proceedings featured a series of distinguished addresses by international guests of honour, reflecting the global partnerships that strengthen the CCP. Professor Andrew Elder, President of the Royal College of Physicians of Edinburgh, set the tone with his inspiring remarks on clinical excellence and professional unity. Following this, Dr Praveen Weeratunga, Honorary Joint Secretary of the Ceylon College of Physicians, presented “CCP 2025 – A Glimpse of the Academic Fiesta”, outlining the rich academic and scientific programme planned for the sessions.

Dr Lilanthi Subasinghe, Honorary Joint Secretary, delivered the vote of thanks, expressing gratitude to all contributors and participants for their continued support of the College’s mission. A cultural performance added colour and vibrancy to the evening, celebrating Sri Lanka’s heritage. The event also featured notable addresses by other international leaders in medicine, including Professor Mumtaz Patel (President, Royal College of Physicians, London),

Professor Jennifer Martin (President, Royal Australasian College of Physicians), Professor George Dalekos (President, European Federation of Internal Medicine), and Professor Javed Akram (President, Pakistan Society of Internal Medicine), each offering valuable insights on collaboration, education, and the future of internal medicine.

The Chief Guest, Emeritus Professor Savitri Goonesekere, delivered a thought-provoking address emphasizing the role of ethics, equality, and compassion in healthcare. A key highlight of the evening was the launch of the CCP–CPD Web Portal, marking a significant step forward in continuing professional development for physicians across the country.

The Special Guest, Dr Anil Jasinghe, Secretary of the Ministry of Health and Mass Media, addressed the gathering, commending the College for its ongoing contributions to public health and medical education. The ceremony concluded with the presentation of awards and the conferring of Fellowships, honouring excellence and commitment within the medical community.



Inauguration-Annual Academic Session

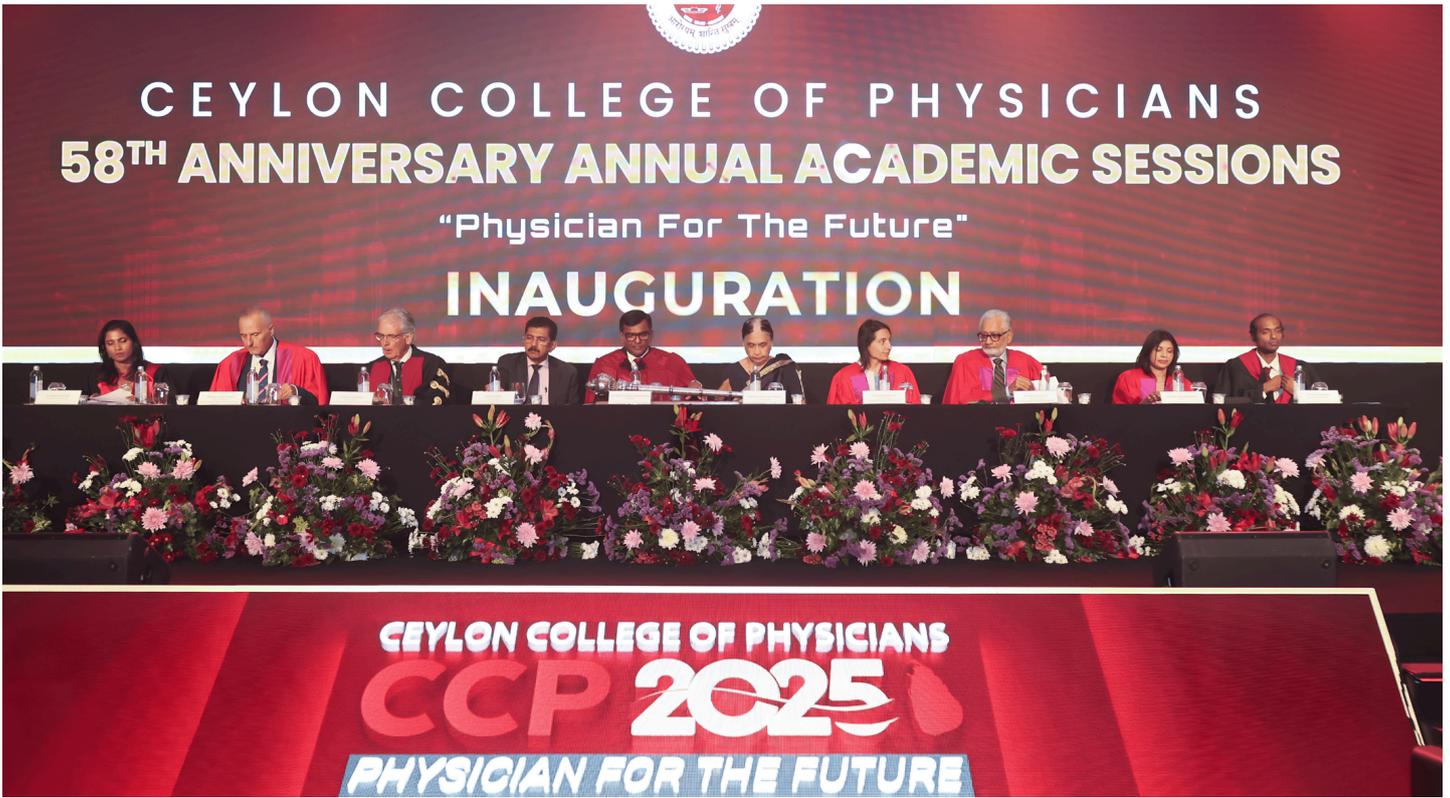


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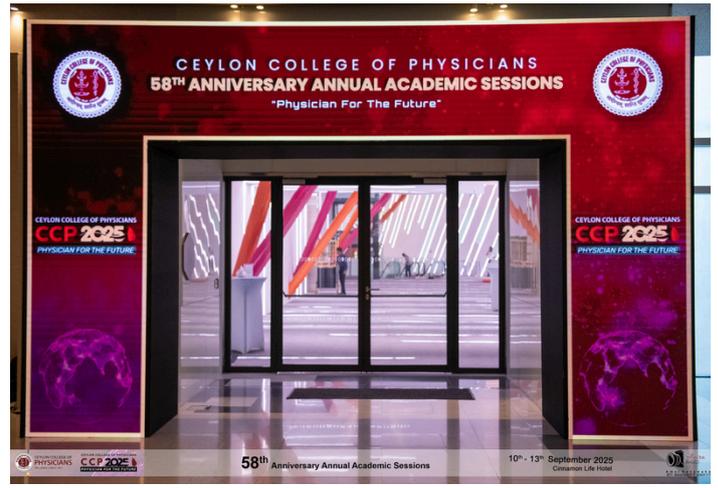
CEYLON COLLEGE OF PHYSICIANS 58TH ANNIVERSARY ANNUAL ACADEMIC SESSIONS "Physician For The Future" INAUGURATION



Inauguration-Annual Academic Session



Inauguration-Annual Academic Session



Inauguration-Annual Academic Session

PAPER PRESENTATIONS

The Research Presentation featured 43 oral and 31 poster presentations, showcasing innovative research across multiple fields of medicine. It served as a great opportunity for free research presentation, allowing participants to share their work and ideas openly. Eight awards were presented for outstanding contributions, and the event provided a valuable platform for collaboration, learning, and promoting a strong culture of research and innovation in healthcare.



Abstract Presentation

PLENARY

The plenary sessions cover a range of critical topics in modern medicine. Professor Mumtaz Patel discusses the evolving role of future physicians and the educational changes needed to prepare them. Professor Jennifer Martin addresses the ethical dilemmas faced by physicians managing multimorbidity and polypharmacy in resource-limited healthcare settings. Professor George Dalekos provides insights into autoimmune liver diseases, emphasizing the importance of early diagnosis and treatment. Professor Ling Pei Ho explores the pathophysiology of Idiopathic Pulmonary Fibrosis (IPF) and the need for new therapeutic approaches. Professor Fredrik Karpe reviews the complexities of hypertriglyceridemia, particularly in severe genetic forms, and the latest developments in treatment. Lastly, Professor Javed Akram presents a fascinating case of a rare genetic disorder, highlighting the value of genomic medicine in diagnosing rare diseases.



Plenary - Annual Academic Sessions

PRE CONGRESS WORKSHOP

Pre Congress Workshop -1

The Pre-Conference Workshop 1 – “From Idea to Impact: Designing and Conducting Research in Clinical Practice” was held on 8th September 2025, from 8.00 a.m. to 3.15 p.m. at the ClinMARC Auditorium, National Hospital of Sri Lanka. The workshop offered an engaging and practical overview of the entire research process—from formulating a research question to publishing findings. Eminent speakers, including Professor Saroj Jayasinghe, Professor Carukshi Arambepola, Professor Shalini Ranganathan, Dr Dilushi Wijyaratne, Professor Dulani Samaranayake, Dr Dushyanthi Abeyseka, and Dr Praveen Weeratunga, delivered insightful sessions on identifying research questions, ethical and regulatory requirements, protocol development, statistical fundamentals, data management, and scientific writing. The day concluded with an interactive discussion and feedback session, equipping participants with the knowledge and confidence to conduct impactful clinical research.



Pre Congress Workshop -2

The Pre-Conference Workshop 2 – Simulation Faculty Development Workshop, held on 8th September 2025 from 8.00 a.m. to 5.00 p.m. at the Simulation Centre, UCFM Tower, was conducted in collaboration with the Sri Lanka College of Emergency Physicians. The workshop focused on building faculty expertise in simulation-based education, emphasizing pre-briefing, facilitation, debriefing, and scenario design. Participants engaged in interactive lectures, live demonstrations, and hands-on simulation sessions, gaining practical experience in delivering and assessing clinical simulation training. The day concluded with reflection and feedback, equipping educators with valuable skills to enhance experiential learning in clinical settings.



Pre-congress Workshop- Annual Academic Sessions

Pre Congress Workshop -3

The Pre-Conference Workshop 3 – Mastering Sepsis was held on 9th September 2025 from 8.00 a.m. to 1.30 p.m. at the Neurotrauma Auditorium, National Hospital of Sri Lanka, in support of World Sepsis Day. The interactive workshop focused on the latest updates in sepsis recognition, management, and antimicrobial stewardship. Expert speakers, including Dr Nilanka Perera, Dr Mahen Kothalawala, and a panel of intensivists, shared insights on early intervention, antibiotic selection, and organ support strategies. The event also featured the launch of the Antimicrobial Resistance Educational Package and case-based discussions on rational antibiotic use. The session concluded with reflections and closing remarks, emphasizing the importance of timely, evidence-based sepsis care.



Pre Congress Workshop -4

The Pre-Conference Workshop 4 on Artificial Intelligence was held on 10th September 2025 at the IWC Room, 1st Floor, ClinMARC, bringing together experts and clinicians to explore the growing role of AI in modern medicine. The session began with an introduction to AI by Vidya Jyothi Professor Prasad Katulanda, followed by Dr Padmini Ranasinghe from Johns Hopkins School of Medicine, who discussed the evolving global landscape of AI in healthcare. After a brief tea break, Dr Lalantha Leelaratne from Imperial College London shared insights on the application of AI in diabetes care, while Dr M.T.D. Lakshan concluded the workshop with an engaging session on how AI can enhance professional practice. The workshop offered participants a forward-looking perspective on integrating AI into clinical decision-making and daily medical practice.



Pre-congress Workshop- Annual Academic Sessions

Pre Congress Workshop -5

The Pre-Conference Workshop – 5: Nurses programme, organized in collaboration with the ET&R Unit, Ministry of Health, Sri Lanka, was held on 10th September 2025 from 8.00 a.m. to 1.00 p.m. at the Neurotrauma Auditorium, National Hospital of Sri Lanka. The programme featured addresses by Vidya Jyothi Professor Prasad Katulanda, Dr K. D. P. Wijesinghe, and Mrs M. B. C. Samanmali, and covered key sessions on Diabetic Care, Rehabilitation and Palliative Care, Care of Frail Older People, and Safety and Quality in Health Care. Renowned experts including Professor Rezni Cassim, Dr Dimuthu Muthukuda, Professor Andrew Elder, and Professor Sudath Warnakulasooriya shared their insights. The event concluded with a vote of thanks by Ms. Deepani Karunaratne, Chief Nursing Officer,

Pre Congress Workshop -6

The Pre-Conference Workshop – 6: Medical Leadership Workshop, held on 10th September 2025 from 9.15 a.m. to 2.30 p.m. at the ClinMARC, National Hospital of Sri Lanka, was conducted in collaboration with the Royal College of Physicians, London. The event featured interactive sessions on leadership styles, decision-making, compassionate leadership, and team building, led by distinguished speakers including Professor Mumtaz Patel, Professor Arosha Dissanayake, and Professor P. L. Ariyananda. Organized by the Medical Leadership Forum of the Ceylon College of Physicians, the workshop encouraged scenario-based discussions to strengthen leadership skills among medical professionals and concluded with remarks by Dr Dinushka Jayaweerabandara.



Pre-congress Workshop- Annual Academic Sessions

Networking Meeting on Pulmonology

The Networking Meeting on Pulmonology – Way Forward in Pulmonology in Sri Lanka was held on 11th September, chaired by Dr Amitha Fernando and Dr Kirthi Gunasekera.

The symposium brought together leading experts to discuss the future of pulmonology in Sri Lanka. Dr S. Rishikesavan, President of the Sri Lanka College of Pulmonologists, opened the meeting with a welcome address. Professor Dushantha Madegedara presented on research in pulmonology in Sri Lanka, highlighting key developments and challenges. Dr Samanmalie Dalpathadu outlined a five-year strategic plan for obstructive airway diseases, emphasising coordinated national efforts and multidisciplinary care. Dr Amila Rathnapala explored the Sri Lankan ILD landscape, stressing the need for collaboration and improved diagnostic capacity.

Following the presentations, a panel discussion fostered a dynamic exchange of ideas on practical implementation. Key topics included standardising treatment protocols across the island, leveraging telemedicine to reach rural communities, and strategies for enhancing specialized training for healthcare professionals in the respiratory field. The meeting concluded with insightful discussions and a strong commitment to advancing respiratory medicine through research,

strategic planning, and international partnerships.

Networking Meeting on Geriatrics

Networking Meeting on Geriatric Medicine – Way Forward in Geriatrics in Sri Lanka was held on the 11th September 2025 chaired by Dr Lalith Wijeratne & Dr Barana Millawithana. The meeting brought together leading professionals to discuss the advancement of elderly care in Sri Lanka. Dr Chamila Dalpatadu, President of the Sri Lanka Association of Geriatric Medicine, opened the session by emphasising the need for structured geriatric services.

Presentations included the evolution of geriatric medicine by Dr Dilhar Samaraweera, research needs by Professor Sarath Lekamwasam, and adapting international care models by Dr Anton B. Peiris. A concluding panel discussion, moderated by Dr Dalpatadu, explored key gaps and collaborative opportunities, reinforcing a collective commitment to strengthening geriatric care in Sri Lanka.

Networking Meeting on Endocrinology : Way Forward in Diabetes in Sri Lanka

Networking Meeting on Endocrinology –
Way Forward in Diabetes in Sri Lanka

Date: 12th September 2025

Venue: Boardroom, Level 08, Cinnamon
Life – City of Dreams, Colombo, Sri Lanka

Chairpersons: Dr Sajith Siyambalapitiya &
Dr Aravinthan Mahalingam

Panellists: Dr Udul Hewage, Dr Manodhi
Saranapala, Dr Dimuthu Muthukuda & Dr
Manilka Sumanatilleke

The Networking Meeting on Endocrinology titled “Way Forward in Diabetes in Sri Lanka” was held on 12th September 2025, bringing together leading endocrinologists and healthcare professionals to discuss the current challenges, research priorities, and future directions in diabetes care across the country.

The session began with a welcome and introduction by Dr Muditha Weerakkody, President of the Sri Lanka College of Endocrinologists, who emphasised the growing burden of diabetes and the urgent need for a unified national response.

Dr Uditha Bulugahapitiya, Consultant Endocrinologist at the National Hospital of Sri Lanka, discussed “The Challenge of Diabetes in Sri Lanka”, outlining the rising prevalence, gaps in prevention strategies, and the importance of early detection and patient education.

Following this, Dr Charles Antonypillai, Consultant Endocrinologist at the National Hospital, Kandy, presented on “Research Needs in Diabetes,” highlighting areas such as epidemiology, lifestyle interventions, and treatment outcomes that require focused local studies.

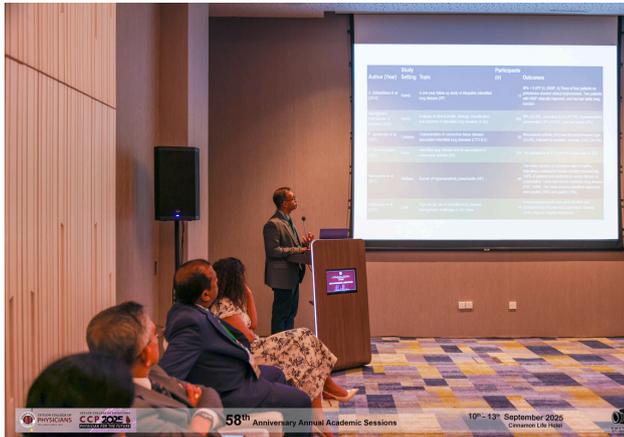
Dr Chandima Idampitiya, Consultant Endocrinologist and Clinical Lead at North Cumbria Integrated Care NHS Foundation Trust, UK, delivered an insightful presentation on “How International Models Can Be Adopted to Improve Care,” sharing best practices from global diabetes management systems that are adaptable to Sri Lanka’s healthcare context.

The meeting concluded with a panel discussion featuring Dr Udul Hewage, Dr Manodhi Saranapala, Dr Dimuthu Muthukuda, and Dr Manilka Sumanatilleke, where experts explored key gaps, opportunities for collaboration, and strategies for improving diabetes prevention and management in the country.

The session reaffirmed the commitment of Sri Lankan endocrinologists to advancing diabetes care through evidence-based research, policy development, and international collaboration.



NETWORKING MEETING



Networking Meeting

Symposium 1: Neurology

The Neurology Symposium featured leading experts discussing key developments in neurological care relevant to internists. The session was chaired by Dr Ajantha Keshavaraj, President of the Association of Sri Lankan Neurologists, and Dr Padma S. Gunaratne, with Dr Kishara Goonaratne, Dr Ranjani Gamage, and Dr Senaka Bandusena serving as panelists.

Prof. Thashi Chang from the University of Colombo presented on "Neuromuscular Crises for the Internist: Core Concepts and Clinical Action," highlighting early recognition and multidisciplinary management. Prof. John Woller from Johns Hopkins School of Medicine, USA, spoke on "Acute Stroke – The Role of the Internist," emphasizing timely diagnosis, stabilization, and prevention strategies. Dr Janaka Waidyasekara from National Hospital Galle discussed "Brain Health – WHO IGAP: The Way Forward," outlining global strategies and the need for national initiatives to promote brain health.

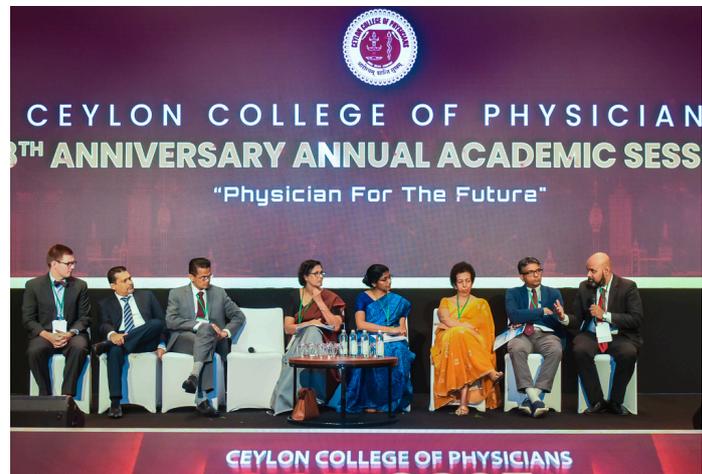
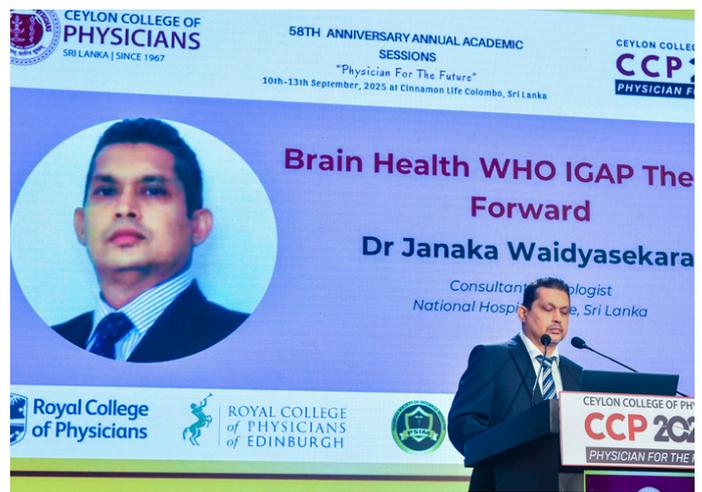
The symposium concluded with an engaging discussion led by the chairpersons and panelists, focusing on practical approaches to integrate neurological care into everyday clinical practice.

Symposium 2: Pulmonology

The Pulmonology Symposium brought together national and international experts to discuss advances in respiratory medicine and management strategies for complex pulmonary conditions. The session was chaired by Dr S. Rishikesavan, President of the Sri Lanka College of Pulmonologists, and Dr Chandimani Undugodage, with Dr Harshana Bandara, Dr Anoma Siribaddana, Dr Amitha Fernando, and Dr Kirthi Gunasekera serving as panelists.

Prof. Anoop Chauhan from Portsmouth Hospitals NHS Trust, UK, delivered a presentation on "Eosinophilic Airways Disorders," highlighting updated diagnostic approaches and targeted therapies for these inflammatory airway conditions. Prof. Ling Pei Ho from the University of Oxford, UK, discussed "Managing Pulmonary Sarcoidosis," emphasizing immunological mechanisms and personalized treatment strategies. Dr Eshanth Perera, Consultant Respiratory Physician at the National Hospital for Respiratory Diseases, Welisara, Sri Lanka, presented on "Targeting the Unseen: Optimizing Latent TB Management in Immunocompromised Populations," addressing the challenges and strategies for effective TB control in high-risk patients.

The symposium concluded with an interactive panel discussion, led by the chairpersons and panelists, focusing on practical approaches to integrate these advancements into routine clinical practice for improved patient outcomes.



Symposium 1: Neurology



Symposium 2: Pulmonology

Symposium 3: Geriatrics

The Geriatrics Symposium focused on critical aspects of elderly care, with sessions addressing co-morbidities, frailty, and medication management in older adults. The symposium was chaired by Dr Chamila Dalpatadu, President of the Sri Lanka Association of Geriatric Medicine, Prof. Andrew Elder, President of the Royal College of Physicians, Edinburgh, and Dr Lasantha Ganewatta, with Dr Dilhar Samaraweera, Dr Barana Millawithana, Dr Buddhika Peiris, and Dr Saumya Darshani serving as panelists.

Prof. Susan Kurrle from the University of Sydney, Australia, presented on "Physical Co-morbidities in Dementia," emphasizing the management of complex medical conditions in older adults with cognitive impairment. Prof. Arunansu Talukdar from Medical College Hospital, Kolkata, India, discussed "De-prescribing in the Elderly," highlighting strategies to reduce polypharmacy and improve patient safety. Dr Latana Munang from NHS Lothian, UK, addressed "Frailty," focusing on early identification, intervention, and innovative care models such as Hospital at Home programmes.

The symposium concluded with an engaging panel discussion led by the chairpersons and panelists, exploring practical approaches to optimize geriatric care in Sri Lanka.

Symposium 4: South Asian Clinical Toxicology Research Collaboration (SACTRC)

The SACTRC Symposium showcased advancements in clinical toxicology and the importance of international collaboration. Chaired by Prof. Indika Gawarammana and Prof. Shaluka Jayamanne, the session featured leading experts from Sri Lanka, Australia, and the UK.

Prof. Andrew Dawson highlighted the benefits of South-North collaboration in toxicology research and care. Prof. Michael Eddleston shared global lessons from Sri Lanka's pesticide regulations, while Prof. Nick Buckley explored factors behind the decline in fatalities from non-banned pesticide poisoning. Prof. Anjana Silva discussed diagnosis of snake envenoming, focusing on timely and accurate management, and Dr Melissa Pearson presented community-based suicide interventions to prevent self-harm.

The symposium concluded with a panel discussion led by the chairpersons, emphasizing collaborative strategies to improve research, clinical management, and preventive toxicology measures across South Asia.



Symposium 3: Geriatrics



Symposium 4: South Asian Clinical Toxicology Research Collaboration (SACTRC)

Symposium 5: Rheumatology

The Rheumatology Symposium focused on contemporary management of musculoskeletal disorders and rheumatologic conditions. The session was chaired by Dr Sujeevani Kurukulasuriya, President of the College of Specialists in Rheumatology & Rehabilitation, Sri Lanka, and Dr Monika De Silva, with Dr Chiranthi Liyanage, Dr Chathurika Dandeniya, and Dr Sonali Gunathilake serving as panelists.

Prof. Ian Cameron from the University of Sydney, Australia, presented "Hip Fractures – What the Physician Should Know," highlighting lessons from clinical guidelines and registry data. Dr Chamila Dabare, Consultant Rheumatologist from Melbourne, Australia, discussed "Osteoarthritis – An Update Beyond Pain," focusing on comprehensive management strategies. Prof. Inoshi Atukorale, Consultant Rheumatologist and Senior Lecturer at the University of Colombo, addressed "Rheumatoid Arthritis – Current and Emerging Therapies," reviewing both established and novel treatment approaches.

The symposium concluded with a panel discussion, where chairpersons and panelists explored practical strategies to optimize patient care in rheumatology.

Symposium 6: Medical Technology

The Medical Technology Symposium explored innovations shaping modern clinical practice. The session was chaired by Prof. Thushara Matthias and Dr Sandeepana Gamage, with Dr M. T. D. Lakshan, Dr Navoda Atapattu, Dr Ushani Wariyapperuma, and Dr Dujeepa Samarasekara serving as panelists.

Dr Lalantha Leelarathne from Imperial College London, UK, presented "Changing Lives: Transforming Diabetes Care Through Technology," highlighting digital tools improving diabetes management. Dr Padmini Ranasinghe from the USA discussed "AI in Clinical Practice – An Overview & Insights," focusing on practical applications of artificial intelligence in healthcare. Dr Nadarajah Kangaharan from Darwin Private Hospital, Australia, addressed "Telemedicine in Cardiology," emphasizing remote patient monitoring and virtual care models in cardiovascular medicine.

The symposium concluded with a panel discussion, led by the chairpersons and panelists, on integrating technology effectively to enhance patient outcomes and clinical efficiency.





Symposium 5: Rheumatology

Symposium 7: Rehabilitation Medicine

The Rehabilitation Medicine Symposium focused on strategies to improve functional recovery and quality of life for patients with chronic conditions. The session was chaired by Dr Bimsara Senanayake and Dr Gunendrika Kasthurirathne, with Dr Chamara Jayatunga, Prof. Ian Cameron, and Dr Dinushi Dikkowita serving as panelists.

Dr Charitha Perera from Flinders Medical Centre, Australia, presented "Managing Chronic Back Pain – A Rehabilitation Medicine Approach," emphasizing multidisciplinary strategies for pain management. Dr Duminda Munidasa from Ragama, Sri Lanka, discussed "Rehabilitation Medicine for Future Physicians: Lessons from the Past," highlighting the importance of integrating rehabilitation principles into medical training. Dr Sivakumar Gulasingam from Toronto, Canada, addressed "Promoting Physical Activity in Individuals with Physical Impairments," focusing on tailored exercise programmes and functional rehabilitation.

The symposium concluded with an interactive panel discussion, where chairpersons and panelists explored practical approaches to optimize rehabilitation care in diverse clinical settings.

Symposium 8: Pharmacogenomics in Clinical Practice

The Pharmacogenomics Symposium highlighted the role of genetic variability in drug response and its potential to improve personalized medicine in Sri Lanka. Chaired by Prof. Chandanie Wanigatunge and Prof. Priyadarshani Galappathy, with Prof. Jennifer Martin, Dr Dineshani Hettiarachchi, and Dr Vindya Subasinghe as panelists, the session focused on translating pharmacogenomic research into clinical practice.

Prof. Vajira Dissanayake discussed pharmacodynamic diversity in the Sri Lankan population, emphasizing the need for implementing pharmacogenomics locally. Prof. Priyanga Ranasinghe reviewed current evidence, opportunities, and challenges in Sri Lanka, while Dr Vinod Scaria shared lessons from global implementation of pharmacogenomics in clinical settings.

The symposium concluded with a panel discussion, exploring strategies to integrate pharmacogenomics into routine healthcare to optimize patient outcomes.



Low Back Pain in Australia

A COMMON ISSUE

1 in 6 people have back problems including low back pain

BACK PROBLEMS ARE THE 2nd most common reason people go to their GP and one of the top 5 reasons people present to ED

DISABILITY BURDEN

LOW BACK PAIN is the most common health problem in Australia

LOW BACK PAIN COSTS the healthcare system **\$4.8 billion** annually

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Symposium 7: Rehabilitation Medicine



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Symposium 8: Pharmacogenomics in Clinical Practice

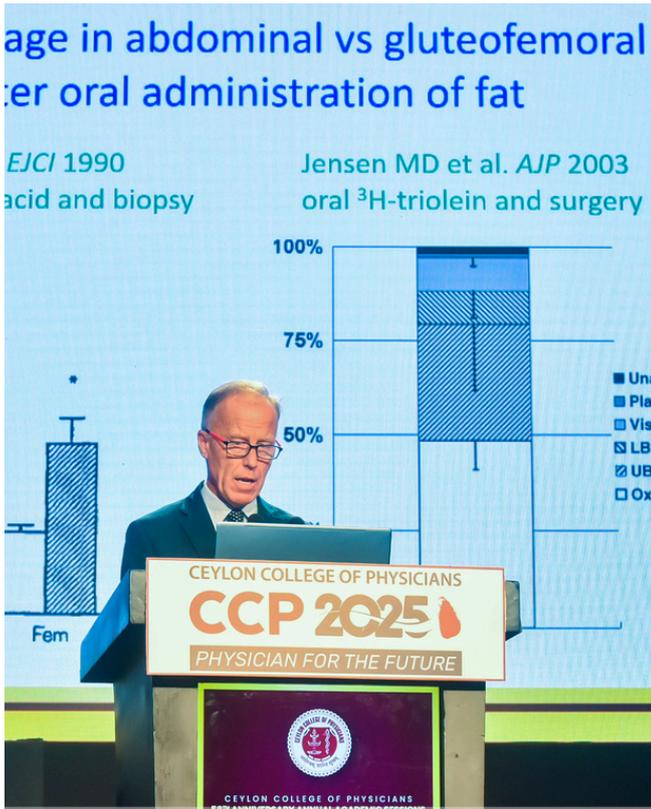
Symposium 9: Obesity

The Obesity Symposium focused on advances in metabolic medicine and obesity management. Chaired by Dr Darshani Karuppiah and Prof. Ranil Jayawardena, with Prof. Thejana Wijeratne, Dr Jayani Thennakoon Jayaweera, and Dr Dulani Kottahachchi as panelists, the session addressed current strategies for prevention and treatment.

Prof. Fredrik Karpe from Oxford, UK, discussed targeting fat storage in adipose tissue, while Dr Nitin Kapoor from India reviewed the evolving landscape of pharmacotherapies for obesity. Dr Dilendra Weerasinghe from the USA presented on optimizing outcomes of metabolic and bariatric surgery, emphasizing patient selection and timing. The symposium concluded with a panel discussion exploring practical approaches to enhance obesity care and patient outcomes.

Symposium 10: Advances in Critical Care Medicine

Symposium 10, chaired by Dr Lilanthi Subasinghe and Dr Waruni Samaranayake, brought together leading experts in critical care to discuss current challenges and innovations. Prof. Eddy Fan (Canada) reviewed the latest evidence and future directions in managing ARDS, while Dr Dilshan Priyankara (Sri Lanka) provided guidance on the timing of renal replacement therapy in acute kidney injury. Dr Darshana Hewa Kandamby (Hong Kong) explored strategies to overcome operational and clinical roadblocks in intensive care. The panel, including Drs. Dilushi Wijayarathne, Anushka Mudalige, Rasanee Wanigasuriya, and Riaz Mowjood, offered practical insights bridging global expertise with local practice, making the session a comprehensive update for all critical care professionals.



Symposium 9: Obesity



Symposium 10: Advances in Critical Care Medicine

Symposium 11: Hepatology – MASLD

Chaired by Prof. Madunil Niriella and Dr Sanjeewa Aryasinghe, Symposium 11 brought together hepatology experts to discuss recent advances in the diagnosis and management of MASLD. Panelists Dr Hasitha Wijewantha, Dr Mathis Heydtmann, and Dr Tharanga Liyanarachchi shared their insights on current challenges and best practices.

Dr Eranga Thalagala (Sri Lanka) provided an update on Diagnosing and Staging of MASLD, while Dr Uditha Dassanayake (Sri Lanka) highlighted the importance of multidisciplinary management and the role of GPs and generalists in patient care. Prof. Tinsay Woreta (USA) discussed MASLD-related cirrhosis, focusing on special considerations in management and advanced care.

The symposium offered a comprehensive overview of MASLD, bridging international expertise with local clinical practice to enhance patient outcomes in hepatology.

Symposium 12: Advances in Immunology

Chaired by Prof. Neelika Malavige and Dr Dhanushka Dasanayake, Symposium 12 convened leading immunology experts to discuss cutting-edge developments in clinical and translational immunology. Panelists Prof. Shiroma Handunnetti, Dr Mario Alles, and Dr Praveen Weeratunga contributed to a lively discussion on emerging trends and best practices.

Dr Siraj Misbah (UK) addressed Managing Immunoglobulin Demand and Ensuring Evidence-Based Use, emphasizing the importance of peer review in clinical decision-making. Prof. Suranjith Seneviratne (UK) provided updates on Autoinflammatory and Mast Cell Disorders, while Prof. Maheshi Ramasamy (UK) explored innovations in Vaccines for the Future and their role in global health.

The symposium highlighted international expertise and evidence-based strategies, offering participants practical insights to advance patient care in immunology.



Symposium 11: Hepatology – MASLD



Symposium 12: Advances in Immunology

Symposium 13: Internal Medicine and Palliative Care

Chaired by Dr Krishantha Jayasekara, Dr Kumudini Jayasinghe, and Prof. Dinithi Fernando, Symposium 13 brought together experts in internal medicine and palliative care to explore contemporary challenges and advancements in patient management. Panelists Dr Suranga Manilgama, Dr Sithira Seneviratne, and Dr Shamitha Dassanayake contributed to discussions spanning clinical and ethical perspectives.

Dr Patrick Russell (Australia) addressed the Place of Postmortem in Current-day Medicine, highlighting its continuing relevance in clinical practice. Dr Manodhi Saranapala (Australia) presented on Hypoglycaemia, providing key insights into diagnosis and management. Dr Udayangani Ramadasa (Sri Lanka) discussed Integrating Palliative Care in Chronic Illness Management, emphasizing a paradigm shift toward holistic care in internal medicine.

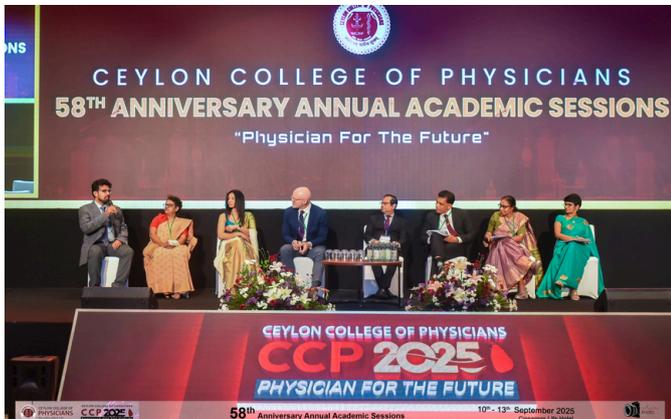
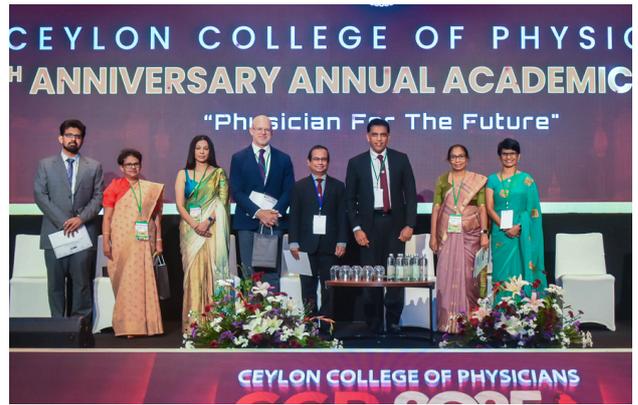
The symposium offered a comprehensive update, blending international expertise with local practice to enhance patient-centered care in both internal medicine and palliative care.

Symposium 14: Advances in Endocrinology

Chaired by Dr Muditha Weerakkody and Dr Uditha Bulugahapitiya, Symposium 14 brought together leading endocrinologists to discuss current challenges and innovations in endocrine care. Panelists Dr Dimuthu Muthukuda, Dr Niranjala Meegoda Widanage, and Dr Sachith Abeyrathne contributed to discussions on practical approaches and emerging trends in the field.

Dr Mona Gossmann (USA) explored Endocrine Issues in the Elderly, offering insights into age-specific management strategies. Dr Ricardo Correa (USA) presented on the Spectrum of Hypercortisolism, from autonomous hypercortisolism to overt Cushing's syndrome. Dr Udul Hewage (Australia) discussed the Approach to Polyuria, providing practical guidance for clinicians managing complex endocrine cases.

The symposium offered a comprehensive overview of contemporary endocrine practice, blending international expertise with locally relevant insights to enhance patient care.



Symposium 13: Internal Medicine and Palliative Care



Symposium 14: Advances in Endocrinology

Symposium 15: Snippets in Haematology, Ophthalmology, and Dermatology

Chaired by Dr Nayani Madarasinghe, Dr Asanka Ratnayake, and Dr Nandana Dikmadugoda, Symposium 15 brought together experts across multiple specialities to highlight the intersection of dermatology, ophthalmology, and haematology in clinical practice. Panelists Dr K. Salvin, Dr Nipunika Senadeera, and Dr Chalukya Gunasekara contributed to lively discussions and shared practical insights.

Dr Indira Kahawita (Sri Lanka) presented Looking Through Skin for the Medical Diagnosis, emphasising how dermatological signs can reveal systemic conditions. Dr Nishantha Wijesinghe (Australia) explored Ocular Clues of Systemic Diseases, underscoring the diagnostic value of careful eye examination. Prof. Lallindra Gooneratne (Sri Lanka) provided a Practical Guide to Coagulation Disorders, offering guidance for clinicians managing complex haematological conditions.

The symposium provided a multidisciplinary update, blending international and local expertise to enhance diagnostic accuracy and patient care across specialties

Symposium 16: Quality Assurance in Healthcare Delivery

Chaired by Dr Pradeep Kumarasinghe De Silva and Dr S. Sridharan, Symposium 16 focused on advancing quality and safety in healthcare through evidence-based practices and system-level strategies. Panelists Dr Gaya Katulanda, Dr Vindya Kumarapeli, and Prof. Chathurie Suraweera contributed insights on improving patient outcomes and engaging healthcare teams.

Prof. Christine Soong (Canada) presented on Physician Engagement in Quality Improvement, highlighting strategies to foster clinician participation in safety initiatives. Dr Padmini Ranasinghe (USA) discussed High-Reliability Unit Care, sharing best practices from hospitalist education and safety programmes. Dr Upuli Wijemanne (Sri Lanka) provided a perspective on Quality & Safe Healthcare Delivery based on the Ministry of Health's national experience.

The symposium offered a comprehensive update on quality assurance, blending international expertise with local initiatives to promote safer, more effective healthcare delivery



Symposium 15: Snippets in Haematology, Ophthalmology, and Dermatology



Symposium 16: Quality Assurance in Healthcare Delivery

Symposium 17: Endocrinology – Diabetes Mellitus

Chaired by Dr Chandrika Subasinghe and Dr Dimuthu Muthukuda, Symposium 17 brought together experts to discuss the latest developments in diabetes care. Panelists Dr Yapa Udaya Kumara, Dr Harsha Sathischandra, and Dr Chandima Idampitiya contributed to discussions on precision medicine, evolving therapies, and inpatient management strategies.

Dr Mona Gossmann (USA) explored Diagnosing Diabetes – Implications on Precision Medicine, highlighting the importance of tailored diagnostic approaches. Dr Manilka Sumanathileke (Sri Lanka) addressed whether Rapidly Evolving Therapies Will Replace Traditional Approaches in Diabetes, offering insights into integrating new treatments into practice. Dr Omar Mustafa (UK) presented on Inpatient Management of Diabetes, providing practical guidance for optimizing care in hospital settings.

The symposium offered a comprehensive update, combining international expertise with local experience to enhance diabetes management and patient outcomes

Symposium 18: Advances in Infectious Diseases

Chaired by Dr Wimalasiri Uluwattage and Dr Ananda Wijewickrama, Symposium 18 brought together international and local experts to address critical challenges in infectious diseases.

Dr Somia Iqtadar (Pakistan) discussed Antimicrobial Resistance in Asia – Challenges and the Way Forward, highlighting regional strategies to combat this growing threat. Prof. Brian Angus (UK) presented on Infection in the Immunocompromised – Diagnosis and Management, with Dr Chanaka Abeyratne as presenter and Dr Lakmal Fonseka moderating the session.

Case-based discussions were led by Prof. George Alangaden (USA) and Dr Chula Herath (Sri Lanka), focusing on complex infections in immunocompromised patients and practical approaches to improve outcomes. The symposium combined global expertise with local experience, offering participants actionable insights into modern infectious disease management



Symposium 17: Endocrinology – Diabetes Mellitus



Symposium 18: Advances in Infectious Diseases

Symposium 19: Advances in Nephrology

Chaired by Prof. Rezvi Sheriff and Prof. Kamani Wanigasuriya, Symposium 19 brought together leading nephrologists to discuss recent advances in kidney disease management. Panelists Dr Udana Ratnapala, Dr Anura Hewageegana, Dr Nishantha Nanayakkara, and Dr Dilukshi Pilapitiya contributed to in-depth discussions on clinical challenges and best practices.

Prof. Mumtaz Patel (UK) presented Vasculitis and the Kidney – An Overview, highlighting diagnostic and therapeutic strategies. Dr Ravi Rajakariar (UK) discussed Management of Lupus Nephritis in 2025, offering insights into evolving treatment approaches. Prof. Andrew Davenport (UK) addressed Hepatorenal Syndrome, focusing on critical care considerations and dialysis strategies.

The symposium provided a comprehensive update, combining international expertise with local clinical experience to enhance patient care in nephrology.

Symposium 20: Endocrinology - Adrenal and Thyroid

Chaired by Prof. Bawantha Gamage and Dr Shalika Ariyawansa, Symposium 20 explored contemporary advances in adrenal and thyroid disorders. Panelists Prof. Sanjeewa Seneviratne and Dr Maheshi Amarawardhana contributed to discussions on emerging diagnostic and therapeutic strategies.

Dr Ricardo Correa (USA) addressed the Challenge of Primary Hyperaldosteronism, highlighting modern approaches to diagnosis and management. Prof. Senarath Edirimanne (Australia) discussed the Changing Paradigm of Surgical Management of Well-Differentiated Thyroid Cancer, emphasizing evolving surgical techniques. Dr Noel Somasundaram (Sri Lanka) provided an Update on Thyrotoxicosis, focusing on practical clinical management in local settings.

The symposium offered a comprehensive overview, integrating international expertise with local experience to enhance endocrine care.



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Symposium 19: Advances in Nephrology



Symposium 20: Endocrinology Adrenal and Thyroid

Symposium 21: Tackling the Burden of NCDs in Sri Lanka

Chaired by Dr Vindya Kumarapeli and Prof. Pujitha Wickramasinghe, Symposium 21 focused on addressing the growing challenge of non-communicable diseases (NCDs) in Sri Lanka. Panelists Dr Upeka Samarawickrama, Dr Farrukh Qureshi, Prof. Upul Senerath, and Dr Palitha Karunaprema contributed insights on strategies to reduce risk factors and improve population health.

Dr Angela De Silva (WHO) presented the WHO Strategy for NCDs, outlining regional initiatives for prevention and control. Prof. Anuradhani Kasturiratne (Sri Lanka) discussed the Burden of NCDs and Risk Factors in Sri Lanka, providing data-driven insights into the national situation. Dr Samiddhi Samarakoon (Sri Lanka) highlighted The Strategies of the Ministry of Health, emphasizing how physicians can play a crucial role in supporting national NCD programmes.

The symposium provided a comprehensive overview of evidence-based strategies and collaborative approaches to combat NCDs, blending global guidance with local expertise

Symposium 22: Cardiology – Contemporary Approaches to Coronary Syndrome and Heart Failure

Chaired by Dr Gotabhaya Ranasinghe and Dr Naomali Amarasena, Symposium 22 focused on modern strategies in managing coronary syndromes and heart failure. Panelists Dr Bhatiya Ranasinghe, Dr Tanya Pereira, Dr Disna Amaratunga, and Dr M. R. Mubarak contributed to discussions on evidence-based clinical approaches.

Prof. Rohan Jayasinghe (Australia) presented on Acute Coronary Syndrome: Integrating New Guidelines into Clinical Practice, providing practical guidance for frontline clinicians. Dr Paul Toon Lim Chiam (Singapore) discussed Heart Failure Management: Embracing Guideline-Directed Medical Therapy, emphasizing best practices in patient care. Prof. Derek Connolly (UK) highlighted Chronic Coronary Syndrome: Navigating Long-Term Management Strategies, offering insights into sustained care and risk reduction.

The symposium provided a comprehensive update on contemporary cardiology, combining international expertise with local perspectives to optimize patient outcomes in coronary and heart failure management.



Symposium 21: Tackling the Burden of NCDs in Sri Lanka



Symposium 22: Cardiology – Contemporary Approaches to Coronary Syndrome and Heart Failure

Symposium 23: Innovations in Medical Education

Chaired by Prof. Gominda Ponnampereuma, Prof. Indika Karunathilake, and Prof. Vajira Dissanayake, Symposium 23 brought together educators to discuss contemporary strategies in medical teaching and assessment. Panelists Prof. Saroj Jayasinghe, Prof. Madhawa Chandrathilake, Prof. Basil Marasinghe, and Dr Ashwini de Abrew contributed to discussions on best practices and future directions in medical education.

Prof. Brian Angus (UK) presented on Undergraduate Assessment, highlighting modern approaches to evaluating medical students. Prof. John Woller (USA) focused on Clinical Reasoning and Bedside Teaching, emphasizing practical strategies to enhance learning in clinical settings. Dr Dujeeva Samarasekera (Singapore) discussed Shaping the Future Physician – Humanism, AI, and the Art of Clinical Wisdom, exploring how technology and humanistic care can coexist in training future doctors

Symposium 24: EFIM & CCP Joint Symposium for Young Internists

Chaired by Dr Chanaka Abeyratne and Dr Prabhashini Kumarihamy, Symposium 24 focused on mentoring and professional development for early-career internists. Panelists Dr Vihangi Fernando, Dr Solith Senanayake, and Dr Rakitha Higgoda engaged in discussions on career opportunities, challenges, and innovations in internal medicine.

Prof. George Dalekos (Greece) highlighted Opportunities for Young Internists with EFIM, sharing insights on international networking and professional growth. Dr Miguel Romano (Portugal) addressed Navigating a Career in Internal Medicine Without Burnout, providing strategies for maintaining work-life balance. Dr Dumitha Govindapala (Sri Lanka) discussed Challenges and Opportunities for the Next Generation of Internists in Sri Lanka, focusing on local professional pathways. Dr Keshini Samarasekera (UK) presented on Integrating Overseas Training and Artificial Intelligence into Clinical Practice, emphasizing how emerging technologies can enhance the skills and impact of young Sri Lankan internists.

The symposium offered a dynamic platform for learning, mentorship, and global perspectives, inspiring the next generation of internists to excel in clinical practice and leadership.



Symposium 23: Innovations in Medical Education



58th Anniversary Annual Academic Sessions 10th - 13th S



58th Anniversary Annual Academic Sessions 10th - 13th



Symposium 24: EFIM & CCP Joint Symposium for Young Internists



RCP NETWORKING EVENT



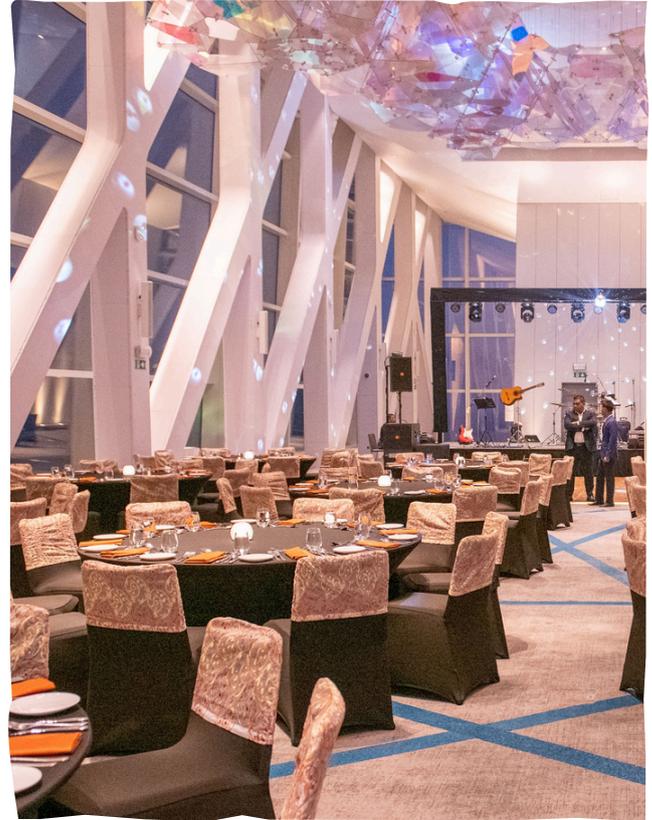
RCP Networking Event



BANQUET



President's Dinner - Annual Academic Sessions



PRESIDENT'S DINNER



President's Dinner - Annual Academic Sessions



58th Anniversary Annual Academic Sessions 10th - 13th S



58th Anniversary Annual Academic Sessions 10th - 13th S

ANNUAL ACADEMIC SESSIONS STALLS



58th Anniversary Annual Academic Sessions 10th - 13th S



58th Anniversary Annual Academic Sessions 10th - 13th September 2025 Connaught Life Hotel



Stalls- Annual Academic Sessions

SPECIALITY UPDATE

The Ceylon College of Physicians, together with the Sri Lanka Society of Gastroenterology, successfully conducted its Speciality Update on Gastroenterology on October 14, 2025, at ClinMARC, National Hospital Sri Lanka.

The programme featured two focused symposia on Chronic Diarrhoea and Chronic Pancreatitis. Participants received valuable clinical insights on topics such as the evaluation of chronic diarrhoea, management of Crohn's disease, nutritional rehabilitation challenges, and uncommon presentations of chronic pancreatitis. Each session was delivered by leading consultant gastroenterologists, followed by engaging discussions that enriched the learning experience.



Speciality Update



[To view the lecture visit](#)



YOUNG PHYSICIANS' FORUM

The young physicians' forum for the months of July, August & September and October was held on the 15th of July, 19th of August, 16th of September and 21st, October, respectively.

The two speakers for the month of July were Dr V. D. Bandara Wijekoon, Senior Registrar in Internal Medicine, National Hospital Kandy and Dr K. V. Parami Munasinghe, Senior Registrar in Respiratory Medicine, National Hospital for Respiratory Diseases, Welisara



What Are Missing in Our Management of Heart Failure

Dr V. D. Bandara Wijekoon

Senior Registrar in Internal Medicine
National Hospital Kandy



Pulmonary Hypertension: A Journey Through Its Roots to Revolutionary Treatments

Dr K. V. Parami Munasinghe

Senior Registrar in Respiratory Medicine
National Hospital for Respiratory Diseases
Welisara

The two speakers for August Young Physicians' Forum were Dr Lumal Soysa, Senior Registrar in Internal Medicine National Hospital Sri Lanka and Dr L. A. M. K. Wimalarathne, Postgraduate trainee in Clinical Pharmacology and Therapeutics, University of Sri Jayewardenepura.



The Triple Threat: Understanding and Managing Cardio-Kidney Metabolic Syndrome

Dr Lumal Soysa

Senior Registrar in Internal Medicine
National Hospital Sri Lanka

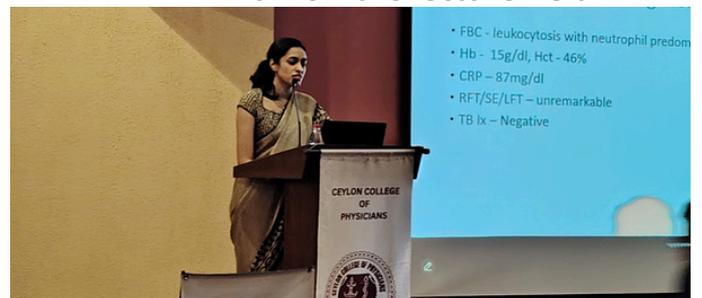


Pharmacogenomics in everyday practice, Hype or Hope?

Dr L. A. M. K. Wimalarathne

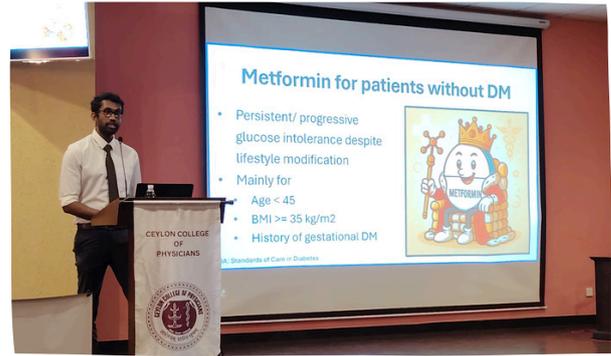
Postgraduate trainee in Clinical Pharmacology and Therapeutics
University of Sri Jayewardenepura.

To view the lecture visit



Young Physicians' Forum

The two speakers for the September Young Physicians' Forum were Dr Sajini Nimeshika Herath, Senior Registrar in Internal Medicine, Teaching Hospital Peradeniya and Dr Leonard Wanninayake, Senior Registrar in Cardiology, Cardiology Unit, National Hospital of Sri Lanka.



Young Physicians' Forum



Not Just Another Viral Fever: Spotting the Unusual in Chikungunya

Dr Sajini Nimeshika Herath

Senior Registrar in Internal Medicine
Teaching Hospital Peradeniya



Myocarditis : An update and what can we do better ?

Dr Leonard Wanninayake

Senior Registrar in Cardiology
Cardiology Unit
National Hospital of Sri Lanka



The two speakers for the October Young Physicians' Forum were Dr Kasun Tharaka Samarakoon, Senior Registrar in General Medicine National Hospital Sri Lanka and Dr A. A. I. D. Athurugiriya, Senior Registrar in Endocrinology National Hospital Kandy.



The Enigmatic Itch and Its Multifaced Pathogenesis

Dr Kasun Tharaka Samarakoon

Senior Registrar in General Medicine
National Hospital Sri Lanka

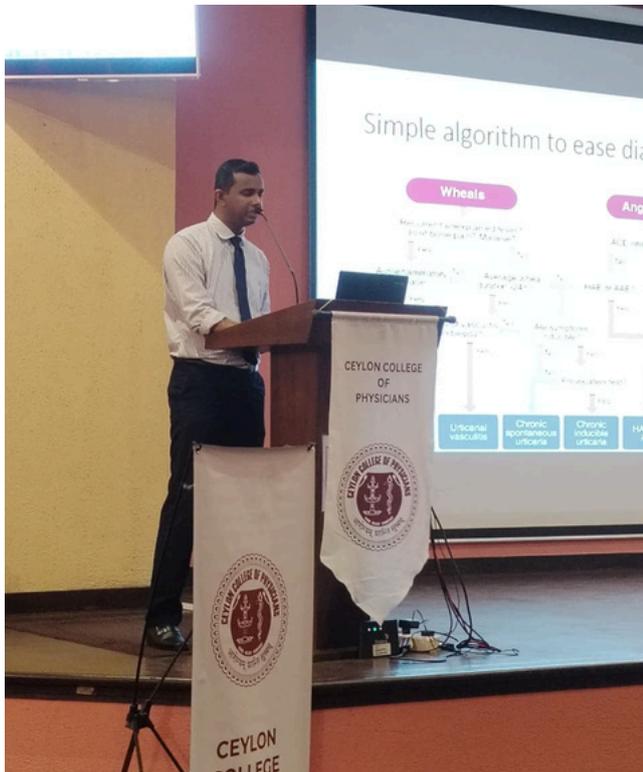


Atypical Diabetes: Moving Beyond Type 1 and Type 2 binary

Dr A. A. I. D. Athurugiriya

Senior Registrar in Endocrinology
National Hospital Kandy

To view the lecture visit 



Young Physicians' Forum

Young Physicians' Forum



COLLEGE LECTURE



As per tradition, the College lecture followed the two YPF presentations. ClinMARC, NHSL – July 15th, August 19th & September 16^t and October 21^s 2025

The lecture titled “Future Directions in Latent TB (LTBI) Management in Sri Lanka: An update on local guidelines” was delivered by Dr Wathsala G. Gunasinghe, Consultant Respiratory Physician, District General Hospital, Negombo in July.

The lecture titled “The Art of Letting Go: The Balance Between Action and Omission at the End of Life” was delivered by Dr Pamuditha Madanayake, Consultant Physician, National Hospital, Galle in September



Future Directions in Latent TB (LTBI) Management in Sri Lanka: An update on local guidelines

Dr Wathsala G. Gunasinghe

Consultant Respiratory Physician
District General Hospital
Negombo



'Less is More' - Safe Deprescribing for Older Adults

Dr Rochana De Silva

Senior Lecturer in Medicine | Consultant Physician
General Sir John Kotelawala Defence University



College Lecture

ADr Rochana De Silva, Senior Lecturer in Medicine & Consultant Physician, General Sir John Kotelawala Defence University delivered the lecture titled, 'Less is More' - Safe Deprescribing for Older Adults as the College lecture in August.

Dr Solith Senanayake, SeConsultant Cardiologist/Senior Lecturer Department of Pharmacology, Faculty of Medical Sciences, University of Sri Jayawardenapura delivered the lecture titled, 'Too Young to Die: The Emerging Epidemic of Premature Cardiovascular Diseases in South Asia' as the College lecture in August.



The Art of Letting Go: The Balance Between Action and Omission at the End of Life

Dr Pamuditha Madanayake

Consultant Physician
National Hospital, Galle



Too Young to Die: The Emerging Epidemic of Premature Cardiovascular Diseases in South Asia

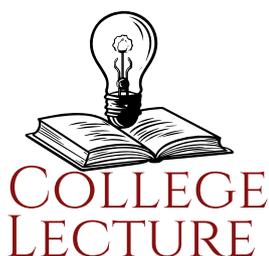
Dr Solith Senanayake

Consultant Cardiologist/Senior Lecturer
Department of Pharmacology, Faculty of
Medical Sciences, University of Sri
Jayawardenapura

[To view the lecture visit](#)



College Lecture





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PUBLIC HEALTH FORUM

பொது சுகாதார மன்றம்

The launch of public health awareness programmes at the regional level took place during the Ceylon College of Physicians' regional meeting in Hambanthota on 29th July 2025. This initiative was a collaborative effort between the Rotary Club of Hambanthota, the Sri Lanka College of Community Physicians, and the Hambanthota Medical Association. The session, moderated by Dr Yapa Udaya Kumara, Consultant Physician at the Base Hospital, Beruwala, covered a range of important health topics, with the several experts sharing their knowledge and insights. This event marked a significant step in raising awareness and promoting public health initiatives, contributing to the overall betterment of regional healthcare in Sri Lanka.



Public Health Forum

REGIONAL MEETING HAMBANTHOTA

**in collaboration with
Hambanthota Medical Association**

On 30th July 2025, the Ceylon College of Physicians, in partnership with the Hambanthota Medical Association, hosted a highly successful Joint Regional Academic Session in Hambanthota. This event brought together prominent medical experts from various subspecialties to share valuable insights and the latest updates in the field of medicine, tailored to the Sri Lankan context. The session featured two parallel programmes, thoughtfully designed to meet the educational needs of both doctors and nursing officers, ensuring a well-rounded and enriching experience for all healthcare professionals in attendance.

In addition to the enriching academic content, the warm hospitality extended by the Hambanthota Medical Association played a pivotal role in the event's success. The association's commitment to creating a welcoming and collaborative atmosphere helped forge strong professional relationships and facilitated the exchange of knowledge and ideas. The event was not only an opportunity for professional development but also a celebration of the spirit of unity among medical professionals, reinforcing the importance of collaboration in advancing healthcare standards. Overall, the Joint Regional Academic Session was an outstanding success, providing invaluable insights and fostering a sense of community among healthcare providers. It highlighted the importance of continuous learning and collaboration in improving the quality of care for patients across Sri Lanka.



Regional Academic Sessions- Hambanthota

REGIONAL ACADEMIC SESSIONS HAMBANTHOTA



Regional Academic Sessions- Hambantota

BEYOND MEDICINE

Beyond Medicine lecture was conducted on the topic: Unlocking the Potential of Brain-Computer Interface – What Sri Lanka Has to Offer

The Ceylon College of Physicians, in collaboration with the District General Hospital Hambantota, presents an inspiring session titled “Beyond Medicine: Unlocking the Potential of Brain-Computer Interface – What Sri Lanka Has to Offer.”

The keynote will be delivered by Eng. Keerthi Kodithuwakku, Chairman and CEO of Jendo Innovations Inc, an award-winning biomedical technopreneur and inventor of the patented Jendo Cardiovascular Device.

This event, scheduled for July 29, 2025 at Shangri-La, Hambantota (7.30 p.m. onwards), explores how cutting-edge technologies like brain-computer interfaces (BCI) are reshaping the future of healthcare – enabling communication, neurorehabilitation, and enhanced human-machine interaction. With Sri Lanka’s growing talent in biomedical engineering and AI, this session aims to highlight the country’s potential contribution to global innovation in neurotechnology. Participants can expect thought-provoking insights at the intersection of medicine, engineering, and artificial intelligence



Unlocking the potential of Brain Computer Interface: What Sri Lanka Has to Offer

Eng. Keerthi Kodithuwakku

Chairman & CEO of Jendo Innovations Inc
Inventor – Patented Jendo Cardiovascular Device (USPTO & JPO)

Biomedical Technopreneur | AI & IoT Specialist
Secretary – University of Moratuwa Alumni Association (2024–2026)



Beyond Medicine Lecture

Carrer Guidance For Meedical Trainees

The Ceylon College of Physicians (CCP) successfully hosted a comprehensive Career Guidance programme for Postgraduate Trainees in Medicine on 30th October 2025 at the ClinMARC Auditorium, National Hospital of Sri Lanka.

This full-day event brought together leading consultants and specialists from across the country, offering valuable insights into various medical subspecialties, including cardiology, neurology, endocrinology, respiratory medicine, nephrology, and rheumatology.

The sessions were designed to help trainees make informed decisions about their future career paths by exploring each field's clinical, academic, and research opportunities. Additionally, topics such as burnout prevention, financial management, medical law, and AI in clinical practice emphasized the importance of professional wellbeing and adaptability in modern medicine.

Interactive discussions and personal reflections by experienced physicians provided trainees with first-hand guidance on balancing career goals with life aspirations. Sponsored by Merck, the event reflected CCP's ongoing commitment to nurturing the next generation of Sri Lankan physicians through mentorship, education and professional development.



Career Guidance for Medical Trainees



YOUNG PHYSICIANS' FORUM

Young Physicians' Forum will be held on 18th November 2025, 11.45am to 12.45pm at the ClinMARC Auditorium, NHSL.



REGIONAL ACADEMIC SESSIONS

REGIONAL MEETING BATTICALOA

Regional Meeting Batticaloa will be held on 2nd December 2025, at Auditorium, RDHS Batticaloa



SPECIALITY UPDAE

SPECIALITY UPDATE ON RRHEUMATOLOGY

Speciality Update on Rheumatology will be held on 9th December, from 11.30-02.00 pm at the ClinMARC Auditorium, NHSL.



CEYLON COLLEGE OF PHYSICIANS

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