



ISSUE 4 • DEC 2022

# SLCOG NEWS

Official Newsletter of Sri Lanka College of Obstetricians & Gynaecologists



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### Co-Opted Members

Dr. U. D. P. Ratnasiri

Dr. Ananda Ranatunga

Dr. Lakshmen Senanayake



# Editor's Note



It is a pleasure to address in the last newsletter for the year 2022. It was one of the successful year in the history of SLCOG. Implementing long awaited CEMD is one of the great achievement. After COVID it was a huge challenge to achieve the goals of SLCOG. Leadership of Prof Sanath Lanerolle and his council able to navigate successfully to achieve all the tasks. SAFOG, FIGO, RCOG and AOCOG collaborated annual academic sessions was held with the participation of both international and local academia. Establishing safe motherhood programme, revising guidelines, Social activities, orations, Sports activities were carried out with great enthusiasm. I would like to thank Prof Sanath Lanerolle and his council giving me this opportunity. I welcome the new president Prof Hemantha Dodampahala as I am going to continue in this post.



Dr. Wasantha Galappaththy  
*Editor*

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# President's Message

Dear Fellows and Members,

I am pleased to pen down this final message to the last volume of newsletter 2022.

We witnessed the end of year 2022. Along with that the tenure of 36<sup>th</sup> Presidency ends. First, I must thank the membership for electing me as the President for 2022.

I am writing this message with great satisfaction and content that I have been able to steer the College through the year with great success both nationally and internationally.

I was inducted as the 36<sup>th</sup> president of the SLCOG on 16<sup>th</sup> January at Hotel Shangri-La,

Colombo. I was able to secure the complete unity of all members and the council on almost all the issues that I had to face. My entire council supported me enormously in resolving every issue to the best of our ability. I have started the academic calendar with the first council meeting which was held in 23<sup>rd</sup> January 2022. Soon after the first council meeting we faced the worst crisis that the Sri Lanka has undergone in decades.

The roots of the energy and economic crisis and political turmoil go back to years of economic mismanagement by different governments. Instead of the usual hordes of excited tourists, early 2022 in the small island nation witnessed thousands of protestors flooding the capital, Colombo, and taking over the presidential palace. In addition to that we were beaten up by the COVID 19 pandemic, therefore significant number of days were wasted without doing any academic activity. Yet I am happy that all planned events including academic activities, regional activities, development and revision of practice guidelines, global activities, College journal SLJOG, College newsletter, CPD activities, social activities and SLCOG house matters were implemented meticulously as mentioned below.

## ★Orations / Endowment Lectures

- Dr. Richard Caldera Oration 2022 was delivered by Prof. Sanjeewa Padumadasa 20<sup>th</sup> of February at the Eagle Banquet Hall, Waters Edge, Battaramulla.
- Prof. D. E. Gunathilleke Memorial Oration 2022 was delivered by Dr. Wasantha Galappaththy on the 22<sup>nd</sup> of May at the Hotel Monarch Imperial, Sri Jayawardenapura.
- Dr. Siva Sinnathamby oration 2022 was delivered in Jaffna by Prof. Pradeep De Silva on the 1<sup>st</sup> of July at hotel "The Valampuri" in Jaffna.
- Prof. D.A. Ranasinghe Memorial oration 2022 was delivered by Dr. U. D. P. Ratnasiri on the 30<sup>th</sup> September at Hotel Shangri-La, Colombo.
- Dr. Rohana Hatthotuwa inaugural oration was delivered by Prof. Sir Sabarathnam Arulkumaran on the 30<sup>th</sup> September at Hotel Shangri-La, Colombo.



- Dr. P. Dissanayake Endowment Lecture 2022 was delivered by Prof. Mary Ann Lumsden on the 2<sup>nd</sup> October at Hotel Shangri-La, Colombo.
- Dr. Nalin Rodrigo Oration was delivered by Dr. Chandana Jayasundara 20<sup>th</sup> November at Hotel Shangri-La, Colombo.

### ★ **Safe motherhood programmes**

1. At District General Hospital Nuwaraeliya on 24<sup>th</sup> & 25<sup>th</sup> February 2022
2. At Teaching Hospital Jaffna on 1<sup>st</sup> & 2<sup>nd</sup> July 2022
3. At Base Hospital Puttalam on 24<sup>th</sup> November 2022
4. At Base Hospital Kamburupitiya on 14<sup>th</sup> December 2022

### **Maternity Care Training Programme series for healthcare workers in the Colombo Municipal Council area**

1. No.01 – 5<sup>th</sup> May at SLCOG Auditorium
2. No.02 – 23<sup>rd</sup> June at SLCOG Auditorium

### **Guidelines**

7 guidelines were published, 2 under development

<b>Topic</b>	<b>Authors</b>	<b>Volume(Issue): Page#</b>
1. Guideline for care of a woman who has had an intrauterine foetal death after 24 weeks (Stillbirth)	A. K. P. Ranaweera, M. Rishard	44(1):55-64
2. Hypertensive disorders of pregnancy	P. H. P. De Silva, S. Lanerolle, S.H. Dodampahala, R. Silva, C. Mathota	44(1):55-64
3. Prelabour rupture of membranes	P. H. P. De Silva, S. Lanerolle, S.H. Dodampahala, R. Silva, C. Mathota	44(1):75-79
4. Liver disorders of pregnancy	P. H. P. De Silva, S. Lanerolle, S.H. Dodampahala, R. Silva, C. Mathota	44(2):103-113
5. Thyroid disease in pregnancy and the postpartum period	P. H. P. De Silva, S. Lanerolle, S.H. Dodampahala, R. Silva, C. Mathota	44(2):117-123
6. Management of primary postpartum haemorrhage	P. H. P. De Silva, S. Lanerolle, S.H. Dodampahala, R. Silva, C. Mathota	44(2):127-132
7. Management of Normal Labour	P. H. P. De Silva, S. Lanerolle, S.H. Dodampahala, R. Silva, C. Mathota, S. Ranasinghe	44(3):175-212
8. Management of Recurrent Candida Vulvovaginitis	P. H. P. De Silva, S. Lanerolle, S.H. Dodampahala, R. Silva, C. Mathota	Pending
9. Small for Gestational Age	S. Marleen	Pending

### ★ **Publications**

- Three SLJOG published (Issue no s 44 1/2/3), One pending journal
- The Annual scientific congress programme book and the abstract book
- The souvenir book of the college annual academic sessions
- Three quarterly newsletters published
- The biography of Dr. Rohana Haththotuwa

### ★ **Masterclass Webinar Series**

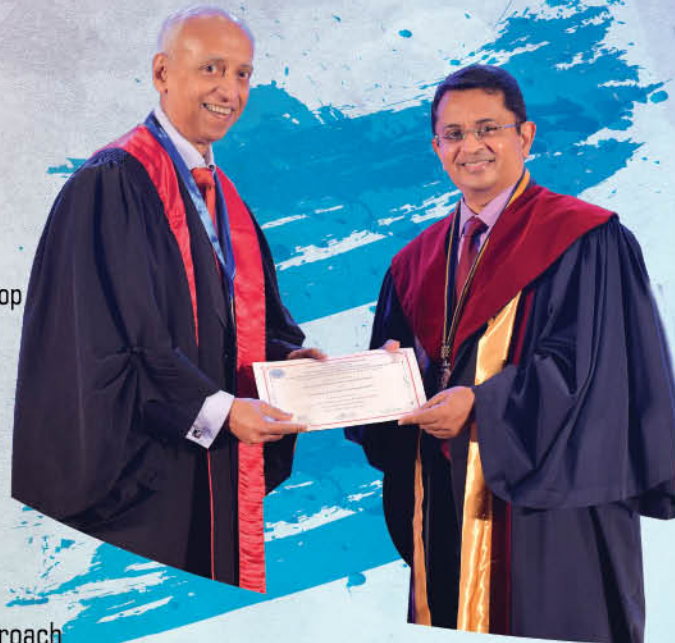
1. Lecture No.01 on 22<sup>nd</sup> March – By Prof Suranjith Senevirathne on “ Autoimmune / Allergic Disorders and Pregnancy”
2. Prof. Nishendra Karunarathna (3<sup>rd</sup> April 2022) - “Hysteroscopy; an indispensable tool in treating intrauterine pathologies”
3. Prof. S H Dodampahala (26<sup>th</sup> June 2022) - “ Paradoxes in prenatal diagnosis & evidence based approach”
4. Dr. Ruwan Wimalasundara (26<sup>th</sup> October 2022) - “ Management of monochorionic twins & its complications”
5. Prof. Tiran Dias, Dr. Ruwan Wimalasundara, Prof. Rasika Herath and Prof. Sanath Lanerolle (15<sup>th</sup> December 2022) – “ Rh Isoimmunization”
6. Dr. Siraj Mohamed, (15<sup>th</sup> December 2022) – “ Cesarean scar pregnancy & Repair of cesarean scar defects”



## ★Workshops

Thirteen pre congress workshops was held during this year.

- 1) Optimizing safety in Labour
- 2) Tips of laparoscopic suturing
- 3) Novel Avenues of Advanced Gynaecology Laparoscopy - Live Workshop
- 4) Respectful Maternity Care
- 5) Elimination of cervical cancer: Joining the WHO initiative  
"Together we can"
- 6) Jeevandhara Sri Lanka – Redefining Postpartum haemorrhage for  
frontline obstetric healthcare providers.
- 7) Fetal Medicine Workshop
- 8) Vaginal Surgery; what's new? Handling difficult situations
- 9) Training of Master Trainers on PPH Em Response using Bundle approach
- 10) ICOE SAFOG Complicated Ceasarean workshop
- 11) Bakri balloon catheter in management of PPH/ Balloon catheter in cervical ripening workshop on 25<sup>th</sup> November
- 12) Basic Surgical Skills workshops by Dr Kanishka Karunaratne
- 13) Haematological Problems in Pregnancy – a Joint symposium by SLCOG & SLCHAEM on 8<sup>th</sup> December



## Pheripheral academic activities

1. "Update on Evidence based infertility care" session on 29<sup>th</sup> October at Blue Water Hotel, Wadduwa.
2. Symposium on "Contraception & Conception & Application of IUI in the management of infertility" on 19<sup>th</sup> & 20<sup>th</sup> November at Jetwing Blue Hotel, Negambo.
3. Symposium on "Prematurity" on 20<sup>th</sup> November at Hotel Shangri-La, Colombo.

## Meeting with RCOG for MOU

SLCOG and the RCOG have been working hand in hand over the years to improve women's health and gynaecology. I have initiated a dialogue with President RCOG Mr. Edward Morris in view of reviving the Memorandum of Understanding (MOU) between the two colleges on 13<sup>th</sup> June 2022, during the RCOG world congress 2022 in London. Immediate past president Prof. Pradeep De Silva and SLCOG Council member Dr. Achintha Dissanayake participated for the meeting. I am proud to report four SLCOG members (Prof Pradeep De Silva, Prof Hemantha Dodampahala, Prof Sanath Lanerolle & Dr. U. D. P. Ratnasiri) were invited to participate in the MRCOG Part III exam as observers after many no. of years. This is a great honour to SLCOG.

## Projects

**Promises** - SLCOG and United Nations population Fund (UNFPA) conducted 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. Campaign slogan was "A well thought decision leads to a life of happiness". The target population of this media campaign was 12.6 million teenage and young. College earned **10.9 million** from this project.

## ★CEMD

The most significant achievement of this year was the commencement of Confidential Enquiry into Maternal Deaths (CEMD). The invaluable contribution done by Dr. Mangala Dissanayake, Dr. Lakshmen Senanayake, Dr. Ananda Ranathunga and Prof. Pradeep de Silva will be eternally remembered.

## ★Annual Academic Sessions 2022

The 55<sup>th</sup> Annual Scientific Conference of the SLCOG was held in collaboration with the SAFOG hosting their Silver Jubilee celebration under the theme "Enhancing Women's health with Regional & Global partnership". This mega congress was attended by more than 300+ overseas delegates and 200 local delegates.



The academic session was comprised of four prestigious orations

- Dr. Rohana Haththotuwa inaugural oration,
- Dr. D. A. Ranasinghe oration
- SAFOG Oration
- Prof. Rashid Latif Khan Oration
- Dr. P. Dissaayake Endowment Lecture

The academic session also comprised of 5 plenary lectures, 15 international symposia and 60 guest lectures. The free paper session published 96 oral presentations, 79 E posters and eight SAFOG YGA winners from four national societies and 5 SLCOG YGA nominations. The congress was added with colors by the Inaugural ceremony followed by the reception on the 1<sup>st</sup> day of the congress and the Gala dinner on the 2<sup>nd</sup> day of the congress.

### **New Board of trustees were appointed.**

- Dr. Lakshmen Senanayake
- Dr. Ananda Ranathunga
- Prof. Deepal Weearasekara
- Dr. Ajita Wijesundara
- Dr. L A W Sirisena

### **PGIM activities (Dr. Chandana Jayasundara, Prof. T. Kadotgajan)**

- ❖ MD part I preparatory course organized by Dr. Gayan de Silva starting from 29<sup>th</sup> May to 4<sup>th</sup> September 2022
- ❖ MD Part II preparatory course organized by Prof. T. Kadotgajan starting from 17<sup>th</sup> March to 29<sup>th</sup> April 2022
- ❖ SLCOG members represented at the following PGIM activities
- ❖ BOS MEMBER for the year
- ❖ BOS Multidisciplinary Course's member
- ❖ Resource person of the Labour care post graduate study day
- ❖ MD part 2, MD part 1 Exams
- ❖ DRH Exams

### **★ Social Events**

- ◆ Fellowship and Gala Dinner on 24th February at Hotel Araliya Green Hills, Nuwaraeliya
- ◆ Second Fellowship dinner on 19th June at the 8 degrees by the lake, Cinnamon Lakeside, Colombo.
- ◆ Annual Members Day on 27th November at the Bloomfield Cricket & Athletic grounds, Colombo 7.
- ◆ Christmas Carols and night on 18th December at the Hotel Galadari, Colombo.

### **★ Ladies forum activities**

Distribution School books and school bags for 332 Children and Cargills food city Gift vouchers for 33 teachers at Hemamali Maha Vidyalaya Kabithigollawa Wahalkada Anuradhapura.

Dry Ration Donation for 70 Pregnant women in the Rajagiriya area after conducting a screening jointly with the Grama Seveka. Essential food items such as dhal, noodles, jam, dry fish, fresh milk, eggs, cream crackers and spices were donated.

### **Clinical Professors**

- |                            |                              |                            |
|----------------------------|------------------------------|----------------------------|
| 1. Prof. S. H. Dodampahala | 2. Prof. Pradeep De Silva    | 3. Prof. S. A. Karunananda |
| 4. Prof. K. A. Gunarathna  | 5. Prof. Harsha Kalansooriya | 6. Prof. Neil Senevirathna |

### **Three Honorary Fellowships**

1. Prof. Alokendu Chatterjee from India 2. Prof. Rashid Latif Khan from Pakistan 3. Prof. T A Chowdhury from Bangladesh

### **Fellowships**

Following members were awarded fellowship of the SLCOG.





1. Dr. A.G.A.W.Abeysinghe  
4. Dr. Arya Kumara Ratnayaka  
7. Dr. Lalindra Weerasena  
10. Dr. Darshana Abeygunawardana  
13. Dr. Harendra Ranaweera

2. Dr. Ajith Fernando  
5. Dr. Hilmi Salih  
8. Dr. D.M.A.Kumara  
11. Dr. J.S.Ferdinand  
14. Dr. S.S.M.Kariyawasam

3. Dr. A.M.Jayasiri  
6. Prof. Rasika Herath  
9. Dr. Jagath Dandeniya  
12. Dr. Bhagya Jayasiri  
15. Dr. Kapila Vithanachchi

### New members

1. Dr. Kopalapillai Vasantharajah  
4. Dr. M.S. Mohamed Faiz  
7. Dr. Y. M. S. Y. Kularathna  
10. Dr. T. D. R. Lasanga  
13. Dr. W. M. H. G. S. B. Wickramasinghe  
16. Dr. Diluk Ishara Senadheera  
19. Dr. Deepani Jasinghe  
22. Dr. Tharaka Sandaruwan  
25. Dr. Damayantha Wattuhewa

2. Dr. Kavinda Gihan Hewawitharana  
5. Dr. Paramsothy Kalaimaran  
8. Dr. Sangeetha Mahesan  
11. Dr. N. P. Udawella  
14. Dr. Neomal c. Abeysekera  
17. Dr. Yapa Wijeratne  
20. Dr. A.M. Jayasiri  
23. Dr. Lahiru Ruwanpura  
26. Dr. Raj Rohan

3. Dr. P.G.C.M. Jayasundara  
6. Dr. I. G. D. U. Ilukpitiya  
9. Dr. W. A. T. A. Weerakkody  
12. Dr. A. G. T. Y. Chandrathilake  
15. Dr. Indunil Piyadigama  
18. Dr. Yohan Silva  
21. Dr. A. H. M. Makarim  
24. Dr. B. M. B. Kumara  
27. Dr. Prasad Dilruwan

### Welcoming of the new patron

Dr. (Mrs) Marlene Abeyewardana was appointed as the Patron of the college

### Financial summary for the year 2022 (Profits, Income, Expenditures, Taxes)

Total Income	<b>87,849,307.00</b>
Taxes	1,822,879.00

The college earned approximately **88,000,000 LKR ( Rs: 88 Million)** and income tax was paid to the government **1,800,000 LKR ( Rs: 1.8 Million)** This is a record in the history of SLCOG, and no other college has done this per calendar year.

### Legal matters

The following members have filed a court case against the president and the council of SLCOG. Prof. Tiran Dias, Prof. K Muhunthan, Prof. Thirukumar, Prof. Dhammike Silva, Prof. Hemantha Senanayake

### SLCOG House matters

Salary Increment to 2 staff members with effect from February 2022.	5,000.00	2	11	110,000.00
Staff Allowances to 5 staff members with effect from February 2022	3,000.00	5	11	165,000.00
<b>Total Paid</b>				<b>275,000.00</b>
Staff Travelling allowances with effect from July up to December 2022	20,000.00	6		120,000.00
<b>Total</b>				<b>395,000.00</b>

### Refurbishment of SLCOG Council room and the office

Planned for 25 Million and the development in progress

### ★ Election

Election for the year 2023 was held uncontested and elected the following members to the Council and office bearers

President	- Prof. S.H. Dodampahala	Editor	- Dr. Wasantha Galappaththy
President-Elect	- Dr. Mangala Dissanayake	Chairman CPD	- Dr. A. Sriharan
Immediate Past President	- Prof. Sanath Lanerolle	Chairman Ethics	- Dr. Sumith Warnasuriya
Secretary	- Dr. Chandana Jayasundera	Social Activities Secretary	- Dr. Sudath Senaratne
Assistant Secretaries	- 1. Dr. M. Rishard 2. Dr. Indu Asanka Jayawardena	Chairman Education & Setting Standards	- Prof. J. Kadotgajan
Treasurer	- Dr. Darshana Abeygunawardana	Chairman Global Relationships	- Prof. Nishendra Karunaratne
Assistant Treasurer	- Dr. B.P.G.N. De Silva	Chairman Regional Activities & Developments	- Dr. S.P. Akmeemana
Chairman Scientific Activities & Research	- Dr. Shemoon Marlene		



## Council Members

- |                                  |                           |                            |
|----------------------------------|---------------------------|----------------------------|
| 1. Dr. B.G.C.S.M. Banagala       | 2. Dr. C. Mathota         | 3. Dr. G.R.C. Silva        |
| 4. Dr. Achintha Dissanayake      | 5. Dr. M.C. Gihan         | 6. Prof. Chaminda Kandauda |
| 7. Dr. Neelan Rodrigo            | 8. Dr. Chanil Ekanayake   | 9. Prof. Neil Senewiratne  |
| 10. Dr. N. G.C.L. Samarawickrema | 11. Dr. S.F.L. Akbar      | 12. Prof. Rasika Herath    |
| 13. Dr. Diluk Senadheera         | 14. Prof. H.M.J.N. Herath | 15. Prof. C. Randeniya     |
| 16. Dr. Rajeev Vithanage         |                           |                            |

Annual General Meeting was held on the 18<sup>th</sup> of December 2022 at 8.00 pm. at the Anthurium Hall, Galadari Hotel, Colombo. There were a lot of grey areas in the college constitution which has not been addressed for a long time. With the help of the committee headed by Prof Pradeep de Silva, I was able to complete necessary areas with the registrar of companies. All council members contributed to this task with a lot of commitment. New board of trustees were appointed according to the constitution.

I wish to pay tribute to the entire council for their active involvement in the activities during the year. I must specially mention the outstanding contribution made by Prof. Rasika Herath, Chairman Scientific Activities & Research, Dr. Mangala Dissanayake, Chairman Education and Setting Standards, Prof. Rukshan Fernandopulle, Prof. Pradeep de Silva, Prof. Hemantha Dodampahala, Dr. Ruwan Silva, Dr. Darshana Abeygunawardana, Dr. Chaminda Mathota and Prof. Nishendra Karunarathna. I will be failing in my duty if I don't appreciate the enormous contribution made by the past patron Prof. W I Amarasinghe and the patron Dr. (Mrs) Marlene Abeyewardana and the past presidents Dr Ananda Ranatunga, Dr. Lakshmen Senanayake and Dr. U D P Ratnasiri. The ladies forum led by Mrs. Sonali De Silva was very active throughout the year and their contribution added the college events more color and vigor.

Finally, I take this opportunity to thank Prof Sir Sabaratnam Arulkumaran and Dr Rohana Haththotuwa for their unstinted support extend to me in organizing the 55th Annual Academic conference in collaboration with the Silver jubilee of SAFOG. Contribution of Prof Sir Sabaratnam Arulkumaran to the SLCOG during the year 2022 was enormous. He was the driving force behind the success of 55th Annual Academic Session with abled support from Dr Rohana Haththotuwa. He continued to contribute Prof Sir Sabaratnam Arulkumaran YGA award this time also. He served as the international advisor for the silver jubilee organizing committee and if not his effort the event would not have been a reality. On behalf of the council and the members I greatly appreciate him.

All in all the year 2022 was a very busy year for the college in both local & international arena. SLCOG has been the best of the professional colleges in Sri Lanka. I sadly record the demise of Dr Rohan Perera and Dr K D S Ranasinghe. Finally though I owe you all huge thanks whether you are a part of the council or membership if you have done what we have all done on delivering the highest quality care to the pregnant mothers and the women in Sri Lanka you have all been amazing. This pandemic/ economic crisis tinged presidency has needed great teams around me and I knew you were all there. I could not have done it without you. Thank you again. Finally, I congratulate the newly elected president Prof Hemantha Dodampahala and his council to carry forward the college activities from strength to strength in the year 2023.

Thank you  
Kindest regards,



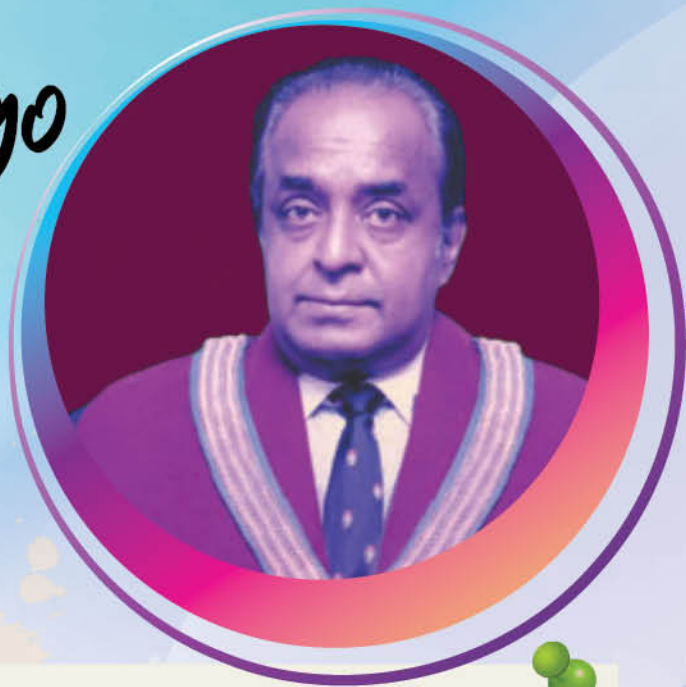
### Prof. Sanath Lanerolle

MBBS, MS, FRCOG, FSLCOG, D(OBS)RCPI, FIAOG, FMAS, FICS, FCPS  
Clinical Professor of Obstetrics & Gynaecology  
Immediate Past President - Sri Lanka College of Obstetricians & Gynaecologists  
Past-President of the Perinatal Society of Sri Lanka  
Past-President of the Menopause Society of Sri Lanka,  
Honorary Senior Lecturer, Faculty of Medicine, University of Colombo  
Consultant Obstetrician & Gynaecologist, Castle Street Hospital for Women (Teaching)





# Prof. Nalin Rodrigo Oration



Dr. Nalin Rodrigo Memorial Oration for the year 2022 was held on 20<sup>th</sup> November 2022 at the Shangri-La Ball Room, Shangri-La Hotel, Colombo. The orator was Dr. Chandana Jayasundara, Senior Lecturer in Obstetrics and Gynaecology, University of Colombo spoke on

**"TOWARDS A SCALABLE AND SUSTAINABLE SOLUTION FOR THE RISING TREND OF CAESAREAN RATES IN SRI LANKA"**

## Dr. Nalin Rodrigo

## Oration



Prof. Sanath Lanerolle, President SLCOG, Prof. W. I. Amarasinghe, Dr. Chaminda Mathota, Hony. Secretary SLCOG, and Prof. Rasika Herath, Chairman Scientific Activities & Research SLCOG were at the head table.















# SAFE MOTHERHOOD PROGRAMME - PUTTALAM -

The third Safe Motherhood Programme for the year 2022 was successfully held at Base Hospital, Puttalam on 24<sup>th</sup> November 2022. Capacity building of health professional doctors, institutional nurses, and field staff was done.

The programme was designed and launched under the leadership of Prof Sanath Lanerolle, President of SLCOG with the tremendous support of Prof Rasika Herath, Chairman-Scientific Activities & Research, and Prof T Kadotgajan, Chairman-Regional Activities & Development. Dr. Ruwan Samarasinghe and Dr. Upul Gamage coordinated the programme on behalf of the SLCOG.

Dr. Sumith Attanayaka, Hospital Director, of Base Hospital Puttalam, and Dr (Mrs) R M S D Fernando, Regional Director participated and addressed the gathering at the inauguration. This was a one-day programme and after the inaugural session three parallel sessions for field staff, doctors, and nurses were conducted by well-experienced senior members of the college.

At the end of the inaugural program, there was a session to provide space for discussing challenges and problems faced by the health administrators of the area. At the end of the day, it was a very productive event pertaining to maternity care. All the members of the college who participated in the event as well as who extended support in numerous ways must be appreciated for the excellent work done.

























# SAFE MOTHERHOOD PROGRAMME - KAMBURUPITIYA -

The final Safe Motherhood Programme for the year 2022 was successfully held at Base Hospital, Kamburupitiya in Matara on 14<sup>th</sup> December 2022.

This program was the last under the leadership of Prof Sanath Lanerolle as the President of SLCOG and organized with the continued support of Prof Rasika Herath, Chairman-Scientific Activities & Research, and Prof. T. Kadotgajan, Chairman-Regional Activities & Development. Dr. Gayan De Silva coordinated the program on behalf of the SLCOG.

Dr. W. P. R. Dharmakeerthi, Hospital Director, Base Hospital Kamburupitiya and Dr. M. W. M. K. Mediwaka, Regional Director, and Dr. Chandima Sirithunga, Provincial Director participated and addressed the gathering at the inauguration.

As usual, the program consisted of three parallel sessions for the Doctors, Hospital Staff, and field staff. At the end of a successful day, the college members had an eventful evening at Polhena beach to mark the end of the safe motherhood programs for the year 2022.

















# SLCOG'S

## Annual Member's Day



2022



The Annual Member's Day of the SLCOG successfully concluded on the 27<sup>th</sup> of November 2022 at the Bloomfield Athletic & Cricket Ground, Colombo 7. Out in a sunny day the members and their families assembled in the true spirit of fellowship and friendship. SLCOG's annual members' day will go down as a day for the book of treasured memories. It comprised of a friendly cricket encounter between President's XI and Peripheral Giants. It was all joy and laughter with members making memories over Netball Matches, Face paintings, Archery, Rifle Shooting, and more! The kids were not left out and they indulged in the time of their lives with fun games and activities.

























# HONOUR ROLL NO.01

## Featuring Dr. Punsiri Gunathilaka

Innovation is taking two things that exist and putting them together in a new way. As we go through in life, we come across a select group of individuals who exercise creativity, execute competence and exude compassion. One such individual was Dr. Punsiri Gunathilaka who used limited resources to transform a place into one that is committed to delivering optimum health-care and service to the patients.



*"Groundbreaking  
of Obs & Gyn  
unit Base  
Hospital,  
Kinnya"*

Dr. Punsiri Gunathilaka has led the recent developments in the Obstetric & Gynaecology Unit in Base Hospital Kinnya, which helped in giving a high level of care to the women in the area. Kinnya Hospital is a level B Base hospital providing its service to a population of around 100,000. There are about 250 Obstetric admissions and an average of 150-170 deliveries per month. The Gynaecology unit provides its service to about 120 admissions per month with an average of 30 major gynaecological surgeries including operative laparoscopy and diagnostic hysteroscopic surgeries.

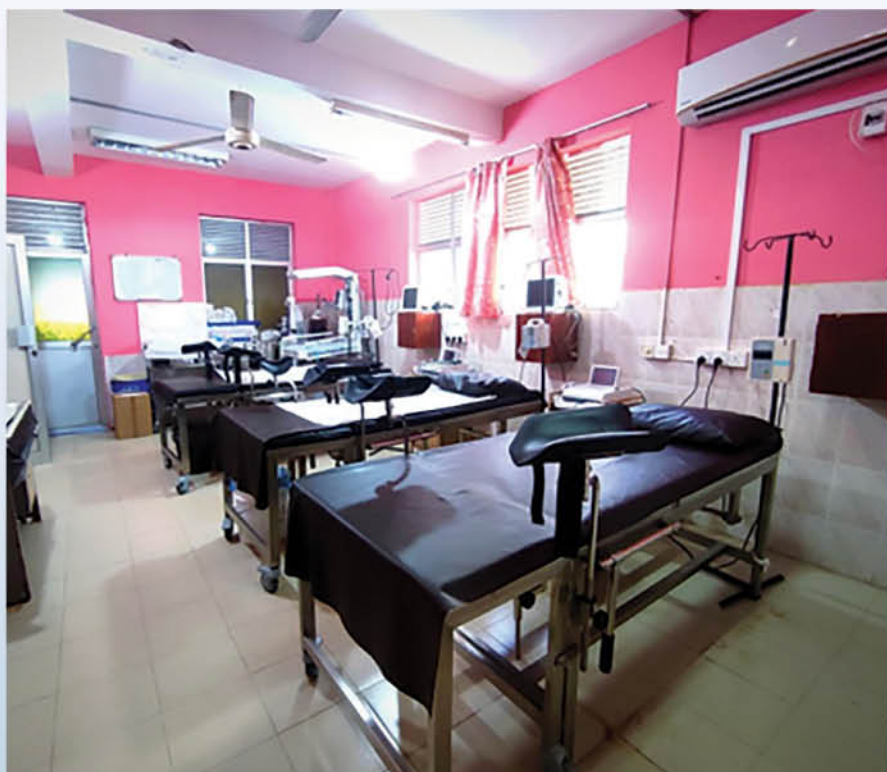
The major issue with the unit was the limited space in the post natal ward. It had only 08 beds, therefore the majority of the mothers were on chairs after their stressful labours. There was no place for them to have their meals or adequate bathroom facilities. Moreover there were no proper resting/ changing rooms or wash rooms for the health staff. As a result of multiple discussions with the admin teams Dr Gunathilaka was able to renovate the existing Post natal ward expanding its bed capacity to 21 including a HDU bed. The new ward consists of an examination room, neonatal procedural room, dining room for mothers, spacious wash room for patients, resting and changing room and a bathroom for the health staff. This development has reduced the rush in the ward and minimized the cross infections among new born and mothers.



Earlier there was no onsite on-call room for the medical officers of the unit. They had to travel from their quarters which are about 1 km away from the hospital. Attending emergencies at night was challenging mainly for female medical officers and those who did not use their personal vehicles. In parallel with the post-natal ward development, an on-call room for the medical officers having facilities to study and rest with an attached bathroom was built.

Dr. Punsiri has also improved the facilities of the Labour room. There were 05 malfunctioning automatic beds in the labour ward. They were unable to lift or tilt and the lithotomy crutches were not working at all. Hence during instrumental deliveries or suturing of extended vaginal tears, the mothers were moved to the theatre. With the funds given through the Office of the Regional Director of Health Services, new delivery beds were bought with height-adjustable, rotatable lithotomy crutches.

Most importantly these new delivery beds, postnatal beds, mattresses, and bedside lockers were bought from a high-quality, Health ministry-approved local manufacturer, cutting down its cost and conserving foreign currency for the country.



STATISTIC - 2022													
	JAN	FEB	MAR	APR	MAY	JUN	JULY	AUG	SEP	OCT	NOV	DEC	TOTAL
NO. OF ADMISSION	165	182	231	217	243	226	236	286	222	289	226		
NO. OF DELIVERY	103	114	180	143	160	155	150	208	152	177	187		
NVD	79	90	146	133	130	132	130	171	131	148	161		
EM-1SCS	13	12	18	13	11	14	08	15	13	07	12		
EL-1SCS	10	12	13	07	19	07	21	22	08	22	14		
FORCEP / VACUUM	01	NIL	02/01	NIL	NIL	02	NIL	01/01	01/02	NIL/02	01		
BREECH	NIL	NIL	NIL	NIL	NIL	NIL	01	NIL	NIL	01	NIL		
TWINS	NIL	NIL	01/01	NIL	01	NIL	01/01	02	NIL	NIL	NIL		
PRE TERM	05	06	10	10	13	12	14	17	06	15	08		
IUGR	09	05	22	07	16	30	21	26	14	23	27		
L&V - TERM	18	12	28	14	16	13	21	26	22	19	30		
- PRE TERM	04	05	09	05	11	10	13	13	03	06	02		
NEAR-MISSES													
SB	NIL	01	03	NIL	03	03	04	01	01	NIL	01		
PIH	03	05	06	09	07	09	06	10	06	04	07		
NEONATAL DEATH	NIL	NIL	NIL	NIL	NIL	NIL	01	01	NIL	NIL	01		
GDM	08	05	08	13	12	08	09	15	11	07	23		
H2	NIL	NIL	02	02	02	NIL	NIL	02	01	01	NIL		
RH -ve	03	NIL	05	04	08	04	09	02	07	10	06		
APH	01	NIL	02	NIL	01	NIL	01	NIL	01	NIL	NIL		
PPH	NIL	01	NIL	01	-	01	02	01	NIL	02	01		
MR PLACENTA	01	01	01	02	NIL	03	03	NIL	05	NIL	02		
TRA TO GHT-MOTHER	08	05	06	10	07	07	07	09	05	10	03		
BABY	03	01	NIL	02	02	01	02	03	05	07	04		





The Ultrasound scanner of the unit was about 12 years old and this had frequent break-downs. Furthermore, its Doppler facility was inaccurate. This machine was replaced with a brand new Canon Xario 100 and a Mindray machine with an inbuilt UPS and touch screen through government funds. This has led to more diagnoses of congenital anomalies, which are a bit more common in this area due to consanguineous marriages and fetal growth restrictions with doppler abnormalities reducing intrauterine deaths.

In addition, Dr. Punsiri has improved the human and materialistic resources, of the Obstetrics & Gynaecology unit.

This would not have been possible without the assistance of like-minded individuals. Dr. Punsiri salutes the Contribution of, Dr. D. G. M. Costa - Provincial Director of Health Services, Dr. A. R. M. Thowfeek former Provincial Director of Health Services, Dr. V. Premananth - Regional Director of Health Services, Dr. I. M. Jawahir - Medical Superintendent of Base Hospital Kinniya, Dr. Arulkumaran - previous MS BHK, all the consultants, doctors, sisters, midwives, para-medical staff, office staff and minor staff at Base Hospital Kinniya and the Provincial and National Health Ministry officials along with the hospital development committee, well-wishers and the general public.



# HONOUR ROLL NO.02

## Dr. Shemoon Marleen

Transforming ward 9, Sri Jayewardenepura General Hospital



Delivering much-needed improvements to the infrastructure of a maternity unit seemed an insurmountable challenge during the current economic climate in Sri Lanka. However, recently, Dr. Shemoon Marleen, Consultant Obstetrician and Gynaecologist of Sri Jayewardenepura General Hospital (SJGH), ward 9, was able to materialise this dream by securing a valuable donation.

In our newsletter, we would like to honour Dr. Shemoon Marleen, who successfully transformed ward 9 of SJGH through the organisation of a donation of 54 hospital beds, 54 mattresses, 15 IV poles, 54 document holders, 20 custom-made newborn cots and two 4-seater waiting area chairs, amounting to a value of LKR 20 million. Through immense determination and persuasion, Dr. Marleen procured this generous donation from Mr. Fazal Abdeen, Managing Director of ATG group of companies, to fulfil her vision of providing patients with an optimal hospital experience.



A reception was held at ward 9, SJGH, on the 8<sup>th</sup> of December 2022 to commemorate the generous donation and for the official handover of the donated items. The event was attended by many, including Dr. Rathnasiri Hewage (Director SJGH), Dr. Sanath Lankarolle (President SLCOG), Consultants of SJGH, Mr. Fazal Abdeen (MD, ATG group of Companies), Mr. Sudanth Fernando (Director Finance, ATG group of Companies), other members from the ATG group, Doctors and Nursing staff.







Dr. Shemoon Marleen, in her speech, mentioned that it was essential to ensure that women and their newborn babies seeking medical care are provided with a safe, comfortable and functional environment. She thanked Mr. Abdeen for his generous donation, which transformed her vision into a reality at ward 9, SJGH. Dr. Sanath Lankarolle, in his speech, also thanked the donors immensely and Dr. Shemoon for her charisma and tireless efforts.

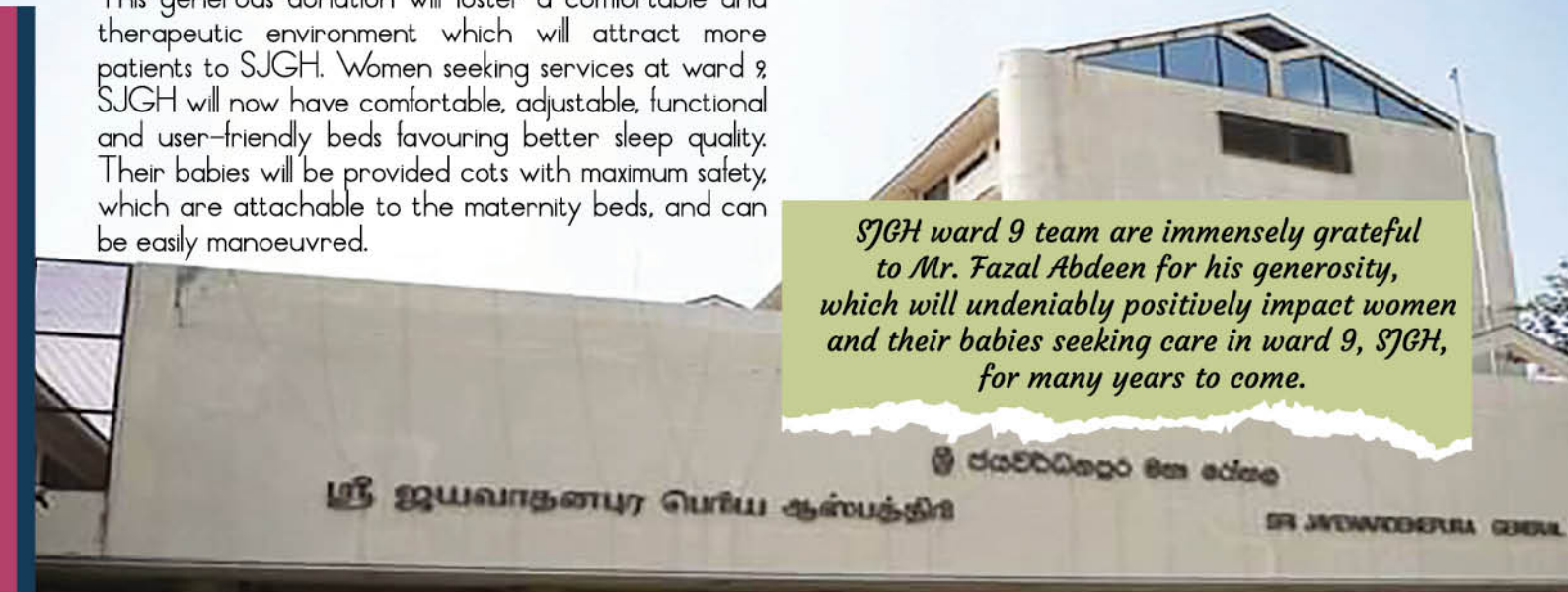


The 54 hospital beds (with 54 mattresses) donated are manually operable (hand-cranked) to adjust the bed height, backrest, and leg rest. It includes a writing top, IV Pole, document holder, and oxygen cylinder holder. The 20 Bed-side child cots (with mattresses) were custom-made for maximum safety and comfort, lightweight, and attachable to maternity beds. Future Corporations, Sri Lanka, made all of these items locally.



This generous donation will foster a comfortable and therapeutic environment which will attract more patients to SJGH. Women seeking services at ward 9, SJGH will now have comfortable, adjustable, functional and user-friendly beds favouring better sleep quality. Their babies will be provided cots with maximum safety, which are attachable to the maternity beds, and can be easily manoeuvred.

*SJGH ward 9 team are immensely grateful to Mr. Fazal Abdeen for his generosity, which will undeniably positively impact women and their babies seeking care in ward 9, SJGH, for many years to come.*





# CHRISTMAS Carols & Night

By Ladies Forum

Dr. Kushal Ranatunga



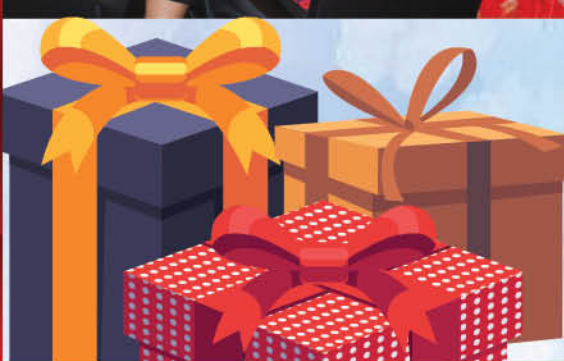
The O&G Ladies forum together with the SLCOG organized a grand Christmas celebration on the 18<sup>th</sup> of December 2022 with a gathering of nearly 150 guests. This was an enjoyable and memorable night for all Obstetricians and Gynaecologists and their families.

Christmas carols led by a Medical student's choir, Christmas raffle draw and a Christmas dinner were the highlights of this event. The arrival of Santa Clause with a small treat for each kid present, was the height of excitement to all the children.

I take this opportunity to thank the O&G Ladies Forum members for their generous contribution towards the charity projects during the year 2022.

A special word of thanks to the President Prof Sanath Lanerolle and the Council of the SLCOG, President Mrs Sonali de Silva and the Committee of O&G Ladies Forum and last but not least the sponsors for the event .















# In Loving Memory Of



## Dr. Sachin Kalhara Columbage

As the president of SLCOG I extend my heartfelt tribute to late Dr. Sachin Kalhara Columbage who worked as a coordinator at the office of SLCOG. He is an enormously talented young doctor, wonderful human being and an exceptionally gifted all rounder whom I have had the fortune of meeting in my medical career.

My very first encounter with Sachin was when he got appointment to castle street hospital as my intern house officer. He had a remarkable personality with tall and chubby stature that stood out from the others. He possessed a great multitude of talents in addition to remarkable medical skills. He is a proud product of Richmond College, Galle. He obtained his MBBS degree in 2021 having secured a second class upper division pass.

He has been a member of university chess team and cricket team. He was adept and experienced in computer software. He used his skills to assist me in organizing the 55<sup>th</sup> Annual Academic Congress of the college, and it has been a source of great strength and reliability.

He was also one of the best musician that I have ever met among internees. My heart is laden with heaviness his sudden and most unfortunate demise. I will forever retain the privilege of associating with him as my internee. All of us will dearly miss him at castle street hospital for women and SLCOG.

*May he attain the supreme bliss of nirvana!*

Compiled by: Prof. Sanath Lanerolle





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\* International Menopause Society

#In terms breast cancer safety

Reference: 1. Baber RJ et al. 2016 IMS Recommendations on women's midlife health and menopause hormone therapy. Climacteric. 2016;19(2):109-150. 2. Schindler AE. Classification and pharmacology of progestins. Maturitas. 2003;46:7-16.

Abbreviated Prescribing Information Estradiol and Dydrogesterone Tablets Femoston 1/10 Each of 14 white colour tablet contains: Estradiol (as hemihydrate) Ph Eur .....1 mg Dydrogesterone IP.....5mg Femoston 2/10 Each of 14 white colour tablet contains: Estradiol (as hemihydrate) Ph Eur .....1 mg Other each 14, grey colour film coated tablets contains: Estradiol (as hemihydrate) Ph Eur .....2 mg Dydrogesterone IP.....10 mg INDICATION: For Continuous combined; FemostonTM conti 1/5 mg Hormone replacement therapy (HRT) for oestrogen deficiency symptoms in postmenopausal women at least 12 months since last menses. For Continuous sequential; FemostonTM 1/10 mg Hormone replacement therapy (HRT) for oestrogen deficiency symptoms in postmenopausal women at least 6 months since last menses. 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. 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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 with leucorrhoea (vaginal fibrosis) or endometriosis, 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 vascular involvement, cholelithiasis, migraine or (severe) headache, systemic lupus erythematosus, history of endometrial hyperplasia, epilepsy, asthma, osteoporosis. 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. 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mg/mg  
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**Femoston<sup>®</sup>** **2/10**  
mg/mg  
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**Femoston<sup>®</sup> conti** **1/5**  
mg/mg  
estradiol/dydrogesterone

**Femoston<sup>®</sup> mono**  
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Reference: 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;67:227-233. 3. Ciarad D, Conradi 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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