



CCP NEWS

Newsletter of Ceylon College of Physicians

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Achieving Health Excellence Through Person Centred Care CCP 26

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Welcome to the second edition of our bimonthly newsletter for the year 2026! In this edition, we offer a comprehensive update on the college's activities during the months of March and April 2026.

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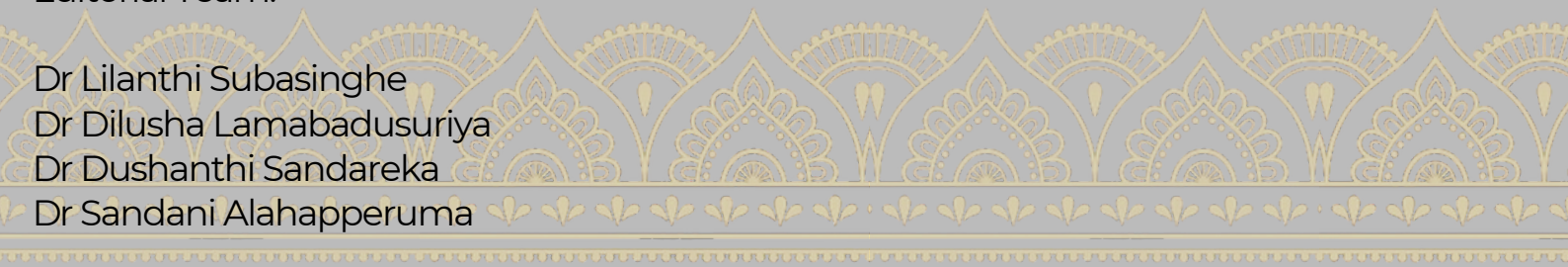


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Editorial Team:

Dr Lilanthi Subasinghe
Dr Dilusha Lamabadusuriya
Dr Dushanthi Sandareka
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PRESIDENTS' MESSAGE



Professor Namal Wijesinghe

As the President of the Ceylon College of Physicians, I am both honored and deeply committed to advance the standards of medical practice, education, and research in Sri Lanka and beyond.

It is in this spirit that I announce our initiative to organize a major international medical conference—an event that will bring together the global medical community in a shared pursuit of knowledge, innovation, and improved patient care under the theme of **“Achieving Health Excellence through Person Centered Care”**.

In today’s interconnected world, the challenges we face in healthcare do not recognize borders. From emerging infectious diseases to the growing burden of non-communicable illnesses, our responses must be equally global and collaborative. This conference is designed to serve as a platform where physicians, researchers, and healthcare leaders from diverse backgrounds can exchange ideas, present cutting-edge research, and build partnerships that transcend geography.

Our vision is to organize a conference that not only reflects the highest scientific standards but also fosters meaningful engagement. We intend to host a comprehensive program that includes orations, plenary lectures from internationally recognized experts, interactive symposia, panel discussions, and opportunities for the young physicians to showcase their work.





PRESIDENTS' MESSAGE CONTINUED ...

By doing so, we hope to nurture the next generation of medical professionals while strengthening the foundation of evidence-based practice

Equally important is the opportunity to highlight the contributions of Sri Lankan physicians. Despite working within constraints, our medical community has demonstrated resilience, innovation, and excellence. This conference will provide an opportunity to share these achievements while learning from the experiences of others.

Organizing an international conference of this scale requires meticulous planning and collaboration. Dedicated committees have been established to oversee scientific content, logistics, and international partnerships.

We are actively engaging with global medical bodies and institutions to ensure broad participation and meaningful outcomes.

Beyond the scientific agenda, we aim to offer our international colleagues a glimpse into Sri Lanka's rich culture and hospitality. We believe that such experiences strengthen professional relationships and foster lasting collaborations.

I invite physicians, researchers, and healthcare stakeholders from Sri Lanka around the world to join us in this important endeavor. Together, we can shape the future of medicine through shared knowledge, mutual respect, and a collective commitment to improving health outcomes for all.

This conference is more than an event—it is a statement of intent. It reflects our belief that collaboration is the cornerstone of progress, and that by working together, we can address the most pressing health challenges of our time.

Thank you.

Professor Namal Wijesinghe
President 2026
Ceylon College of Physicians





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COUNCIL 2026



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President



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COUNCIL 2026



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Professor Kamani Wanigasuriya
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Professor Lallindra Gooneratne
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College of Pathologists of
Sri Lanka



Dr Kapila Ranasinghe
Council Member
Sri Lanka College of
Psychiatrists



Dr Manu Wimalachandra
Council Member
Sri Lanka College of
Haematologists



Dr Kisali Hirimutugoda
Council Member
College of Chemical
Pathologists of Sri Lanka





FEATURE ARTICLE

BEDSIDE CLINICAL MEDICINE – IS IT A DYING ART?

Introduction:

We live in an era marked by an extraordinary explosion of medical knowledge and technological advancement. While these developments have undoubtedly enhanced diagnostic precision and therapeutic outcomes, they have also, in some instances, diverted physicians away from patient-centered, holistic care toward a more problem and disease focused, evidence-based approach.

In this transition, there is a risk of losing sight of the patient as an individual, someone with a unique personality, emotional characteristics, intellect, and socio-economic and cultural background.



Professor Kolitha H. Sellaheewa

MBBS, MD, FCCP, FRACP (Hon.)

Professor in Medicine

Consultant Physician

Dr Neville Fernando Teaching Hospital, Malabe

These elements are fundamental to the true art of clinical medicine, yet they appear to be diminishing in the modern, highly competitive, and often industry-driven healthcare environment.

A revival of this dying art of bedside medicine is therefore an urgent need. Such a revival does not imply rejecting technological advances, but rather integrating them with clinical acumen, thereby preserving the hallowed tradition of medicine as both an art and a science.

The Bedside Encounter:

Traditional ward rounds involve the physician moving from patient to patient, engaging with each individual at the bedside. The simple act of greeting a patient in person conveys reassurance, comfort, and confidence. Regardless of one's social or economic status, illness renders individuals vulnerable and dependent. In such moments, the physician is often perceived as a source of hope and recovery.

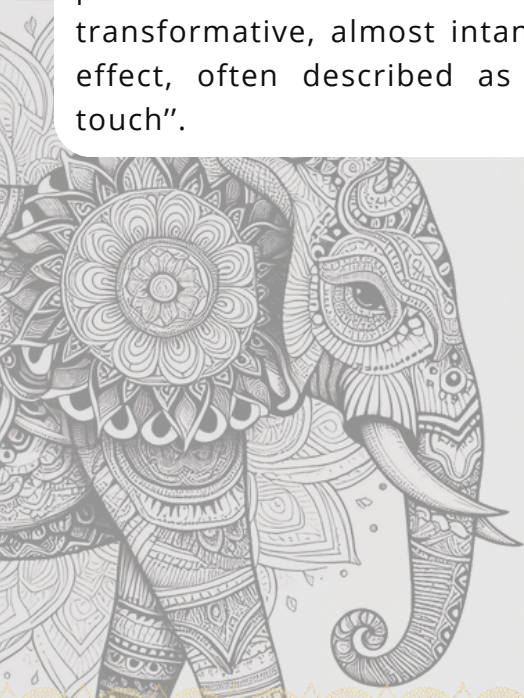


ARTICLE CONTINUED ...

The manner in which a physician approaches a patient, the greeting, eye contact, and demeanor, is not merely courteous; it is therapeutic. These subtly powerful interactions foster trust and contribute to healing.

In contrast, when clinical discussions occur away from the bedside, around a table, focused on notes and investigations, the patient may be reduced to a "case." Decisions are made based on data, often without direct patient engagement. While scientifically sound, this approach risks neglecting the psychological and emotional dimensions of care.

A useful reflection is to recall our own experiences as patients. Even with full knowledge of disease processes, the reassurance provided by the presence of a loved one during illness is profoundly comforting. Similarly, the physician's presence at the bedside can have a transformative, almost intangible healing effect, often described as the "healing touch".



The Healing Touch and Clinical Presence:

An experienced clinician approaches the patient with a warm greeting and a reassuring smile. A simple gesture of gently holding the patient's hand while assessing the pulse and establishing eye contact can immediately alleviate anxiety.

This initial interaction and the technique of checking pulse often penetrates beyond the conscious level, easing distress and instilling confidence. Simultaneously, the clinician begins forming an impression of the patient's overall condition. This intuitive synthesis of observation and experience stands in stark contrast to a purely technical approach, where the patient may be assessed from a distance, with attention focused primarily on records and investigations.

When patient care becomes dominated by data interpretation alone, it risks losing the human touch that is central to healing. Bedside medicine restores this balance by placing the patient, not merely the disease at the center of care.

Clinical Methods:

Clinical medicine is grounded in the systematic collection of information through history-taking and physical examination, relying on the physician's sensory faculties; visual, tactile, auditory, and occasionally olfactory.



ARTICLE CONTINUED ...

A well-conducted history remains indispensable. While it may seem time-consuming to the novice, experienced clinicians can often extract critical diagnostic information with a few focused questions.

Physical examination follows the time-honored sequence of inspection, palpation, percussion, and auscultation. Each step builds upon the previous one, expanding the diagnostic picture. Careful inspection alone may reveal clues about the patient's socio-economic background, occupation, emotional state, and underlying disease.

Skilled clinicians begin synthesizing this information even before physically examining the patient, allowing for a focused and efficient approach. This integration of observation and reasoning exemplifies the precision and elegance of bedside medicine.

Clinical Vignettes: The Art in Practice:

The following examples illustrate the enduring value of bedside clinical skills:

1. Observational Insight

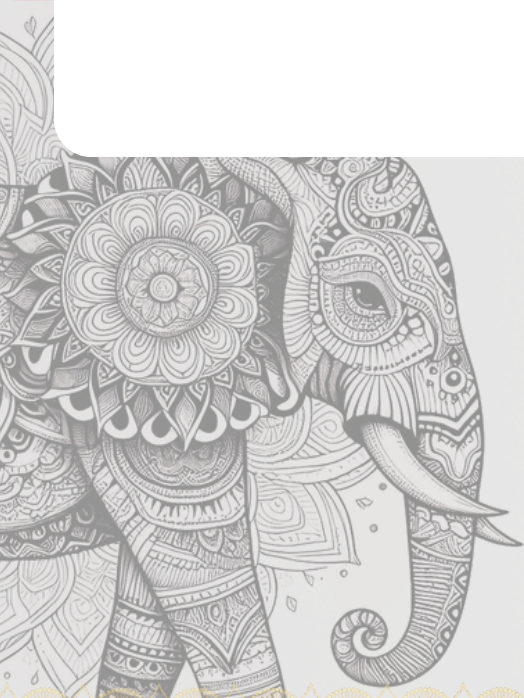
A middle-aged, obese man with a gold chain, xanthelasma, nicotine-stained fingers, and surgical scars suggestive of prior coronary artery bypass grafting presents a vivid clinical picture even before history-taking begins. Within moments, the clinician forms a working hypothesis involving metabolic disease, smoking, and coronary artery disease, demonstrating the power of observation.

2. Pulse and Cardiac Examination

An irregularly irregular pulse with variable volume immediately suggests atrial fibrillation. A heaving but ill-sustained apex beat raises the possibility of volume overload, pointing toward mitral regurgitation. Focused auscultation then confirms the diagnosis. This stepwise reasoning reflects the elegance of clinical deduction.

3. Acute Chest Pain in a Young Adult

A tall, asthenic young man presenting with sudden onset of unilateral chest pain raises suspicion of spontaneous pneumothorax. Asymmetrical chest movement, hyper-resonance, and diminished breath sounds confirm the diagnosis at the bedside, allowing prompt and targeted investigation without unnecessary delays.





ARTICLE CONTINUED ...

4. Anuria in a Teenager

A 14-year-old boy has an acute reduction in urine output. He appears to be dyspnoeic, with elevated blood pressure. The subtle observation of periorbital oedema and infected scabies in the hands directs investigations judiciously on the presumed diagnosis of acute nephric syndrome due to post-streptococcal glomerulonephritis.

5. Incidental Diagnosis

An elderly woman admitted with a respiratory infection is noted to have a tremor. Further evaluation reveals drug-induced Parkinsonism due to long-term phenothiazine use. This incidental finding, uncovered through attentive bedside observation, significantly improves her quality of life.

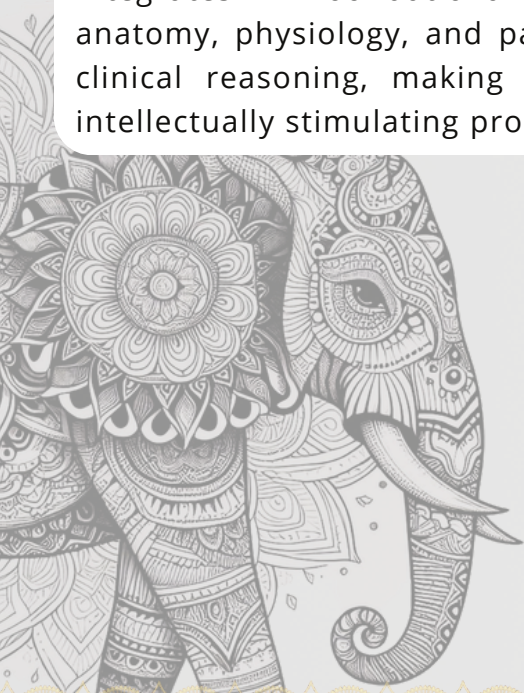
Training & Intellectual Enrichment:

Bedside medicine provides a rich platform for teaching and learning. It integrates foundational sciences; anatomy, physiology, and pathology with clinical reasoning, making diagnosis an intellectually stimulating process.

For instance, atrial fibrillation can be diagnosed clinically through the presence of an irregularly irregular pulse and variable intensity of first heart sound, both of which can be explained by underlying electrophysiological mechanisms. In atrial fibrillation, multiple ectopic foci in the atria are firing irregularly; consequently, ventricular activation is irregular and the pulse rate necessarily will be irregular. Owing to variability of AV conduction the period of ventricular diastole and the associated ventricular filling and stroke output too will vary from beat to beat and hence the irregularity of the pulse volume.

Similarly, the same argument could explain the variable intensity of the 1st heart sound. Fundamentally the 1st heart sound is due to closure of mitral and tricuspid valves. Position of the valve cusps at the time when ventricular pressure curve is reaching its peak during systole is the major determinant of the intensity of the 1st heart sound. In a cycle where diastole is prolonged valve cusps would have floated to near apposition at the time of ventricular contraction and the resultant 1st heart sound will be soft. In a cycle where diastole was short the cusps have to traverse a relatively longer distance, and the ensuing sound will be loud.

Thus, two critically important physical signs of atrial fibrillation, irregularly irregular pulse and variability of first heart sound intensity are both explicable on sound knowledge of cardiac physiology and its visualization in a clinical situation.





ARTICLE CONTINUED ...

Similarly, distinguishing types of mitral regurgitation based on murmur timing reflects a deep understanding of cardiac physiology.

For instance, in papillary muscle dysfunction mitral regurgitation sets in a little after onset of left ventricular systole because papillary muscle contraction is needed to keep the chordae tendinae a tense to prevent regurgitation after advent of ventricular ejection and movement of the cardiac apex towards the base as the ventricle empties and the tendency for chordae tendinae to become lax. Hence, the murmur in papillary muscle dysfunction is heard towards mid or late systole. This contrasts with the pansystolic murmur heard when regurgitation is due to dilatation of the mitral valve ring.

Such analytical thinking fosters a deeper appreciation of medicine, in contrast to an over-reliance on investigations without clinical reasoning. This is a glimpse into the fascinating diagnostic artistry of astute clinicians which enriches the learning and teaching experience of bedside medicine.

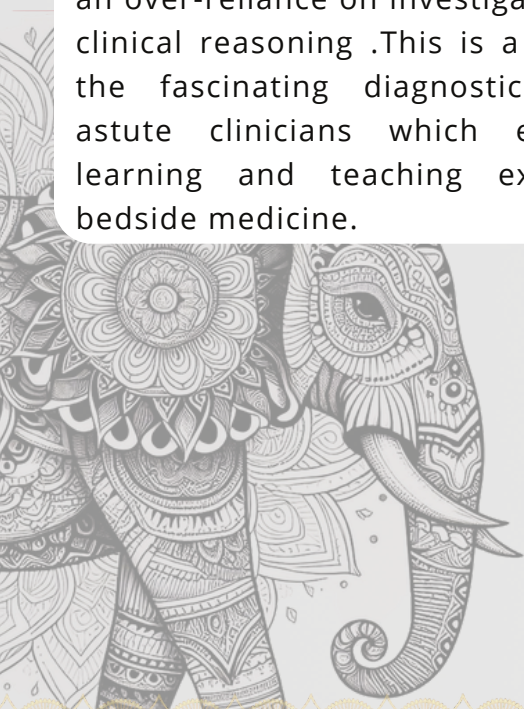
Conclusion:

The practice of clinical medicine inherently requires close interaction with the patient. Bedside evaluation offers invaluable insights into the patient's physical condition, emotional state, and social context, elements that cannot be captured through investigations alone.

Posture, speech, demeanor, and facial expression all contribute to the diagnostic and therapeutic process. Equally important is the opportunity to provide psychological support and reassurance, key components of healing.

At the same time, modern technological advances in diagnostics and therapeutics remain indispensable. The challenge lies in achieving the right balance: combining clinical acumen and compassionate care with the judicious use of technology and evidence-based practice.

Reviving the art of bedside medicine is essential to counter the growing trend toward impersonal, technology-driven care. Physicians must strive to remain not only skilled scientists but also compassionate healers, preserving the humanity at the heart of medicine.





REGIONAL ACADEMIC SESSIONS ANURADHAPURA

*Achieving Health Excellence Through
Person Centered Care*

The Ceylon College of Physicians (CCP), in collaboration with the Anuradhapura Medical Association (AMA), supported by the Education, Training and Research (ET&R) Division of the Ministry of Health, successfully hosted the Regional Academic Sessions in Anuradhapura on 18th March 2026.

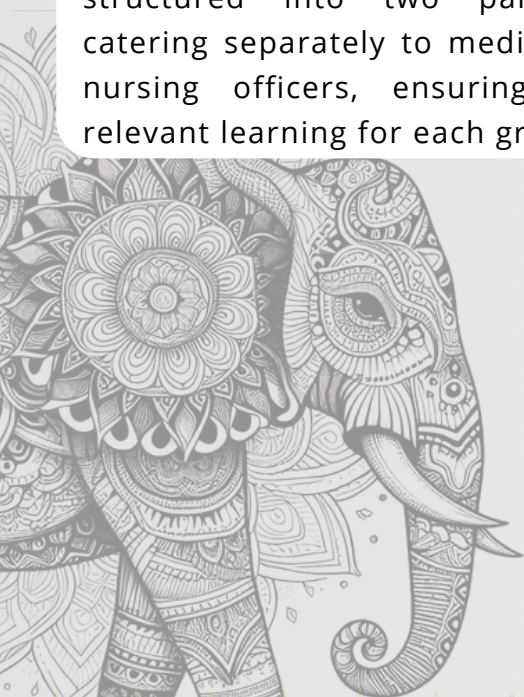
This important academic event brought together physicians and nursing professionals to enhance clinical knowledge, promote multidisciplinary collaboration, and strengthen patient-centered practices. Nevertheless, this programme stands as testament to the dedication and efforts of the President AMA, Professor Anjana Silva.

The programme was systematically structured into two parallel sessions, catering separately to medical doctors and nursing officers, ensuring focused and relevant learning for each group.

Programme for Doctors – Contemporary Strategies in Healthcare Management

The doctors' programme which was held at the Golden Mango Resort Anuradhapura, commenced with a series of engaging lectures covering critical topics in medicine. Highlights included:

- **“Blood Pressure control in Ischemic Stroke”** by Dr Hemal Senanayake, addressing the latest treatment strategies for this common yet poorly managed condition.
- **“Breathlessness While on Standard Treatment for COPD”** by Dr Neranjan Dissanayake, offering insights into optimisation of treatment and supportive care in clinical practice.
- **“Constipation in Elderly”** by Dr Lasantha Ganewatta, highlighted causes of constipation and strategies to tackle constipation in elderly.
- **“Leptospirosis: Early Recognition, Timely Rescue”** by Dr Wimalasiri Uluwattage, emphasized timely diagnosis, risk assessment and life saving strategies.





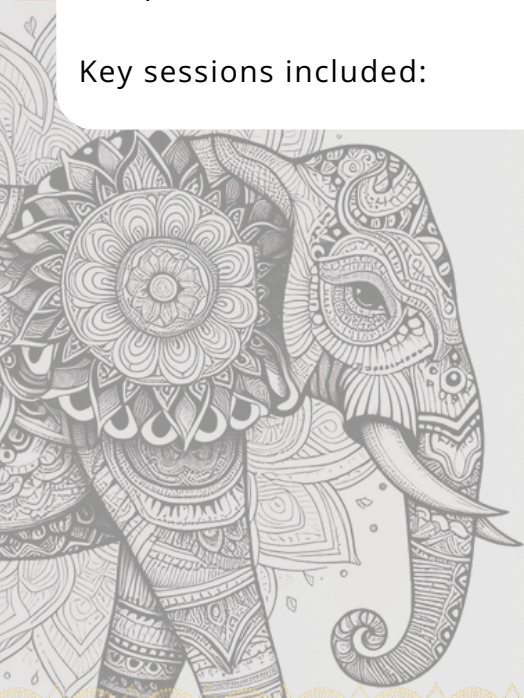
- **“Nephroprotection in Diabetes: The Emerging Role of SGLT2 Inhibitors”** by Dr Nadeesha Wickrama Arachchi highlighted the latest treatment strategies in diabetes kidney disease.
- **“Anaemia in Chronic Disease”** by Dr Dilini Jayaratne addressed the pathophysiology and treatment options for anaemia in Chronic Diseases.
- **A Case-Based Discussion on poorly controlled Diabetes in a person centered approach** led by Professor Kolitha Sellahewa, Professor J Indrakumar, Professor Priyamali Jayasekera, and Dr Jeewaka de Soyza, highlighted the clinical significance of proper management for poorly controlled diabetes in everyday clinical practice.

Programme for Nurses - Empowering Nurses for Comprehensive Patient Care

Running concurrently, at the RDHS Auditorium, Anuradhapura the nurses' programme focused on enhancing clinical competencies of the attendees.

Key sessions included:

- **“Nurses’ Role in Dialysis”** by Dr Ruvina Deepani, focusing on the impact of nursing care on patients with CKD dependant on dialysis.
- **“Recurrent Falls in the Elderly”** by Dr Maheshi Wijayabandara, emphasizing the importance of risk assessment , prevention strategies and improving safety in hospital and home settings.
- **“Essential Skills in Critical Care Nursing”** by Dr Lilanthi Subasinghe, highlighted key ICU skills along with teamwork and decision-making in critical conditions.
- **“Nutrition for Acutely Ill Elderly”** by Dr Sriyani de Alwis, emphasized the importance of identifying malnutrition, feeding strategies and supporting recovery through adequate dietary care.
- **“Management of Inpatient Allergic Reactions”** by Dr Vihangi Fernando, highlighted diagnosis and latest management strategies of allergic reactions in hospitalized patients.
- **“Nurses’ Role in Acute Myocardial Infarction”** by Dr Tharanga Fernando, addressed role of nursing care in myocardial infarctions along with initiating rapid treatment to reduce complications.
- **“Ethics at the Bedside”** by Dr Prabhashini Kumarihamy, addressed ethical decision-making in patient care by respecting patient autonomy, confidentiality, consent, and handling difficult situations with professionalism and compassion.

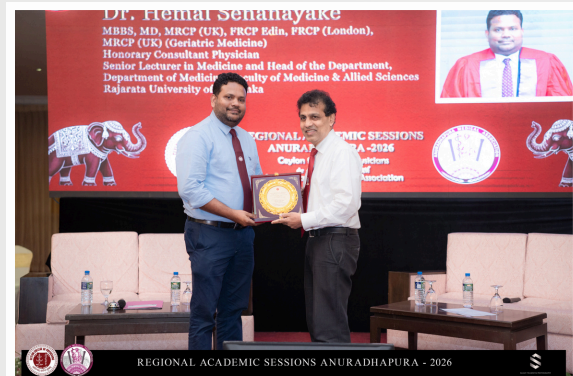




- **A Case-Based Discussion on Repeated Paracentesis in a person-centered approach** moderated by Dr Yapa Udaya Kumara, Dr Chinthaka de Silva, Mr Kamal Dissanayake, highlighting the significance of patient comfort, monitoring for complications and multidisciplinary teamwork.

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

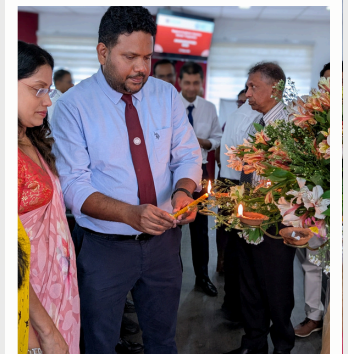
The event saw robust participation from medical professionals across the region. Attendees were awarded CPD certificates, with 3 credits for doctors and 3.5 credits for nurses, accredited by the National CPD Accreditation Committee.





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BEYOND MEDICINE

BALANCE IN YOUR LIFE IS NOT SOMETHING YOU FIND, IT IS SOMETHING YOU CREATE

The Ceylon College of Physicians, in collaboration with the Anuradhapura Medical Association, successfully hosted the Beyond Medicine lecture on 17th March 2026, at Golden Mango Resort, Anuradhapura.

The regional academic session was truly elevated by this inspiring and thought-provoking lecture delivered by Surgeon Rear Admiral Lalith Ekanayake. Centered on the theme of balance in life, the session went far beyond conventional medical discussions, offering a refreshing perspective that resonated deeply with every individual in the audience.

With a unique blend of professional wisdom, personal experiences, and captivating storytelling, the speaker created an atmosphere that was both intellectually stimulating and emotionally uplifting.

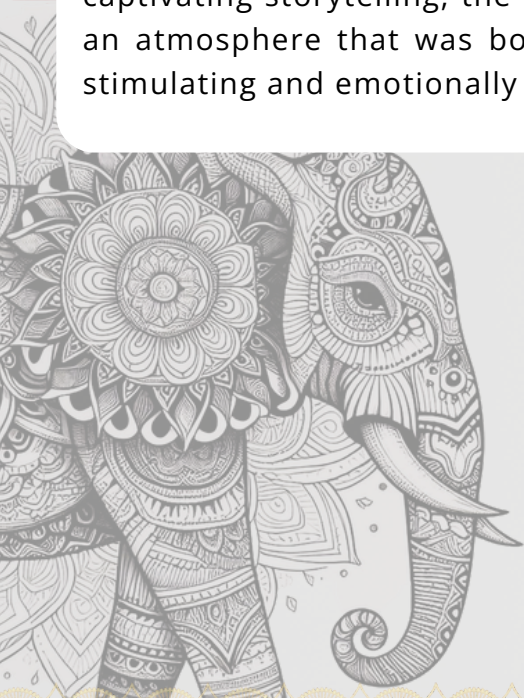


Surgeon Rear Admiral Lalith Ekanayake

VSV, USP, MBBS, MD, FCCP, DDHM (Aus), EFIAP
 Former Director General Navy Health Service,
 Consultant Physician & Gastroenterologist,
 Specialist in Diving & Hyperbaric Medicine
 International Multi-Award-Winning Wildlife
 & Nature Photographer

The lecture encouraged attendees to reflect on their own lives, emphasizing that balance is not something to be discovered, but something consciously created through mindful choices.

The audience remained fully engaged throughout, drawn in by the speaker's dynamic delivery and relatable insights. Overall, the lecture stood out as one of the most memorable moments of the regional meeting, leaving a lasting impact and sparking meaningful conversations among participants long after it concluded.





YOUNG PHYSICIANS' FORUM

The young physicians' forums for the months of March & April were held on March 19th and April 21st, respectively.

The two speakers for the month of March were Dr Deeptha Pathirana, Senior Registrar in Internal Medicine, Sri Jayawardenapura General Hospital and Dr Manudi Vidanapathirana, Senior Registrar in Nephrology, National Hospital of Sri Lanka.


The two speakers for the month of April were Dr Darsha Jeewantha, Senior Registrar in Internal Medicine, Sri Jayawardenapura General Hospital and Dr Chathuri Munagama, Senior Registrar in Respiratory Medicine, National Hospital of Sri Lanka.



Thinking Traps in Nephrology

Dr Manudi Vidanapathirana

Senior Registrar in Nephrology
National Hospital of Sri Lanka


To view the lecture visit 



The Ethics of Uncertainty: Knowing When Not to Test, Treat or Tell

Dr Deeptha Pathirana

Senior Registrar in Internal Medicine
Sri Jayawardenapura General Hospital

To view the lecture visit 



Lower Earlier Longer: From Traditional Lipid Lowering Therapies to Newer Agents and Modern LDL Targets

Dr Darsha Jeewantha

Senior Registrar in General Medicine
Sri Jayawardenapura General Hospital

To view the lecture visit 



Lung Cancer: Know it, Stage it, Treat it A Comprehensive Clinical Overview

Dr Chathuri Munagama

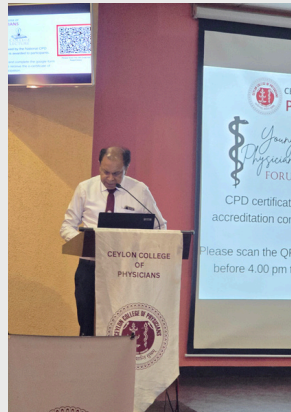
Senior Registrar in Respiratory Medicine
National Hospital of Sri Lanka

To view the lecture visit 



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Young Physicians' FORUM



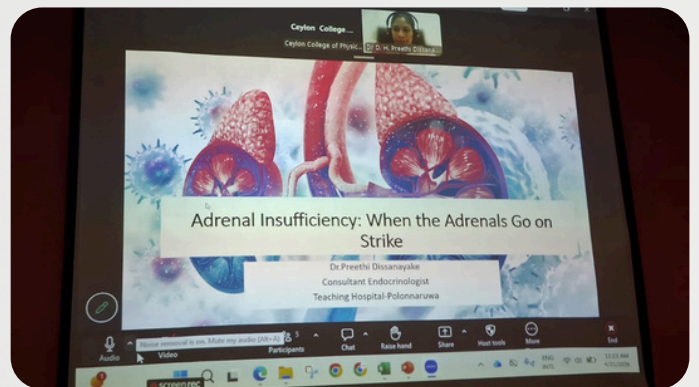


COLLEGE LECTURE

There were two college lectures, held successfully at the ClinMARC, NHSL on 19th March 2026, and 21st April 2026.

The college lecture for the month of March titled "Systemic Overuse in Healthcare" was delivered by Dr Mohanaruban Pravinson, MBBS (Colombo), MD (Col), MRCP (UK), Consultant Physician, Base Hospital, Kalmunai North. He delivered a comprehensive talk on growing concerns of unnecessary investigations and procedures causing significant burden on healthcare cost and patient safety and provided strategies to reduce overuse while maintaining high quality patient outcomes.

The lecture titled "Adrenal Insufficiency: When the Adrenals go on a Strike" was delivered online as the college lecture for the month of April, by Dr D. H. Preethi Dissanayake, MBBS (Colombo), MD (Medicine), Consultant Endocrinologist, Teaching Hospital, Polonnaruwa. She delivered an insightful lecture on the diagnosis and modern management options of adrenal insufficiency, adrenal crisis recognition and emergency treatment along with the importance of patient education and long-term hormonal replacement therapy.



**Know Your Lipid Targets:
Contemporary Approaches to
Lipid Management.**

Dr Mohanaruban Pravinson

MBBS, MD
Consultant Physician
Base Hospital, Kalmunai North

To view the lecture visit



**Adrenal Insufficiency:
When the Adrenals go on a Strike**

Dr D. H. Preethi Dissanayake

MBBS, MD
Consultant Endocrinologist
Teaching Hospital, Polonnaruwa

To view the lecture visit

Introduction: The Strike and the Spectrum

- "Primary Failure" (Glandular destruction)
- "Secondary Absence" (Pituitary silence)
- "Induced Suppression" (The exogenous lockout)



PEER LEARNING: PERIPHERY TO THE FORE

*Clinical Case discussion by
Consultant Physicians working in
peripheral centers*

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

The third session of 2026 took place online on 27th March 2026, featuring two interesting case presentations. Dr Nishadi Perera, Consultant in General Medicine, Base Hospital, Dickoya presented on "Too Many Eosinophils: Unravelling a Multi System Disease" and Dr Kesavan Thuraisingam, Consultant in Gastroenterology and Hepatology, District General Hospital, Kegalle, discussed "From Common to Rare: A Diagnostic Journey in a Young Man with Hepatosplenomegaly "



Too Many Eosinophils: Unravelling a Multi System Disease

Dr Nishadi Perera
Consultant in General Medicine
Base Hospital, Dickoya

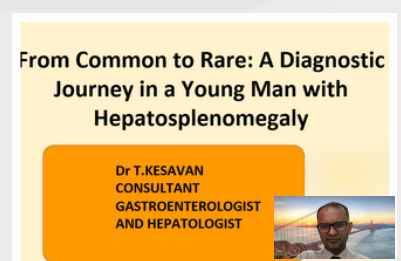
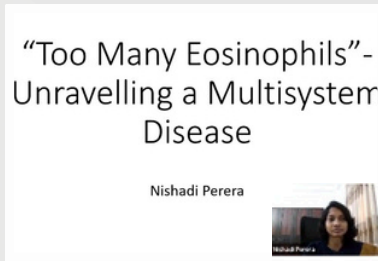
To view the lecture visit



From Common to Rare: A Diagnostic Journey in a Young Man with Hepatosplenomegaly

Dr Kesavan Thuraisingam
Consultant Gastroenterologist and Hepatologist
District General Hospital, Kegalle

To view the lecture visit



LORA - Beyond the "Aches of Age"

Dr G.Y.A. Hasanthi Perera
Consultant in Rheumatology and Rehabilitation
District General Hospital, Horana



To view the lecture visit

Mimics and Masks: Dengue, Leptospirosis—or Something Else? A Case Report

Dr Manjula Ileperuma
Consultant Physician
District General Hospital, Negombo



To view the lecture visit

The fourth session of 2026 took place on 24th April 2026, featuring two captivating case presentations. Dr G.Y.A Hasanthi Perera, Consultant in Rheumatology and Rehabilitation, District General Hospital, Horana presented on "LORA - Beyond the "Aches of Age"" and Dr Manjula Ileperuma, Consultant Physician, District General Hospital, Negombo, discussed the case on "Mimics and Masks: Dengue, Leptospirosis - or Something Else? A Case Report "



SPECIALTY UPDATE - CARDIOLOGY

in collaboration with
Sri Lanka College of Cardiology

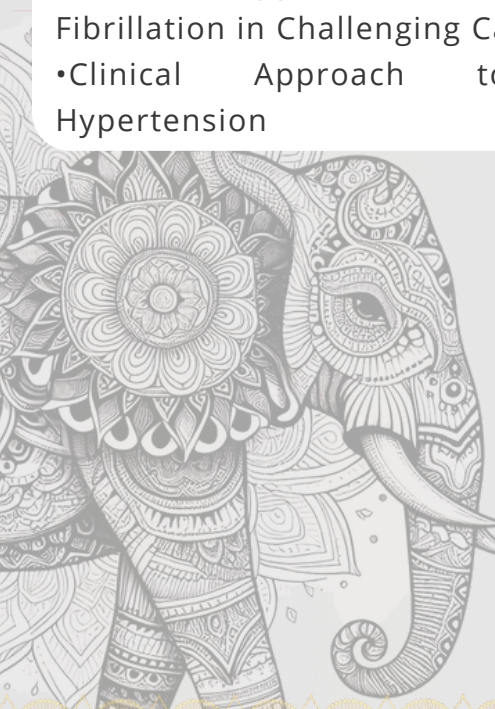
The Ceylon College of Physicians, in collaboration with the Sri Lanka College of Cardiology (SLCC), successfully hosted the second CCP Specialty Update for 2026 in Cardiology on 10th of March, 2026, at ClinMARC, National Hospital of Sri Lanka. This specialty update had an exceptional reception and enthusiastic participation both online and in-person.

This focused academic session brought together leading experts in cardiology to discuss clinical pearls in cardiology and the latest advancements in modern cardiology through four key segments:

- Clot & Clock: The Dual Threat of Acute Coronary Syndrome
- Redefining Heart Failure Management to Save Lives in Modern Era
- Practical Approach to Managing Atrial Fibrillation in Challenging Case Scenarios
- Clinical Approach to Pulmonary Hypertension

The programme featured a series of focused lectures delivered by distinguished cardiologists, each addressing key clinical challenges and contemporary management strategies. The sessions encouraged active participation, with engaging discussions that enhanced practical understanding and application in everyday clinical practice.

The programme exemplified CCP's sustained commitment to continuing professional development, academic excellence, and the promotion of high standards in clinical practice. By integrating expert commentary, case-based learning, and evidence-informed discussion, the event provided participants with valuable insights directly applicable to patient care. The sessions were livestreamed to ensure broader national reach, and attendees were awarded Continuing Professional Development (CPD) certification in recognition of their participation and engagement.



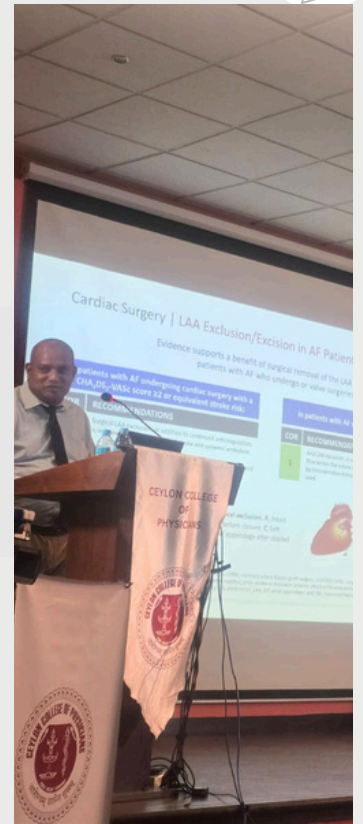
CCP SPECIALITY UPDATE ON
CARDIOLOGY





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Specialty Update - Cardiology





SPECIALTY UPDATE - HAEMATOLOGY & CHEMICAL PATHOLOGY

in collaboration with
**Sri Lanka College of Haematologists &
College of Chemical Pathologists of Sri Lanka**

The Ceylon College of Physicians, in collaboration with the Sri Lanka College of Haematologists (SLCH) and College of Chemical Pathologists of Sri Lanka successfully hosted the third CCP Specialty Update for 2026 in Haematology & Chemical Pathology on 09th of April, 2026, at ClinMARC, National Hospital of Sri Lanka.

This focused academic session brought together leading experts in haematology & chemical pathology to discuss clinical pearls and practical, case based insights in modern clinical practice through four key segments:

- Approach to Paraproteinaemias
- Uncommon Cause of Difficulty in Breathing
- Unveiling Primary Aldosteronism: The Crucial Role of Laboratory Investigation in Resistant Hypertension
- Unmasking Hypoglycemia : A Rare Case of Post Prandial Hypoglycemia

The programme featured a series of focused case based discussions delivered by distinguished haematologists & chemical pathologists, each addressing key clinical challenges and diagnostic strategies to link the laboratory science with clinical decision making in the field. The sessions encouraged active participation, with engaging discussions that enhanced practical understanding and application in everyday clinical practice.

The programme exemplified CCP's sustained commitment to continuing professional development, academic excellence, and the promotion of high standards in clinical practice. By integrating expert commentary, case-based learning, and evidence-informed discussion, the event provided participants with valuable insights directly applicable to patient care. The sessions were livestreamed to ensure broader national reach, and attendees were awarded Continuing Professional Development (CPD) certification in recognition of their participation and engagement.



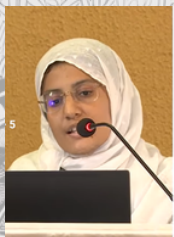


Specialty Update - Haematology & Chemical Pathology



History

- Rev S
- Teacher in a Pirivena
- 31-year-old male, previously healthy
- Difficulty in breathing over 03 months
- Gradual onset, initially only on exertion and later even at rest, worsened in supine position, associated with moist cough
- Low grade intermittent fever and loss of appetite
- No chest pain, palpitations, LOW, night sweats, lower limb swelling, frothy urine
- No history of heart disease, BA.
- Non consanguineous. Father has IHD.
- No contact Hx of TB. No FHx of autoimmune disorders or malignancy.



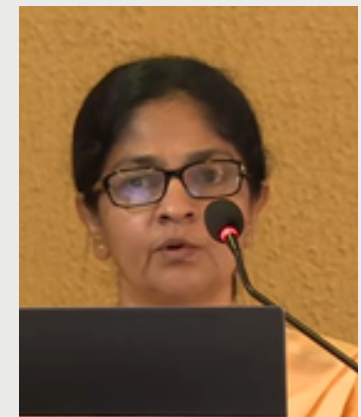
Past medical Hx: PIH in 2015 – settled during postpartum

Past Surgical Hx: Not significant

Drug Hx: Not significant

Allergic Hx: Not significant

Family Hx: No young onset of cardiovascular disease
congenital heart disease



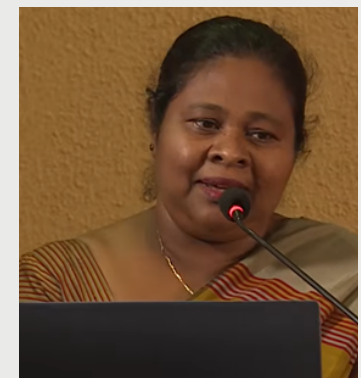
52-year-old female

Presented to ETU with seizures and LOC

CBG < 32 mg/dL

Rapid improvement with 50% dextrose

Whipple's triad





European Congress of Internal Medicine (ECIM) 2026

The 24th European Congress of Internal Medicine was held from 25th–28th March 2026 at the historic Hofburg Palace in Vienna. The Sri Lankan delegation received a warm welcome from the European Federation of Internal Medicine (EFIM), including its President and Executive Committee.

Held under the theme “Care Beyond Diagnosis”, the congress was an intellectually stimulating and highly enriching scientific meeting of exceptional standard. The programme encompassed cutting-edge developments in medicine, emerging research, and the humane dimensions of patient care, while also providing participants with valuable exposure to the diverse ways in which Internal Medicine is practiced across different healthcare settings around the world.



EFIM
www.efim.org

Professor Namal Wijesinghe (PCCP) and Dr. Dumitha Govindapala represented the CCP at the EFIM General Assembly. In addition, the President of the CCP participated in the inaugural Global Network Meeting of Internal Medicine, which served as an important forum to discuss the challenges faced by Internal Medicine physicians globally and strategies to further strengthen the discipline across international healthcare systems.

Professor Namal Wijesinghe and Dr. Dumitha Govindapala also chaired the symposia on *Clostridioides difficile* infection and *Health and Climate Change*, respectively, reflecting the growing academic contribution of Sri Lankan physicians to the global Internal Medicine community.





CCP NEWS

Newsletter of Ceylon College of Physicians

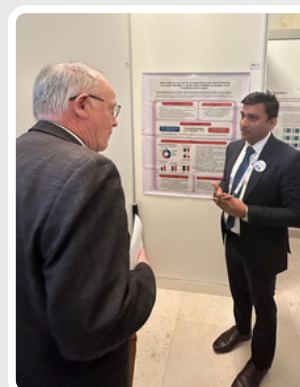


A particularly proud moment for Sri Lanka was the conferment of the prestigious Fellowship of the EFIM upon Dr. Dumitha Govindapala and Dr. Barana Millawithana, making them the first two Sri Lankan Internal Medicine physicians to receive this distinguished honour.

Dr. Krishantha Jayasekara, Dr. Sahan Mendis, Dr. Vipuli Jinendra, and Dr. Dumitha Govindapala presented their scientific research at the congress, drawing the attention of international academics to the Sri Lankan research. Altogether, CCP members submitted 40 abstracts to the congress. Unfortunately, several presenters were unable to attend due to flight cancellations related to the prevailing Middle Eastern situation.

The congress provided an invaluable platform for the CCP delegation to forge new collaborations, exchange innovative ideas, and remain abreast of evolving trends in Internal Medicine. It also offered the delegation the opportunity to further strengthen the bonds between the CCP and EFIM, while experiencing the rich history, culture, and timeless beauty of the historic city of Vienna.

Dr Dumitha Govindapala(EFIM Coordinator)
MBBS, MD (Colombo), MRCP (UK), FRCP (London), FACP





CCP HIKE

Walk the Mist: A Journey of Nature, Wellness, and Knowledge

Ceylon College of Physicians organized “Walk the Mist”, a unique three-day experience that blends adventure, relaxation, and academic enrichment. Scheduled from 3rd to 5th April 2026, this event offered not only breathtaking hikes through Sri Lanka’s hill country but also valuable evening learning sessions for medical professionals.

The journey began on Day 1 (3rd April 2026) with travel to Nuwara Eliya, where participants settled into the cool, misty surroundings of the highlands. The evening featured a special lecture, delivered by Professor Namal Wijesinghe on “Role of SGLT2 inhibitors -Beyond Glycemic Control” at the Grand Hotel, Nuwara Eliya, which was targeted for consultants and medical officers in Nuwara Eliya, providing an opportunity to engage in updated clinical knowledge in a relaxed setting.

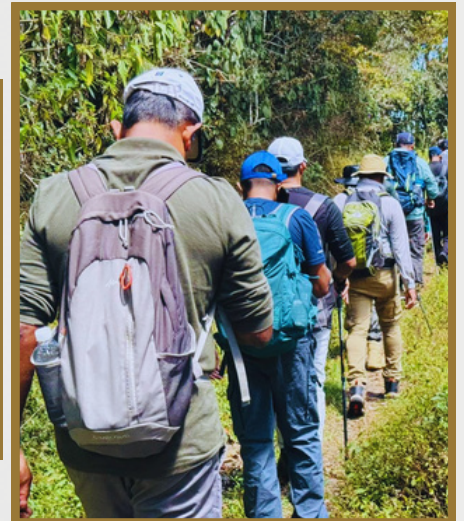
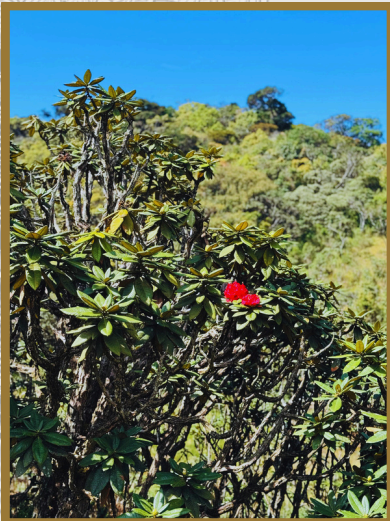
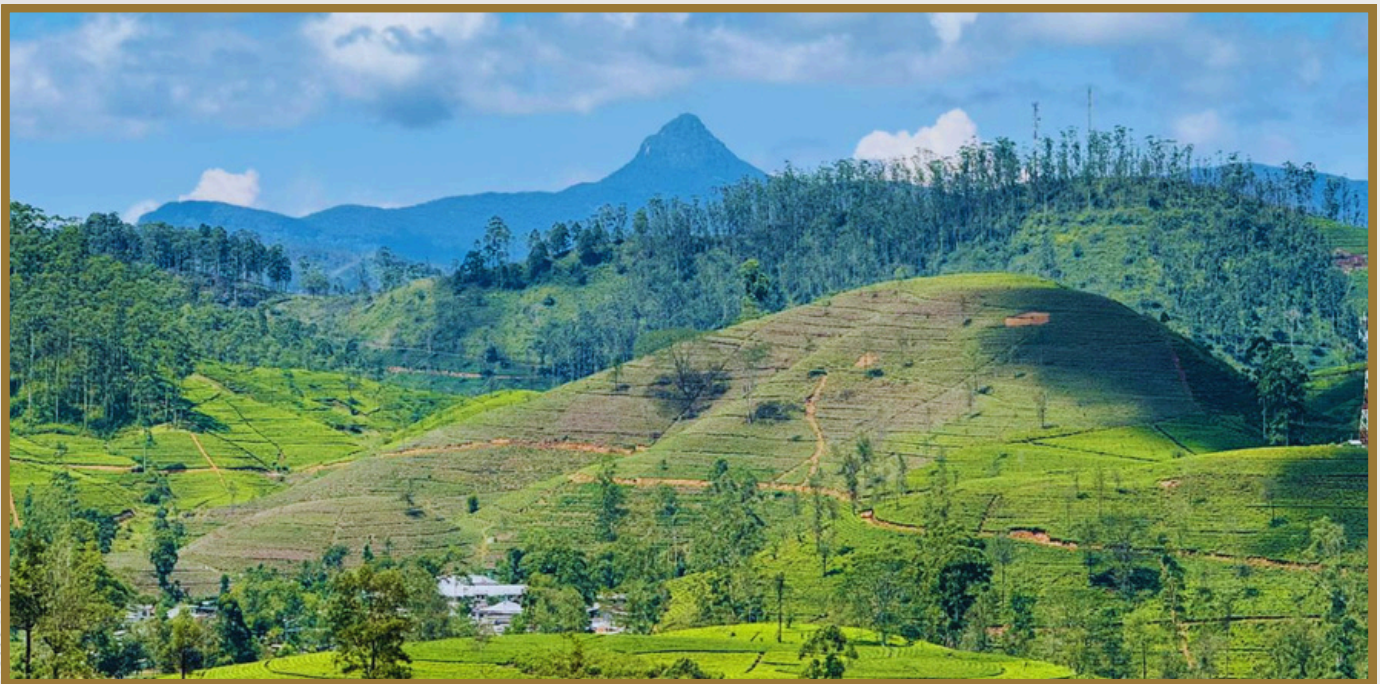
On Day 2 (4th April 2026), the participants took on one of the most scenic stretches of the Pekoe Trail -from Horton Plains National Park to Dayagama.

This 15 km trek through cloud forests and rolling grasslands offered stunning views and a refreshing connection with nature. The day concluded with an overnight stay in Dikoya, followed by another evening lecture session was delivered by Dr Dinuka Liyanage on “Do you know your numbers - Latest update in hypertension management” at the Argyle Hotel, Hatton, targeting for consultants and medical officers in Dickoya.

Day 3 featured a shorter yet equally beautiful hike from Kotagala to Thalawakele. This 10 km trail wound through lush tea plantations, offering cool mountain air and panoramic hill country views before returning to Colombo.

These sessions ensured that participants not only rejuvenated physically but also stayed updated with the latest advancements in medical practice.







CCP TALENTS NIGHT

The Ceylon College of Physicians proudly presents CCP Talents Night, an inspiring celebration of creativity, individuality, and artistic expression among its members. This unique initiative seeks to highlight the diverse talents that flourish beyond the clinical environment, reflecting the multidimensional nature of the medical profession.

CCP Talents Night provides a meaningful platform for physicians to reconnect with their creative pursuits and express facets of their identity that extend beyond medicine. This year's event invites participants to showcase their talents across three categories:

- Lyrics Writing (in Sinhala, Tamil, or English)
- Art
- Photography



SCAN ME

The competition encourages participants to present their most authentic and original creations. It serves not only as a forum for friendly competition, but also as an opportunity to share personal narratives, perspectives, and passions that often remain unexpressed.

Submissions are invited on or before 31st August 2026, with winners to be honoured at the grand finale in November 2026. The event promises to be a vibrant and enriching experience, where creativity and community converge in an atmosphere of inspiration and mutual appreciation.

More than a competition, CCP Talents Night stands as a testament to the fact that behind every physician lies a storyteller, an artist, and a visionary.





CCP LEGAL FUND

The Ceylon College of Physicians has launched a Legal Fund initiative aimed at strengthening institutional support for its members in matters requiring legal assistance. This important step reflects the College's commitment to safeguarding the professional interests and welfare of its membership.

All members are respectfully invited to contribute towards this fund, reinforcing a collective effort to ensure preparedness and resilience in the face of legal challenges within medical practice. Clear bank details have been provided to facilitate convenient contributions, and members are encouraged to support this initiative as part of their ongoing commitment to the profession.

CEYLON COLLEGE OF PHYSICIANS

LEGAL FUND

We respectfully invite all members to contribute towards this important initiative.

BANK DETAILS

Account Name -	Ceylon College of Physicians
Account Number -	036020583038
Bank -	Hatton National Bank (HNB)
Branch -	Rajagiriya

For further information or clarification, members may contact the College office directly through +94(0)112196547.





CCP NEWS

Newsletter of Ceylon College of Physicians



CCP HOME FUND

Establishment and Purpose of the CCP-Home Fund

Dear Members,

The Ceylon College of Physicians has long served as the professional home of physicians in Sri Lanka, fostering academic excellence, professional development, and collegial collaboration among its members. As the College continues to grow and expand its activities, the need for a dedicated physical space to support its functions has become increasingly evident.

In this regard, the President and the Council of the Ceylon College of Physicians has established the CCP-Home Fund, a special fund created with the primary objective of supporting the building project of the College. The vision of this initiative is to develop a permanent home for the CCP that will facilitate educational programmes, professional gatherings, administrative activities, and collaborative initiatives that benefit the membership.

The CCP-Home Fund is maintained as a separate financial account, independent of the College's main operational accounts.

This approach ensures that the existing funds of the College—primarily dedicated to advancing the professional and academic wellbeing of the membership—remain undisturbed and continue to serve their intended purpose.

The funds collected under the CCP-Home Fund will be raised through the generous contributions of members, well-wishers, and supporters of the College who share the vision of establishing a permanent home for the CCP. All utilisation and withdrawals from this fund will be carefully monitored and overseen by the Building Committee, with subsequent official authorization by the Office Bearers of the College, thereby ensuring full transparency, accountability, and responsible financial governance.

We warmly invite all members to support this important initiative through their goodwill and generous contributions. Your support will play a vital role in helping the Colleges' long-term vision of establishing a dedicated home that will serve future generations of physicians. Together, let us work towards building a lasting foundation for the Ceylon College of Physicians.

Yours sincerely,

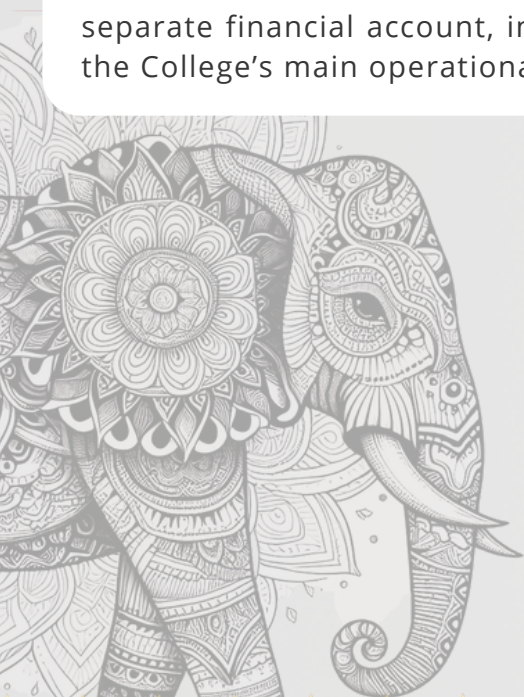
President,
Ceylon College of
Physicians

CEYLON COLLEGE OF PHYSICIANS
HOME FUND

We warmly invite all members, fellows, and well-wishers to contribute toward building the future home of the Ceylon College of Physicians

Acc.Name	Ceylon College of Physicians
Acc.Number	036010323493
Bank	Hatton National Bank (HNB)
Branch	Rajagiriya

Info@ccp.lk 0112 196 547 www.ccp.lk





Save The Date

59TH ANNIVERSARY ANNUAL ACADEMIC SESSIONS

16th - 19th SEPTEMBER

SHANGRI-LA COLOMBO



CEYLON COLLEGE OF PHYSICIANS

CCP 2026

Achieving Health Excellence through Person Centred Care





CEYLON COLLEGE OF PHYSICIANS

Sri Lanka | Established in 1967

ELEVATE YOUR PROFESSIONAL STANDING

BECOME A FELLOW OF CCP

**Are you a dedicated
CCP member with a 10
year membership?**

Register Now

It's time to take the next step
in your professional journey



WHY BECOME A FELLOW?

- Enhanced professional credibility.
- Opportunities for leadership and mentorship.
- Access to exclusive fellow-only events and forums.

HOW TO APPLY

- Download the Fellowship Application from the official CCP website.
- Submit your completed application online with supporting documents.



Please contact the College Office for any clarifications.

PGIM Academic Center, No. 85,
Rodney Street, Colombo 08

+94 (0)11 2196547
+94 (0)11 3094140

Email: info@ccp.lk



UPCOMING EVENTS



SPECIALTY UPDATE IN RESPIRATORY MEDICINE

Specialty Update
IN
RESPIRATORY MEDICINE

Specialty Update in Respiratory Medicine will be held on 12th May, 2026 from 11.30-01.30 pm at the ClinMARC Auditorium, NHSL, in collaboration with the Sri Lanka College of Pulmonologists.



YOUNG PHYSICIANS' FORUM & COLLEGE LECTURE

Young Physicians
FORUM

Young Physicians' Forum and the College Lecture will be held on 19th May 2026, 11.45 am to 12.45 pm at the ClinMARC Auditorium, NHSL.



PERIPHERY TO THE FORE

Periphery
TO THE
FORE

Peer Learning: Periphery to the Fore is scheduled to be held on 26th March 2026, 12.00 noon to 1.30 pm via virtual platform



REGIONAL ACADEMIC SESSIONS

SATELLITE CONFERENCE IN GALLE

Satellite Conference in Galle will be held on 11th June 2026, in collaboration with Galle Medical Association.





CCP NEWS

Newsletter of Ceylon College of Physicians



CEYLON COLLEGE OF PHYSICIANS

Established in 1967

PGIM Academic Center, No. 85, Rodney Street, Colombo 08



+94 (0) 11 2888146
+94(0)113094140



info@ccp.lk



www.ccp.lk

