



OFFICIAL NEWSLETTER SLCOG





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SLCOG NEWS

Official Newsletter of Sri Lanka College of Obstetricians & Gynaecologists

CEREMONIAL WELCOME OF NEW PATRON



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Editor's Note

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Dear fellows & members,

I was given a chance to edit SLCOG Newsletter by the president Prof Sanath Lanerolle. SLCOG news was published once in three months in print and as an electronic version in the webpage. SLCOG news contents consist of the Academic work, O & G Ladies Forum, Sports page and the Articles from the membership.

SLCOG news has enabled to keep all the members well informed of the college activities. Abbott CIC Holdings (pvt) Ltd sponsored the entire printing and mailing cost involving with this publication.

I thank them for their commitment for this.

We thank our publishers, Q Wave (Pvt) Ltd. for their excellent work in our newsletter

Dr Wasantha Galappaththy
**CONSULTANT OBSTETRICIAN &
GYNAECOLOGIST**

Share your interesting experiences
with the SLCOG family through the
SLCOG Newsletter



President's Message

I am immensely delighted to send this message to the second issue of the quarterly newsletter 2022 of the Sri Lanka College of Obstetricians & Gynaecologists. A new format and more colors has been introduced to “SLCOG News” this year. This issue brings you vision of SLCOG and its council within the second quarter of the year 2022.

During this three months period, SLCOG has undergone several important events of its event calendar. The most significant one was the election of new patron of the college. The position of patron was passed from most respected Prof W I Amarasinghe to most respected Dr. (Mrs.) Marlene Abeyewardena. She made the history of becoming the first lady patron of the SLCOG.

I am please to record the prestigious D.E Gunathilake Oration was held at the Monarch Imperial Hotel. The Orator was Dr. Wasantha Galappaththy, senior consultant and the editor SLCOG. The oration was on the topic” Novel Approach to Screen Sepsis in Pregnancy”

Council of the SLCOG has taken another significant milestone of the SLCOG history by having the inaugural membership admission ceremony. This was held on the 22 nd of May 2022 where 16 consultant obstetricians & gynaceologists were admitted as members. I am honored and privilege to welcome all of them to SLCOG during my tenure in the office. This is the highest number of members enrolled in a year.

Most importantly, I take this an opportunity to invite all the fellows and the members to SLCOG’s annual academic conference which will be held on 30 th September to 2 nd October 2022 at Hotel Shangri-La, Colombo. The SLCOG will be hosting the SAFOG Silver Jubilee congress this year in association with 55 th Annual Scientific Conference of the college. The SAFOG president is Dr Rohana Haththotuwa who was a past president of the SLCOG and SLCOG is proud of his achievement. It was profoundly inspiring to observe our members work tremendously hard to organize this scientific congress.

This year, in the midst of the country’s economic crisis, we faced many hurdles in moving forward. However, the SLCOG with its members did better than many other colleges. We were able to carry out all the activities in the academic calendar. We continue to improve maternal mortality and morbidity statistics despite the challenges imposed in the true vision of SLCOG since its inception.

Prof. Sanath Lanerolle

President

Sri Lanka College of Obstetricians & Gynaecologists



Patron's Message

It is a great privilege and honor for me to accept the office of the Patron of the Sri Lanka College of Obstetricians & Gynaecologists which I did on the 30th April 2022 and I am deeply honored to continue working with the SLCOG in this capacity.

It was in 1983 that I first joined the SLCOG on my return from UK having passed the MRCOG examination. That was 39 years ago. Looking back on the past 39 years I feel greatly privileged to have been with the SLCOG all these years and seen the great changes which have occurred during this time and being a part of these changes.

As we all know the SLCOG first started as the Association of Obstetrics & Gynaecology of Ceylon in 1953 and continued as such until it became the Ceylon College of Obstetricians & Gynaecologists in 1970. With the advent of the Republican Constitution in 1972 the Association became known as the Sri Lanka College of Obstetricians & Gynaecologists, the prestigious organization of which we are all members.

As we all know the SLCOG first started as the Association of Obstetrics & Gynaecology of Ceylon in 1953 and continued as such until it became the Ceylon College of Obstetricians & Gynaecologists in 1970. With the advent of the Republican Constitution in 1972 the Association became known as the Sri Lanka College of Obstetricians & Gynaecologists, the prestigious organization of which we are all members.

It has been our privilege and a wonderful experience to see the College grow both in the sphere of patient management as well as achieving international recognition, initially with the FIGO Federation Internationale Gynaecologiae and Obstetrics, then the Asean Oceania Federation of Obstetrics and Gynecology, The Royal College of Obstetricians & Gynaecologists and later with the formation of the South Asian Federation of Obstetricians & Gynaecologists in the year 2000, also the Perinatal Society and the Menopause Society of Sri Lanka and thereafter with the formation of the South Asian Federation of Menopause Society in the South Asian region. The SLCOG has thus focused on all aspects of maternal and neonatal health as well as the health of the adolescent girls and the post reproductive health of women in our country and in the South Asian region.

Initially, the Ceylon Obstetrics & Gynaecology Association was started with the singular objective of reducing maternal mortality in Sri Lanka which was very high in the early 1900's. This was thus targeted by improving maternal care. From this the SLCOG grew and evolved into an organization which encompassed the different aspects of obstetrics and gynaecology ranging from capacity building by its members to providing policy directions to the state and the Health Ministry to be a globally recognized institution which works hand in hand with many international organizations to improve the health of the women not only in Sri Lanka but in the South Asian region as well as globally.

Many challenges had to be faced during this journey. Our predecessors provided leadership to counter these challenges and uphold the values of the college in order to contribute towards remarkable achievement in women's health in Sri Lanka.

The SLCOG has achieved its current position by adopting meticulous strategies through a dedicated membership.

Thus we have a foundation to work on to fulfill the future responsibilities of our college. The objectives focused on by the SLCOG during the past 55 years are:

1. To promote and maintain high standards in Obstetrics and Gynaecology
2. To promote a keen sense of professional ethics
3. To encourage study and research into problems related to the health of the mother and child as well as adolescent girls and women in the post reproductive age group
4. To hold periodical meetings for scientific discussions as well as practical demonstrations on related subjects
5. To publish papers and other literary work related to Obstetrics and Gynaecology.



Professional Development

From the commencement of the SLCOG in 1953 professional development of its membership remains the main stay of SLCOG activities. At the outset enhancing the knowledge and skills of the membership by exposure to national and international resources available at that time was identified as the key to achieving these objectives.

Over the years improvement of knowledge, skills and attitude on providing obstetrics and gynecological services by the membership were facilitated by well planned academic activities conducted the SLCOG.

Annual academic sessions often conducted in collaboration with regional or global professional organizations have helped our country to focus on training medical officers on emergency obstetrics care and other specialized services, i.e. social responsibility beyond the call of duty.

he SLCOG takes the responsibility of providing social support whenever the situation arises in our country or in a neighboring country within the areas of our expertise, i.e. during the Tsunami which occurred in Sri Lanka in 2004 and the 30 years of civil war which occurred here and concluded in 2009. The SLCOG worked extremely hard to assist people who needed help during these trying times.

Relationship of SLCOG with international organizations

SLCOG has been a member of FIGO (Federation Internationale Gynaecology and Obstetrics since 1976, however, it became involved as a working group with FIGO only in 2007, in a project to prevent maternal mortality due to unsafe abortions which became a major cause of maternal deaths during this period. Currently, it has a strong associations with FIGO and participates in all the conferences in FIGO in order to gather the necessary knowledge for improving the health of women globally.

AOFOG, interaction of the SLCOG with the AOFOG dates back to 1980's when Sri Lankan born Prof. S S Ratnam (Shan Ratnam) who graduated from the then University of Ceylon was its secretary general. In 1985 Sri Lanka was successful in organizing the Asean Oceania Congress of Obstetrics and Gynaecology in Colombo with Dr. Siva Chinnathamby as the Chairman of the organizing committee. . This was a great success. Prof. Shan Ratnam initiated the Young Gynaecologists Award at this event where awards are presented to young Gynaecologists with outstanding all around performances. These awards still continues at AOFOG conferences. Since then the SLCOG has continued to work together with AOFOG and organize many workshops and training programs together for the benefit of women. Currently it is a great pleasure for us that Dr. Rohana Hathtotuwa from Sri Lanka is the Secretary General of AOFOG at present.

SAFOG can trace its beginnings to the desires of the doctors in the South Asian Region to get together and form an organization with regard to maternal and reproductive health of women in their countries which are of similar cultural backgrounds and has similar socioeconomic status. On the suggestion of the late Dr. Rohan Perera a past president of the SLCOG, the SLCOG took the initiative and convened a meeting in Colombo to form an organization named Federation of Obstetrics and Gynaecological societies of the South Asian region. The first meeting of this organization FOGSAR was held in Bali and it was unanimously decided to name the Organisation as SAFOG and to have its headquarters in Colombo.

Prof. Rashid Latiff Khan of Pakistan was the first President of SAFOG and Prof. T A Chowdhry of Bangladesh was the 2nd President of SAFOG and late Dr. Lakshman Fernando from Sri Lanka was inducted the 3rd President of SAFOG. Currently Dr. Rohana Haththutowa from Sri Lanka is the president in this Silver Jubilee year of SAFOG.

Prof. Sir Sabaratnam Arulkumaran has initiated a Young Gynaecologist Award at the SAFOG conference this year, its Silver Jubilee year.

RCOG Sri Lanka has had long standing relationships with RCOG i.e. The Royal College of Obstetricians & Gynaecologists UK even before the SLCOG was formed. However, it was after the establishment of the Post Graduate Institute of Medicine and SLCOG association with the conduction of the initial MS and currently the MD examination in Obstetrics and Gynaecology that the relationship with the RCOG increased.

Safe Motherhood Programme

With respect to maternal mortality Sri Lankan statistics reveal that the MMR per 100,000 live births has been the highest from 1900 to 1914. A range of 2327 to 2493. The highest MMR was from 1929-1945, mostly due to the complications of Malaria, due to poor obstetrics education and inexperience in delivery practices as well as antibiotics not been discovered in that era. Most of the deaths were unfortunately avoidable. After 1945 the MMR started to decrease, probably due to the control of Malaria and the discovery of antibiotics.

The SLCOG played a major role in contributing to the reduction of maternal mortality rate by organizing Safe Motherhood programs to educate the healthcare workers in all parts of the island in emergency obstetrics care thus improving the quality of care given to pregnant mothers. The SLCOG focused on organizing Safe Motherhood programs with a view to reducing maternal mortality in 1992 during the Presidency of Prof. Wilfred Perera.

Around 3-4 Safe Motherhood programs are conducted each year in different parts of the country in collaboration with the Ministry of Health and the Family Health Bureau depending on the need based indicators such as the provincial maternal mortality rate. For the past 3 years it has not been possible to conduct the programs as often as we have done before due to the Covid-19 pandemic in the country which prompted us to reduce the exposure of the population to the virus.

The purpose of safe motherhood programs were to educate participants consisting of Midwifery nurses, medical officers of health, field and hospital mid wives and junior doctors in the correct management of pregnant mothers during the antenatal period, time of delivery, in the postpartum period, as well as during the puerperium so that complications did not occur and if they did they could easily be handled. Such programs were conducted at district level in all provinces of the country.

Safe motherhood programs also helped in initiating a dialog with the health administrators of the district providing an opportunity to identify challenges, face facts and find solutions to problems. Currently the maternal mortality rate in Sri Lanka is around 32 per 100,000 live births which is considered to be the best in South Asia. The college also conducts joint meetings with other colleges in order to exchange ideas to find solutions to the problems we experience with respect to various aspects of women's health.

Confidential Inquiry in to Maternal Deaths and Assessment of Acute Severe Morbidity, discussions on this have been carried out by the SLCOG since 2005. However, the SLCOG was unable to format and initiate a confidential inquiry and assess the acute severe morbidities of pregnant mothers until recently.

Recently, the relevant documents were submitted to the Family Health Bureau and approved by the Ministry of Health and a pilot project was carried out. Hopefully this will be a new beginning for our country. Post-partum hemorrhage continued to be the main cause of maternal mortality in Sri Lanka for many years along with pregnancy induced hypertension.

PPH continued to be the leading cause of maternal mortality in Sri Lanka. Prof. Sir Sabaratnam Arulkumaran the then President of RCOG took the initiative to address the issue by an island wide approach to reduce maternal morbidity and mortality due to post-partum hemorrhage through the insertion of post-partum IUCD's a project which was sponsored by the RCOG and the WHO.

It was realized that it was an absolute necessity for the SLCOG and the Ministry of Health to work together in close collaboration because the Ministry of Health administers all the government hospitals in the country. Thus any policy or administrative changes recommended by the SLCOG have to be agreed upon and ratified by the Ministry.

Many presidents of the SLCOG in the 1990's felt that in order to reduce the maternal mortality rate the consultant units in our hospitals needed to be upgraded to provide better and safer care during the antenatal period as well as during delivery and the post-partum period. The SLCOG focused on these issues in order to provide good antenatal care and emergency obstetrics care in the hospitals. Cadre increase and upgrading of all units with better facilities were found to be the most important factors.

Post graduate training and evaluation

Post graduate training and evaluation in Sri Lanka has been practiced from the commencement of university education in the country. From the inception Sri Lanka has maintained a good reputation for PG training of a high standard. Post graduate training has been modeled on the training and evaluation conducted in the UK under the guidance and leadership of the RCOG. During the later years of the 1960's rapid changes were occurring worldwide in both under graduate and post graduate education. It was thus necessary to establish a local institute to guide local post graduate education. Accordingly the government of Sri Lanka established the Post Graduate of Institute of Medicine in 1980 as an establishment within the University of Colombo. The board of study in obstetrics and gynaecology was entrusted with the organization of training and evaluation

Continued Professional Development Programs are carried out by the SLCOG in different parts of the country as training for different categories of medical professionals, i.e. doctors who are consultants, registrars, SHO's etc. These programs are designed to identify a particular target group and tailor made programs are prepared for different categories of medical officers.

The candidates participating are given marks at the end of the program in order to assess them and CPD marks are awarded according to the marking scheme and the category of doctors.

CPD programs are carried out regularly by the SLCOG for all categories of doctors. The CPD marks added up are beneficial to the doctors concerned and helps in their professional development. It is thus important that all obstetricians and gynaecologists get involved in participating in the CPD program as well as joint the college in organizing CPD programs.

One of the things that stands out in our career as Obstetrics and Gynaecology is joining the SLCOG and focusing to improve the health of women in Sri Lanka, the South Asian region as well as globally through FIGO and AOFOG. The SLCOG focuses on Ethical guide lines which are extremely important to us as specialists in Obstetrics and Gynaecology, in clinical practice and management of patients. Maintaining ethical standards is of great importance to carry out our work optimally towards the management of women's health in our country and in the South Asian region. Thus ethical guide lines are considered necessary to play a major role in moulding our attitudes towards the best handling of our patients, by understanding their problems, managing them with kindness and the best facilities available at the moment.

Following the guide lines set by the SLCOG with respect to patient care and management is thus considered to be of vital importance.

In 1983 when I joined the SLCOG the office of the SLCOG was located at the SLMA headquarters in Wijerama Mawatha, Colombo.07. Our office consisted of 02 rooms and it was the dream of all the members of SLCOG to have a building of our own as the SLCOG headquarters.

I look back with happiness at this time as we were able to obtain a block of land in Model Farm Road, Colombo belonging to the UDA which was given to us by the then Minister Mr. Bandula Gunawardene in order to initiate the building of the SLCOG. It was fortunate that I was the incoming President at the time and was able to initiate the building process by organising the laying of the foundation stone in early 2004. The building was completed in 2008 which was remarkable considering that the Tsunami occurring in 2004 causing the cost of the building to treble. However, due to the hard work of our members we were able achieve our objectives and were able to complete the building in 2008.

Our organization the Sri Lanka College of Obstetricians & Gynaecologists have done Sri Lanka proud over the past 55 years and we look to provide insight to the current membership to continue to provide inspiration and direction to continue further achievements through the SLCOG in the years to come so that it remains a key player in the arena of obstetrics and gynaecology at national and international level as it has been since it started.

Dr. Marlene Abeyewardene

MBBS(Ceylon), MS(Sri Lanka), FRCOG (U.K) FSLCOG

Consultant Obstetrician & Gynaecologist





THE PRESIDENT AND THE COUNCIL
OF SRI LANKA COLLEGE OF OBSTETRICIANS
AND GYNAECOLOGISTS

NEW PATRON

DR (MRS) MARLENE ABEYEWARDANA

22.05.2022

HOTEL IMPERIAL MONARCH
SRI JAYAWARDHANAPURA
8.30 PM ONWARDS

FOLLOWED BY FELLOWSHIP AND DINNER





Dr Richard Caldera Oration - 2022

Sri Lanka College of
Obstetricians and Gynaecologists



Dr. Richard Caldera Memorial Oration

Dr. Richard Caldera (President SLCOG from 1970 – 1971) was an archetypical obstetrician who served for the betterment of field obstetrics in the country. His service to the SLCOG and the medical profession is well recognized and he is honoured through the “Richard Caldera Memorial Oration”.

Keeping up with the tradition, the Richard Caldera Memorial Oration for the year 2022 was held on the 20th of February at the Eagle Banquet Hall, Waters Edge, Battaramulla.

The Orator was Prof. Sanjeewa Padumadasa, who spoke on the topic “Bottom down fetal presentation: the naked truth – The art of vaginal breech delivery”.

The event was presided by SLCOG President, Prof. Sanath Lanerolle who handed the Orator’s certificate to Prof. Padumadasa.





Prof. Sanjeewa Padumadasa - Orator



CEMD LAUNCHING CEREMONY

Confidential enquiry into maternal deaths (CEMD) were started as a pilot project in western and southern provinces from 1st of March 2022. Ceremonial launch was held at the auditorium Family Health Bureau with a participation of a large audience and officials from Ministry of Health and the Sri Lanka College of Obstetricians and Gynaecologists. Chief Guest of the ceremony was Dr. Asela Gunawardene, Director General of Health Services.

In the Southern Province, this was initiated in the Matara BPDHS Office as a hybrid session with

participants plugging in virtually on the platform of zoom. SLCOG was represented by the President of Sri Lanka College of Obstetricians and Gynaecologists, Prof Sanath Lanerolle and Dr Mangala Dissanayaka. The representatives of Family Health Bureau, Dr Harendra Dassanayaka and Dr. Chithramalee De Silva, Director Maternal and Child Health were in attendance. This important milestone was held in the presence of a large audience onsite and online.

The introduction was carried out by Prof Sanath Lanerolle followed by a brief of the CEMD Process and Know-How was communicated to the audience by the joint efforts of Dr Mangala Dissanayaka and the representatives of Family Health Bureau.



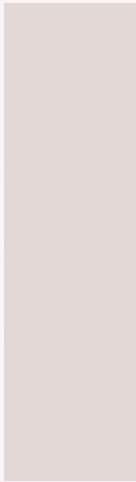


Members' Admission Ceremony 2022

The Members' Admission Ceremony for the year 2022 was held at the Hotel Monarch Imperial, Sri Jayawardenapura on 22nd of May 2022. The ceremony was presided by the Patron, Dr (Mrs). Marlene Abeyewardene, President, Prof. Sanath Lanerolle, Hony.Secretary, Dr Chaminda Mathota, Treasurer, Dr Dharshana Abeygunawardene and Prof Hemantha Dodampahala, President-Elect SLCOG.

16 new Consultant Obstetricians and Gynaecologists were appointed as new members of the Sri Lanka College of Obstetricians and Gynaecologists.







DR. KOPALAPILLAI
VASANTHARAJAH



DR. KAVINDA GIHAN
HEWAWITHARANA



DR. P.G.C.M.
JAYASUNDARA



DR. M.S. MOHAMED
FAIZ



DR. PARAMSOTHY
KALAIMARAN



DR. I.G.D.C.
ILUKPITIYA



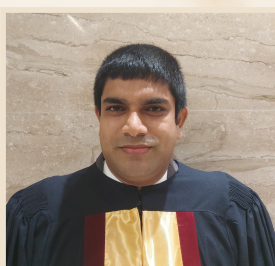
DR. Y.M.S.Y.
KULARATHNA



DR. SANGEETHA
MAHESAN

NEW MEMBERS

- 2022 -



DR. W.A.T.A.
WEERAKKODY



DR. T.D.R. LASANGA



DR. N.P. UDAWELLA



DR. A.G.T.Y.
CHANDRATHILAKE



DR. W.M.H.G.S.B.
WICKRAMASINGHE



DR. NEOMAL C.
ABEYSEKERA



DR. INDUNIL
PIYADIGAMA



DR. DILUK ISHARA
SENADHEERA

PROF. D.E. GUNATILLEKE MEMORIAL ORATION



PROF D.E. GUNATILLEKE MEMORIAL ORATION

The most prestigious D.E Gunathilake Oration was held on the 22nd of May 2022 at the Hotel Monarch Imperial. The Orator was Dr. Wasantha Galappaththy, who spoke on the topic "Novel Approach to Screen Sepsis in Pregnancy" The event was presided by SLCOG President, Prof. Sanath Lanerolle who handed the Orator's certificate to Dr Wasantha Galappaththy.



Dr Wasantha Galapaththy
Orator



WELCOME



SILVER JUBILEE SAFOG CONGRESS
IN ASSOCIATION WITH
55TH ANNUAL SCIENTIFIC CONFERENCE



OF THE
SRI LANKA COLLEGE OF OBSTETRICIANS & GYNAECOLOGISTS

SAVE THE DATE

30th September to 2nd October 2022
at Hotel Shangri-La, Colombo

Conference Secretariat

No.112, Model Farm Road, Colombo 08, Sri Lanka.

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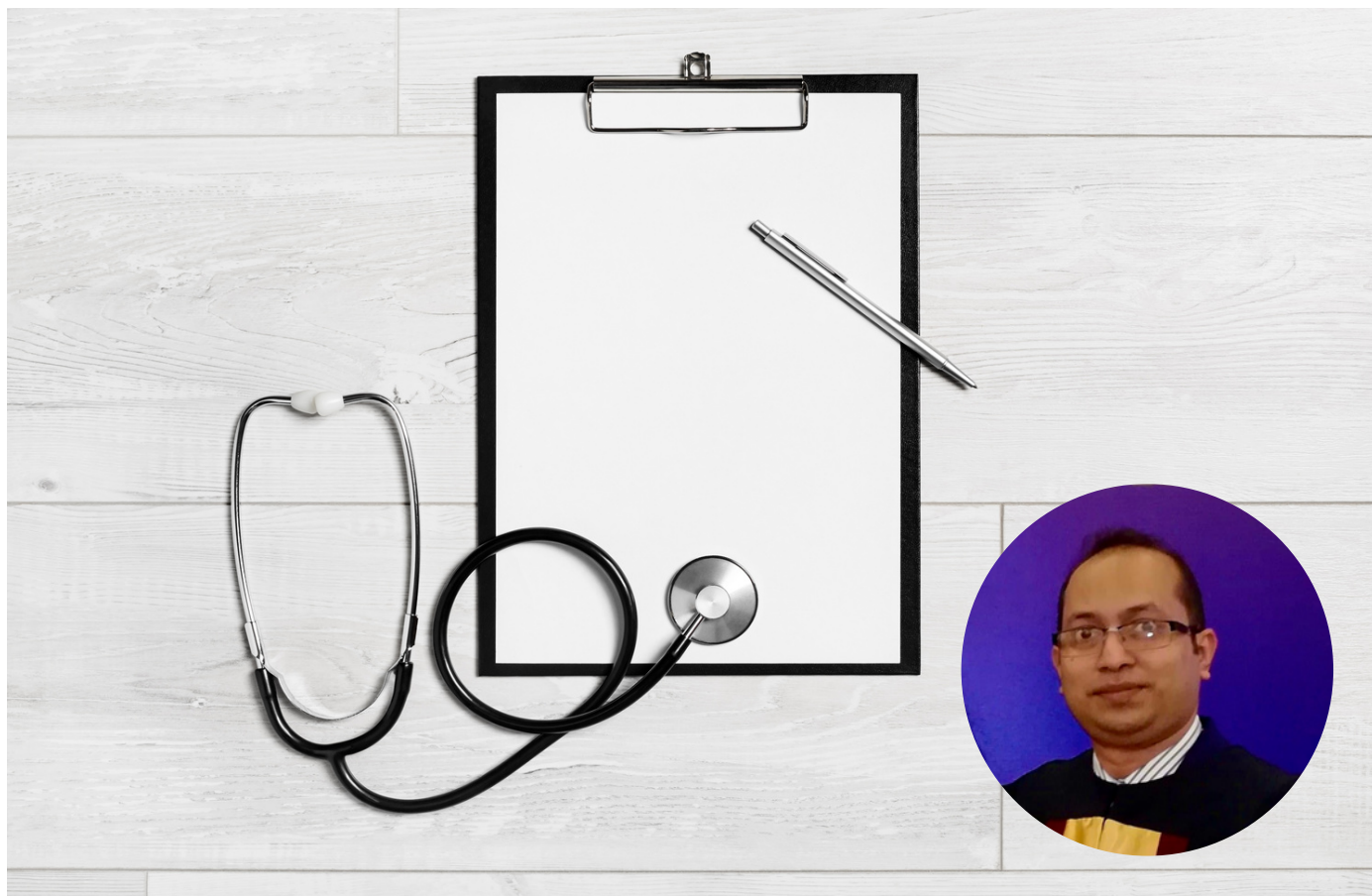
welcome



Dr Rasika Herath
Chairman - Scientific Activities
And Research



Prof Rukshan Fernandopulle
Chairman - Scientific Committee
SAFOG - SLCOG Congress



MD PART 01

PREPARATORY COURSE BY DR B P GAYAN DE SILVA ASSISTANT SECRETARY - SLCOG

I was given the responsibility of organizing the MD Part I course by the president and the council of the SLCOG. Preparatory course for MD Part 1 for the year 2022 commenced on 29th May at the SLCOG premises. It was organised by the Sri Lanka College of Obstetricians and Gynaecologists and the course was coordinated by Dr. Gayan De Siva, Consultant Obstetrician and Gynaecologist and Assistant Secretary SLCOG.

A total of 48 candidates were enrolled for the course. There were many candidates from far away regions such as Mullativu, Jaffna, Batticaloa, Hambanthota and Mannar were among the participants. Due to the lack of public transport and considering the ongoing fuel issue, the course was organised as a hybrid event including in person and online participation via zoom. All speakers were highest experts in their relevant fields including Prof. Rohan Jayasekera, Prof. Malik Goonewardene, Prof. Piyusha Atapattu etc. Gold medalist of MD Part 1 2021, Dr. Chiran Kolombage also shared his experience as a recent most successful candidate and discussed some important topics. The course was stretched up to 4 months with lectures on every other Sundays to make it convenient for the participants with their on call rosters. On the last day, a mock exam was conducted and each participant was given a feedback on their performances.

We were able to earn a sum of 1.38 million rupees were credited to the college account. I hope to improve the standard of the course next year by learning the shortcomings of this course.

I thank the president Prof Sanath Lanerolle and the council for giving me this opportunity.



PROJECT PROMISE

BY DR MANGALA DISSANAYAKA
CHAIRMAN - EDUCATION AND SETTING STANDARDS
SLCOG



Sri Lanka college of Obstetricians and Gynaecologist (SLCOG) and United Nations population Fund (UNFPA) formally agreed to conduct a national mass media sensitization campaign including visual, audio, print and social media to dispel myths and misconceptions about Family Planning and encourage especially women, young people and married couples to make informed decisions about one's sexual and reproductive health choices and obtain relevant services as required in Sri Lanka. This media campaign was a part of national program conducted with the ministry of health and generously supported by the Government of Japan, concluded in July 2022.

The content of the media campaign was mostly on family planning, young people's access to Comprehensive Sexual Education and Sexual Reproductive Health information, unintended pregnancies, menstrual health, decision making and relationships, subfertility etc.

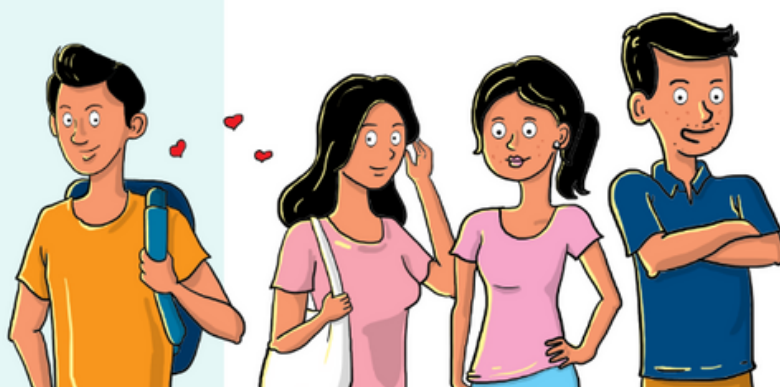
The media dissemination happened in all media had been designed looking at the prime time to be telecasted and broadcasted to achieve a wider coverage. An additional webpage had been created to direct young people for more information on Sexual Reproductive Health and Rights under the SLCOG webpage. Campaign slogan was "A well thought decision leads to a life of happiness". The target population of this media campaign was 12.6 million was achieved by the end of June 2022.

The 6 TV commercials and Radio advertisement in Sinhala and Tamil languages received wide publicity. In addition one cinema advertisement had been screened for adult audience. Several press articles and the TV talk shows with SLCOG members and activists in pioneer channels received wide public attention. Apart from this, there were over 100 social media posts, videos and content that were being shared while promoting the youth zone website. So far the feedback received on the content has been quite positive and the messaging is identified as something timely and crucial creating a dialogue in the community and on social media. The media campaign monitoring company has been hired and the impact and coverage will be measured accordingly.

I wish to thank Prof. Sanath Lanarolle President SLCOG, Dr Pradeep Silva immediate Past Pre Senanayake and the entire council for all the untiring support during this period.



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UPCOMING EVENTS

Sri Lanka College of Obstetricians & Gynaecologists
"Empowering clinical excellence"

Safe Motherhood Programme -3

NORTH GATE by Jetwing
JAFFNA - SRI LANKA

July 1st - 2nd
Teaching Hospital, Jaffna

FOR MORE INFORMATION CONTACT SECRETARIAT:
+94 77 967 8787 | slcogoffice@gmail.com

Sri Lanka College of Obstetricians & Gynaecologists
"Empowering clinical excellence"

Upholding the traditions...

DESHAMANYA DR SIVA CHINNATHAMBY MEMORIAL ORATION

1st July 2022

7.30 pm Onwards..
NORTH GATE by JETWING HOTELS
Jaffna

NORTH GATE by Jetwing
JAFFNA - SRI LANKA

SILVER JUBILEE SAFOG CONGRESS
IN ASSOCIATION WITH
55TH ANNUAL SCIENTIFIC CONFERENCE
OF THE
SRI LANKA COLLEGE OF OBSTETRICIANS & GYNAECOLOGISTS
"Enhancing Women's Health with Regional & Global Partnership"

30th Sep - 2nd Oct
at Hotel Shangri-La, Colombo

PRE CONGRESS WORKSHOPS
Registrations are now open

Consultants - 5000 LKR
Trainees - 2000 LKR

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http://congress.slcog.lk

No.	Pre-Congress Workshop	Venue	Date & Time	Participants
01	Optimizing safety in Labour	SLCOG Auditorium	27 th September 8.00 am - 3.30 pm	Doctors Nursing Officers
02	Tips of laparoscopic suturing	Surgical Training Laboratory, National Hospital, Sri Lanka	27 th September 8.30 am - 1.00 pm	Consultants Doctors (Only 24 Participants)
03	Novel Avenues of Advanced Gyn Laparoscopy - Live Workshop	SLCOG Auditorium/ Castle Street Hospital for Women	28 th September 8.00 am - 2.30 pm	Consultants Doctors
04	Respectful Maternity Care	SLCOG Ground Floor Auditorium	28 th September 8.00 am - 12.00 pm	Medical Undergraduates/ Postgraduates/ Intern Medical Officers/ Nursing Officers Midwifery Officers
05	Elimination of cervical cancer: Joining the WHO initiative "Together we can"	SLCOG Ground Floor Auditorium	29 th September 8.00 am - 1.00 pm	Consultants Doctors Nursing Officers Midwifery Officers
06	Redefining Postpartum Haemorrhage Management in South Asian Countries	New Town Hall Auditorium, Green Park	29 th September 8.00 am - 12.00 pm	Nursing Officers Midwifery Officers
07	USS on Fetal Medicine	SLCOG auditorium	29 th September 8.00 am - 1.30 pm	Consultants Doctors
08	Vaginal Surgery: What's new? Handling difficult situations	Durdans Hospital Auditorium	29 th September 8.00 am - 2.00 pm	Consultants Postgraduates Medical Officers Nursing Officers
09	Training of Master Trainers on PPH Em Response using Bundle approach	SLCOG Skills Laboratory	29 th September 8.30 am - 4.30 pm	Doctors (Only 20 Participants)

Registrations can be done by visiting SLCOG House or phoning to +94 11 26 89 036 / +94 77 96 78 787
(Full details of each workshop along with preliminary programmes will be sooner available at the official congress web portal under the scientific programme)

For any queries please contact us at
Tel: +94 11 26 89 036 / +94 77 96 78 787
E-mail: slcogoffice@gmail.com

FEATURE ARTICLE

DR RUVAN JANAPRIYA SAMARASINGHE

CONSULTANT OBSTETRICIAN AND GYNAECOLOGIST



It was a bright sunny day and everyone was away for their own pleasure in long vacation but me as usual, working for them to keep alive and for sure to keep me alive as well from ravaging fury next day.

Obs and Gynae Registrar in first year trying to keep up the pace, satisfying everyone in every possible way, poor creatures!!!!

I still remember the casual walk along that fairly long corridor just besides the post natal mothers and neonatal unit leading up to the small mound where the new operating theatre was built on my right side.

The anatomy of the area was typically busy and disorganised as compatible with most of government institutions.

But still this place had some lush character owing to the Indian Ocean on my left beyond the ribbony Gall Matara road then gradual continental slope off the golden sand.

Reflection of sun could be seen on the waters and sun was blazing down but few dark clouds added some degree of shades on ground with mild breeze gave me some cooling off my internal soul.

Behind me two orderlies were pushing a trolley which was very unhygienic and screaming due to rusty wheels showing how poor our setup was, two or three new mothers with their babies in their hands just wandering aimlessly rhyming something probably cursing us for their pain. The doggies who are brought on by admins to spy on us round the clock were following me as if watching my next action. Little far away on the mound, I could see the old building probably dates back to World War II, where my wife and two year old son lived in utter misery till me finish my term here. The glimpse of old garage just adjacent to parapet wall on the left had few vehicles parked including my green Mitsubishi Toppo, an unpopular cheap and rare entity. Enjoying all these sheer beautiful scenery I propelled my weary tired limbs to the operating theatre, where pre eclamptic mother was waiting to be sectioned. It was all quiet normal environment inside, everyone knows their role and ready to kick off. Things went off smoothly as planned and soon new soul came out of that sac after my struggling efforts to counteract the edema and obesity.

Alas !!! at once all lights went off as I was just ligated the angle. It was quiet normal to have power interruptions but this was super abnormal as seconds turned into minutes and my cell phone rang twice and stopped.

Door opened in the theater and I heard voices shouting "it's commmmiiiiinnngggg!!!!"

Few barged into the theatre and shouted that we are about to be doomed as ocean has come to our door step. We were still in total darknesses. For some strange reason I didn't think of running away. I knew the phenomenon of Tsunami by watching the film "Great Impact" and I told it could have been a one of those. But I didn't remember the name Tsunami. Anyway there wasn't much halabaloo inside and we managed to finish off the surgery despite the absence of an assistant nurse. One other nurse came later to finish it up. My house officer and anesthesiologist and minor staff was there and it was finished with the laryngoscope light.

Any way pt was taken out of theatre and I wondered off to that old building where my family lived.

Of course my son was so devastated seeing the destruction outside and he was shivering and ran to me. I took the keys of my car and went down to park it somewhere else.!!!!!!

Scene was astonishing and dreadful!!!

There was no Galle Road, only brickbats, whole line of houses and even bus stand was no more.

Ocean has drained away and could see the sand for long distance with occasional fish dancing on the sand.

One man walking alone, dead baby on his hands still baby was frothing but no sign of life, nothing no scream no talking absolute silence!!!!!!

The silence of Death.!!!!

I wandered down to find my car and it was found that even garage and parapet wall, all washed off. My car was found about 300 meters away and luckily only with minor damages to body but it has been submerged and later had to be abandoned.

My other colleagues were there down the ground with the help of villagers transferring patients to TH Karapitiya. striking feature was there was no any admin to guide anything it was all done by available registrars, senior house officers interns and non clinical staff.

Me wife and my son all walked about one and half km to reach another doctors house in fear of Tsunami coming again. We had to walk in knee height water with bags on head, typical feature of refugees.

Any way with the help of many we managed to setup some sort of clinical care for mothers in Karapitiya. Some mothers delivered in surgical and medical unit. There was no calling system to seniors. I could remember that we had to do a staff emergency section with available tools and very pathetic to see a ruptured ectopic saved on nick of time despite all these chaos. Instantly we became beggars and refugees with mothers to look after. But all the registrars, SHOs and interns and all other staff did an amazing job for days with all dedication until we establish a some sort of unit to care the mothers. There was no proper authority for days to look after anything

That's the day I learned that maternal care even though it's said very important and boasted everywhere it's on our own hands and there was no authority to look after it but only to find faults.

Young Gynaecologist's Diary

CRISIS AT THE MIDDLE OF A CRISIS



Unlike other times, the last two months were extremely stressful and hectic for all my consultant colleagues including myself at DGH Nuwara Eliya. I'm pretty sure this would have been a common experience for most consultants working in the periphery island wide. This was due to the ongoing crisis which had spread to every corner of the island from the month of June onwards.

Nonavailability of fuel, gas and sky-high prices for essential goods affected our community in many ways. Public commuting was badly affected; hence patients did not have access for health care providers on most occasions. As a result, most necessary investigations were delayed, so does the diagnosing and appropriate medical interventions.

Furthermore, delays in seeking medical attention were frequently observed leading to significant increase in morbidity, Mortality and near misses. The impact for maternity and gynaecology unit was overwhelming. The mounting number of on-admission IUD's and collapsed patients due to leaking ectopic pregnancies, eclampsia and APH etc.

However, the benign gynecology electives were postponed in order to spare available medication and surgical consumables for emergencies and malignancies. As a result, waiting time for benign surgeries prolonged and extended. Therefore, increased hospital admissions noted related to benign gynecological conditions.

A noticeable increase in antenatal admissions observed because of the trend for early admissions well in advance to their expected delivery date considering existing transport difficulties. Surprisingly the ward was inundated with patients' putting excessive pressure on all staff members.

Besides all this drama the new batch of interns arrived late June making the situation worse for everyone. In addition, travelling home from workstations became a nightmare we were compelled to use public transport. Not only us, but also our beloved ones are also stressed out.

It's slowly recovering, but not yet over and will be remembered as most challenging few months in everyone's lives.....

Dr. Duleeka Dissanayaka

CONSULTANT OBSTETRICIAN AND GYNAECOLOGIST
DISTRICT GENERAL HOSPITAL
NUWARA ELIYA

ORATIONS 2022



Prof. D.A. Ranasinghe

1968 – 1970



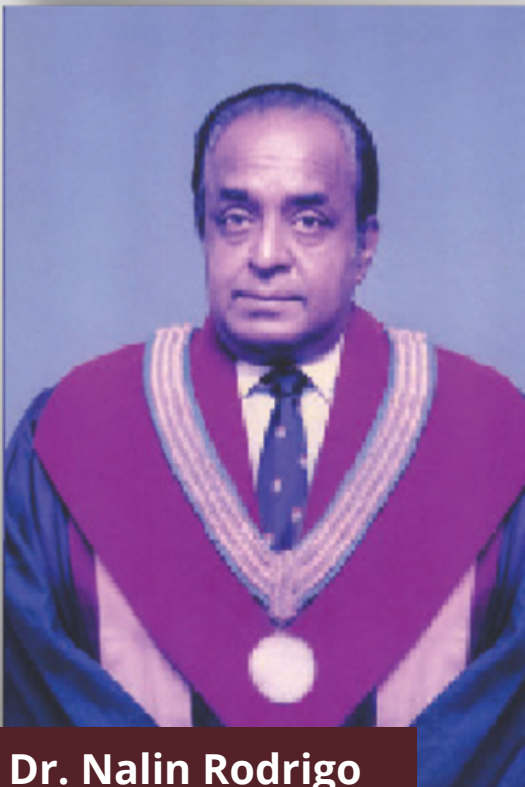
"From radical to conservative; a decade of evolution of surgical management of placenta accreta" By Dr U D P Ratnasiri

30th September 2022

9.00 am – 9.45 am

Day 01

Silver Jubilee SAFOG Congress in association with the 55th Annual Scientific Conference of the SLCOG



Dr. Nalin Rodrigo

1981 – 1983



"Towards a scalable and sustainable solution for the rising trend of caesarean section rates in Sri Lanka" by Dr D.M.C.S Jayasundara

20th November 2022



SLCOG - RCOG



SLCOG MEETS WITH RCOG FOR MOU

Sri Lanka College of Obstetricians and Gynaecologists (SLCOG) and the Royal College of Obstetricians and Gynaecologists (RCOG) have been working hand in hand over the years to improve women's health and improve quality of training in obstetrics and gynaecology.

President SLCOG Professor Sanath Lanarolle initiated a dialogue with President RCOG Mr Edward Morris in view of reviving the Memorandum of understanding (MoU) between SLCOG and RCOG. As a result, a special meeting was held between the two colleges on 13th of June 2022, during the RCOG world congress 2022 in London. Representing SLCOG, immediate past president of SLCOG ; Professor Pradeep De Silva and SLCOG council member Dr Achintha Dissanayake, participated for the meeting. President RCOG Dr Edward Morris, CEO of RCOG Kate Lancaster participated on behalf of the RCOG.

A fruitful discussion was made on facilitating short term clinical attachments for members of SLCOG with full GMC registration, in the fields of feto-maternal medicine, urogynaecology, robotic Surgery, advanced endoscopic surgery and subfertility. Arranging short term clinical attachments in Sri Lanka for consultants and trainees in United Kingdom in liaison with SLCOG was also discussed.

Furthermore, discussions were conducted on the new MRCOG exam format and its adaptability to the local obstetrics and gynaecology curriculum. SLCOG requested opportunities for training on conducting MRCOG part 3 examinations for senior fellows and members of the college. RCOG representatives were informed of the success of the Medical trainee initiative (MTI) program and how several former MTI trainees were in cooperating their experiences gained during the program for the improvement of women's health in Sri Lanka.

Professor Pradeep Silva briefly explained the current political and economic situation of the country and its impact to college activities. SLCOG explained its successful campaign of Covid 19 vaccination in pregnancy and how the tireless efforts of the membership contributed to minimize the impact of Covid 19 on pregnant women. On behalf of the President SLCOG, Professor Pradeep Silva cordially invited RCOG President Dr Edward Morris and his team to participate for the 2022 SLCOG - SAFOG congress to be held in September 2022. RCOG was eager to follow up on the above topics and will be arranging a detailed follow up meeting which will hopefully translate into a mutually beneficial MoU between the two prestigious colleges.



DR ACHINTHA
DISSANAYAKA

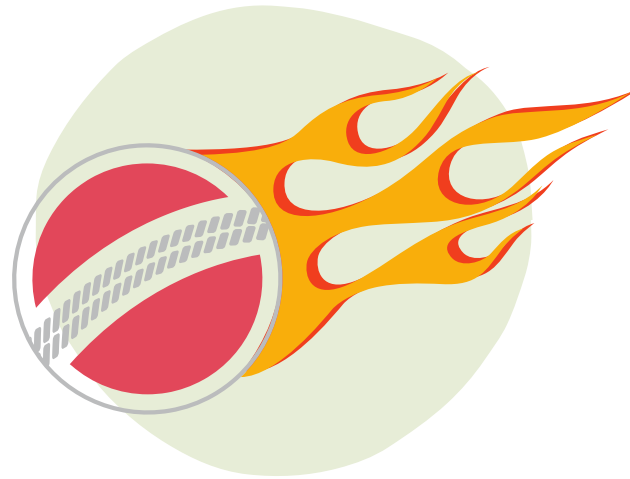


DR EDWARD
MORRIS



PROFESSOR PRADEEP DE SILVA

THE SLCOG **SPORTS** PAGE



DR SUMITH WARNASURIYA

SLCOG CRICKET SAILS STEADILY THROUGH TURBULENT TIMES!

Sports Page is back on “SLCOG News” after a lapse of a few years and I would like to thank my good friend Prof. Sanath Lanerolle, the incumbent SLCOG President who himself is a keen sportsman and a pioneer member of the SLCOG Cricket team, for inviting me to do a write up. To begin with, Cricket and Netball have been the two most popular sporting events in the SLCOG calendar, but the initial enthusiasm for netball seems



to have dwindled down over the past few years. Nevertheless, SLCOG Cricketing activities have been progressing steadily even amidst the health and socio-political issues affecting the country for well over the past 2 years. I do not intend to go back to the initial history and the steady development of SLCOG Cricket as this topic has been covered extensively in my previous articles few years ago in the SLCOG News. However many would recall that SLCOG Cricket reached its peak during the 2018 season along with its first ever Colours Night Ceremony with the former All Ceylon / Sri Lanka Cricket Captain Mr. Michael Thissera attending as the chief guest.

Moreover, no other Medical Specialty College has held any such event up to date and ours was the first ever of such caliber and magnitude! It was a very colourful ceremony augmented with wide screen video presentations of SLCOG Cricketing Activities mixed up with glamorous cultural & modern dancing events performed by a professional dance troupe and was concluded with a grand fellowship / dinner. However, the subsequent Cricket Seasons of following years were interrupted badly due to many factors beyond the control of SLCOG Cricket. The year after the Colours Night was progressing well up to mid April 2019.

Then suddenly, on the very next day after we played an encounter against the Gajaba Regiment (Sri Lanka Army) at Regimental Head Quarters Stadium, Saliyapura, Anuradhapura, the unfortunate Easter Sunday bombings shattered the country's peaceful environment. With the subsequent social upheavals, the Cricket season of 2019 came to a complete standstill.

Nevertheless, the next season got off as usual with a few matches from January 2020 but again was interrupted as the country went in to lock down from March due to the Covid-19 Pandemic. Then again, when all thought the pandemic has been successfully controlled with the dawn of 2021, our new season commenced with another few matches only to be interrupted again by end of April due to the more intense second wave outbreak of the of the pandemic lasting throughout the year.

However despite all above, the SLCOG Cricket managed to continuously maintain its momentum! Most importantly, even amidst the ongoing economic, social and political problems, the current 2022 season is in progress with the team displaying a good form and professionalism!

So far, the SLCOG team has played four matches, winning three and barely losing one. Several more games are planned for the rest of the season. As space is limited, shall present the details of completed games with my next write up. However as a new feature, all our 2022 matches with a detailed analysis compatible with International Standards have been uploaded to the Internet through the Sri Lanka Cricket Scorers Web Site for instant access Lastly, it my fervent hope that the SLCOG would be able to hold its 2nd Colours Night, which would be after a lapse of 4 years this year, before the end of cricket season 2022!



**“A trophy carries dust.
Memories last forever.” –
Mary Lou Retton**



In Loving Memory Of



DR ROHAN PERERA

It is with deep regret that I announce the demise of Dr Rohan Perera, MS, FRCOG, FSCLOG. He was the President of SLCOG from 08th January 2000 to 13th May 2001. He received his primary education at St Joseph's College, Colombo. Dr Rohan Perera graduated from the Faculty of Medicine, University of Colombo. Subsequently, he received his master of Surgery from the Faculty of Medicine, University of Colombo after which he received his Fellowship from the Royal College of Obstetricians and Gynaecologists.

He was an active contributor of SLCOG heading multiple worthy initiatives during his tenure as president. The Menopause Society of Sri Lanka was initiated in 2000 and he was the president of the Menopause Society from 2002 to 2004. Furthermore, the land was obtained for the College Complex with the help of DGHS.

The funeral of Dr Rohan Perera took place at the Anglican Church Burial Grounds Negombo on the 27th June 2022.

The SLCOG Patron, President, Council Members, Past Presidents, Fellows and Members were among the large gathering in attendance for the funeral of this respected personality.

We fondly remember him as a colleague, teacher and a friend.

We will always remember him with sincere gratitude.

Our deepest condolences are with the family he left behind.

May He Rest In Peace.

Prof Sanath Lanerolle

President - Sri Lanka College of Obstetricians and Gynaecologists

Remembered
with love



LADIES' FORUM



PRESIDENT
MRS. SONALI DE SILVA

The main aim of the O & G Ladies Forum of SLCOG is to uplift and help women and children in need. Since the country's economy is getting worst day by day and many families are unable to fulfill their basic necessities, the members of O & G Ladies Forum has decided to donate dry rations among 70 pregnant mothers in the area.

Dry ration bags including essential food items such as Rice, Dhal, pack of eggs, lentils, pack of Noodles, Pack of cream crackers, bottle of jam, dry fish, fresh milk and culinary items were donated with the funds provided by donors from members of SLCOG and O & G Ladies Forum.

Mrs Sonali De Silva, President – O & G ladies forum with the support of Mrs Kushal Ranathunga founder President of O&G ladies forum, Mrs Sureni Periapperuma-Vice president, Mrs Kalani Karunaratne- Treasurer, Mrs Thayananthi Sridharan, Dr Mrs Pushpa Perera Past President, Dr Mrs Antoinette Warnakulasooriya -Past president, Mrs Saumya Weerasekara - Past President and Dr Mrs Shiromalee Dissanayaka organized the event on 10th July, 2022 at SLCOG House. All the other members were among the participants to witness this charity.

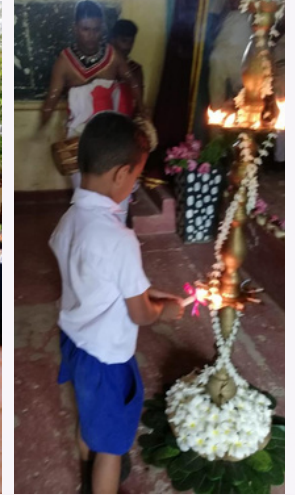
To demarcate Eid, Vesak, Posen and Deepavali celebrated during the season, religious clergy from all religions attended the event and rituals were done before the distribution of rations. The event was attended by Prof Sanath Lanerolle – President SLCOG, Dr (Mrs) Marlene Abeygunawardana - Patron SLCOG, Prof Pradeep De Silva – Past President, Dr Ananda Ranatunga – Past president and Dr Laxman Senanayaka- Past President.

On the 18th of April 2022 SLCOG Ladies Forum managed to distribute school books , school bags for 332 children and Cargills food city Gift vouchers for 33 teachers at Hemamali Maha Vidyalaya, Kabithigollawa, Wahalkada, Anuradhapura. Dr Kushal Ranathunga, Dr Pushpa Perera, Dr Kumudu Senanayaka and Mrs Saumya Weerasekera volunteered to represent the ladies forum and carry on the task of taking these books and bags to be donated to this school. The Children at Hemamali Maha Vidyalaya gave a very warm welcome to our ladies forum members ,where some of the students performed a dance routine followed by an Offer of a very delicious breakfast and lunch from the village.

A special thank should go to Prof Sanath Lanerolle, President - SLCOG, Dr Darshana Abeygunawardana and Dr Chaminda Mathota for getting a sponsorship for school bags and transportation and all the other members of SLCOG Ladies Forum for their lavish donations to make this event a success. We are further planning to help this school by constructing two toilets, donating a media unit, getting assistance from other authorities to add a water purification unit and getting a cover done for their very unique library set inside a bus



LADIES' FORUM



IF IT'S ORALLY EFFECTIVE IT'S[†]

duphaston[®]

Dydrogesterone Tablets IP 10mg



Indications and Dose:

Threatened abortion¹

-40 mg immediately, then 10 mg every 8 hours until symptoms remit

Habitual abortion¹

-10 mg twice a day until the 20th week of pregnancy

Infertility¹

(Due to luteal insufficiency)

-10 mg once a day for at least 6 consecutive cycles



Dysmenorrhoea

-10 mg twice a day



Dysfunctional uterine bleeding^{1,2}

To stop bleeding

-10 mg twice a day for 5 to 7 days



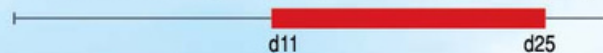
To prevent bleeding

-10 mg twice a day from day 11 to day 25 of the cycle



Irregular cycles^{1,2}

-10 mg twice a day from day 11 to day 25 of the cycle



Premenstrual syndrome¹

-10 mg twice a day from day 11 to day 25 of the cycle





IMPROVES THE MENOPAUSAL SYMPTOMS¹⁻³

Femoston[®] **1 mg / 10 mg**
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Femoston[®] **2 mg / 10 mg**
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References: 1. Amy JJ. Femoston®: Effects on bone and quality-of-life. Eur Menop J 1995;2(4) (Suppl):16-22. 2. Stevenson JC, Durand G, Kahler E, et al. Oral ultra-low dose continuous combined hormone replacement therapy with 0.5 mg 17β-estradiol and 2.5 mg dydrogesterone for the treatment of vasomotor symptoms: Results from a double-blind, controlled study. Maturitas 2010;67:227-232. 3. Gierard D, Conrad C, Jesinger D, et al. Clinical study comparing the effects of sequential hormone replacement therapy with oestradiol/ dydrogesterone and conjugated equine oestrogen/norgestrel on lipids and symptoms. Arch Gynecol Obstet 2006;274:74-80. Image for representation purpose only, not of actual patient

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For continuous sequential, FemostonTM 2/10 mg hormone replacement therapy (HRT) for oestrogen deficiency symptoms in postmenopausal women at least 6 months since last menses. **Formulations:** Prevention of osteoporosis in postmenopausal women at high risk of future fracture who are intolerant of, or contraindicated for, other medicinal products approved for the prevention of osteoporosis. Elderly population: The experience in elderly women older than 65 years is limited. **DOSEAGE AND ADMINISTRATION:** For oral use FemostonTM conti 1/5 mg Continuous combined. The oestrogen and the progestogen are given every day without interruption. One tablet to be taken daily for a 28 day cycle. FemostonTM 1/10 mg and FemostonTM 2/10 mg Continuous sequential. The oestrogen is dosed continuously. The progestogen is added for the last 14 days of every 28 day cycle, in a sequential manner. For FemostonTM 1/10 mg and FemostonTM 2/10 mg Treatment commences with one white tablet daily for the first 14 days followed by one grey tablet daily for the next 14 days, as directed on the 28 day calendar pack. All Formulations: Femoston should be taken continuously without a break between packs. For initiation and continuation of treatment of postmenopausal symptoms, the lowest effective dose for the shortest duration should be used. For FemostonTM 1/10 mg and FemostonTM 2/10 mg Continuous combined treatment may be started with FemostonTM 1/10 mg. For FemostonTM conti 1/5 mg Continuous combined treatment may be started with FemostonTM conti 1/5 mg depending on time since menopause and severity of symptoms. **Formulations:** Depending on the clinical response, the dosage can subsequently be adjusted. FemostonTM can be taken irrespective of food intake. **CONTRAINDICATIONS:** Known past or suspected breast cancer. Known or suspected oestrogen-dependent malignant tumours (e.g. endometrial cancer). Known or suspected progestogen-dependent neoplasms. Undiagnosed genital bleeding. Untreated endometrial hyperplasia. Previous or current venous thromboembolism (deep venous thrombosis, pulmonary embolism). Known thrombotic disorders (e.g. protein C or protein S deficiency, active or recent arterial thromboembolic disease (e.g. angina, myocardial infarction). Acute liver disease, or a history of liver disease, as long as the liver function tests have failed to return to normal. Porphyria. Known hypersensitivity to the active substances or to any of the excipients. **WARNINGS & PRECAUTIONS:** For the treatment of postmenopausal symptoms, HRT should only be initiated for symptoms that adversely affect quality of life. In all cases, a careful appraisal of the risks and benefits should be undertaken at least annually and HRT should only be continued as long as the benefit outweighs the risk. If any of the following conditions are present, have occurred previously, and/or have been aggravated during pregnancy or previous hormone treatment, the patient should be closely supervised such as ischaemic (uterine fibroids) or endometrial, risk factors for thromboembolic disorders, risk factors for oestrogen dependent tumours, e.g. 1st degree heredity for breast cancer, hypertension, liver disorders (e.g. liver adenoma), diabetes mellitus with or without retinopathy, osteoporosis, migraine or severe headache, epilepsy, asthma, obesity. Therapy should be discontinued in case a contraindication is discovered and in the following situations such as jaundice or deterioration in liver function, significant increase in blood pressure, new onset of migraine-type headache and pregnancy. **PREGNANCY & LACTATION:** FemostonTM is not indicated during pregnancy. If pregnancy occurs during treatment with FemostonTM treatment should be withdrawn immediately. 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Health &
Personal Care

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