

IN THIS ISSUE

Prof D A Ranasinghe
Oration

SLCOG Annual Scientific
Congress 2023

Safe Motherhood
Programme and more



SLCOG NEWS

OFFICIAL NEWSLETTER

of Sri Lanka College of Obstetricians & Gynaecologists

ISSUE NO.02 | DEC 2023





IF IT'S ORALLY EFFECTIVE IT'S[†]

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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}

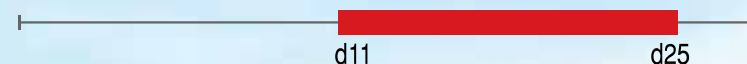
To stop bleeding

-10 mg twice a day for 5 to 7 days



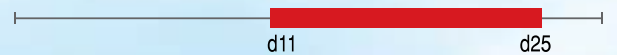
To prevent bleeding

-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



CIC

Health & Personal Care



ISSUE NO.02 | DEC 2023

SLCOG NEWS

Official Newsletter of Sri Lanka College of Obstetricians & Gynaecologists

Council 2023

HIGHLIGHTS

**A MILESTONE FOR WOMEN'S HEALTH:
SRI LANKA COLLEGE OF OBSTETRICIANS &
GYNAECOLOGISTS UNVEILS NEW
OFFICE BUILDING COMPLEX**

PROF D A RANASINGHE ORATION 2023

SLCOG ANNUAL SCIENTIFIC CONGRESS

**DR J NALIN RODRIGO MEMORIAL
ORATION 2023**

ANNUAL MEMBERS DAY 2023

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EDITOR'S NOTE

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It is a great honor for me to be a council member and the editor for the SLCOG. With the successful mission over covid pandemic Sri Lanka had a lower maternal mortality due to timely made interventions governed by the SLCOG and the Ministry of health. None of these could have being achieved without good leadership.

Continuing to the achievement I must thankful to SLCOG president Professor Hemantha Dodampahala and the council for electing me to this post.

In this edition, we will cover all the areas which was taken place in last few months.

Thank you.

Dr. Wasantha Galappaththy
Editor

PRESIDENT'S Message



I think 2023 is a very successful year for SLCOG in terms of improving academia and research and initiating my pledge of improving women's health with good governance. Under this vision, we have targeted certain areas for teaching and elevating academic standards among the juniors using our robust, safe motherhood programmes. Furthermore, we also have formulated many guidelines, patient information leaflets and training workshops.

In the year 2023, the SLCOG has given a special emphasis on research by publishing four volumes of the SLCOG college journal. In addition to that college has achieved a tremendous remark by improving its outlook interior as well as exterior.

I thank Prof Sanath Lanerolle and Prof Pradeep De Silva for making the interior state-of-the-art arrangements where no other college can match the standards of the SLCOG. Also, I must thank Mr Nadarajah and Mr Yoga for providing a sum of nearly 20 million in personal donations to the exterior works of SLCOG. I have not claimed a cent from SLCOG's money except for certain upgrading repairs of the building. All the new front structures were entirely made out of donations. So overall, we have made a remarkable journey in 2023, and it was a pleased journey. I wish all the luck for the upcoming president and the council.

Prof. S. H. Dodampahala
President, SLCOG



SECRETARY'S Message

It is my great pleasure to issue a message for the final newsletter of the SLCOG for the year 2023 under the presidency of Prof S H Dodampahala. The College was able to achieve most of its goals this year one of which is build a MOU with RANZCOG that will enable very valuable opportunity for the younger obstetrics and gynaecology trainees to fulfill their ambitions.

SLCOG with vision to uplift the academic knowledge of the members successfully complete the annual academic sessions in collaboration with RANZCOG and also completed 3 safe motherhood programs in batticaloa, matale and mannar.

With the vision to improve patient care this year the college concentrated in developing new guidelines and patient information leaflets and most of them have been completed by now and will be totally completed and published next year.

My special thanks goes to Prof S H Dodampahala for steering the college in to international stage and exposing the membership for the opportunities in Sri Lanka and abroad. I hope the next president and council will continue the great work done by him ahead.

Dr. Chandana Jayasundara
Hon. Secretary, SLCOG

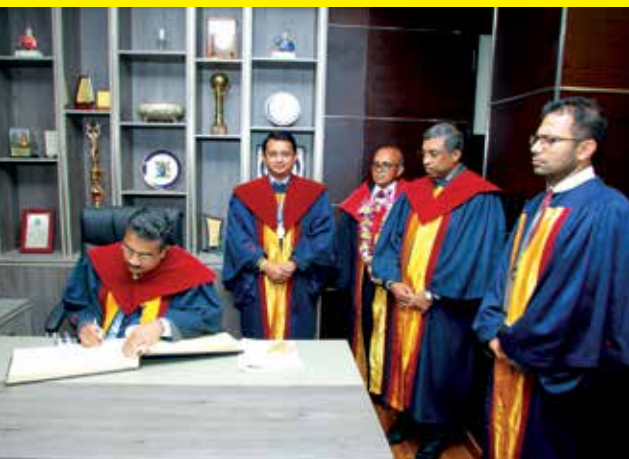
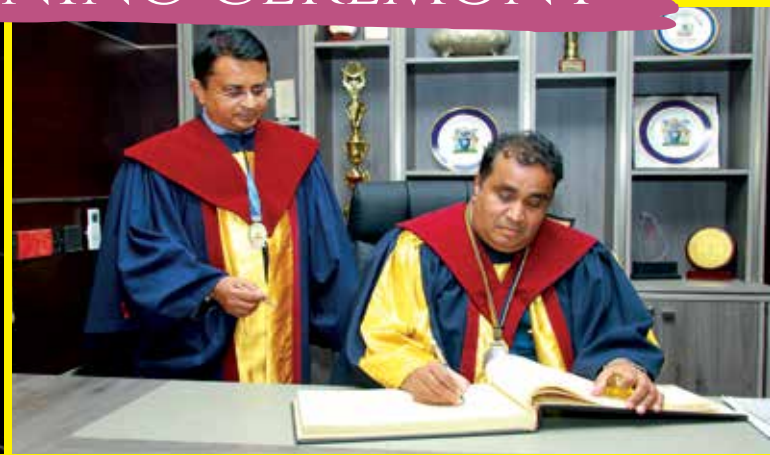
A Milestone for Women's Health:
SRI LANKA COLLEGE OF OBSTETRICIANS & GYNAECOLOGISTS
Unveils New Office Building Complex

On the auspicious occasion of November 26th 2023, the Sri Lanka College of Obstetricians & Gynaecologists celebrated a momentous milestone with the grand opening of its new office building complex. The event was marked by the distinguished presence of Dr. Ananda Ranathunga, who conducted the ribbon-cutting ceremony, ushering in a new era for women's health, Research and Academic Activities. The event was attended by Prof W I Amarasinghe, Patron (2019 – 2022), Past Presidents Prof Pradeep De Silva (2021), Prof Sanath Lanerolle (2022), Current President Prof S H Dodampahala, President Elect Dr Mangala Dissanayaka, Hon. Secretary Dr Chandana Jayasundara and all the council members to witness this graceful occasion. The new office building complex serves as a testament to the College's dedication to advancing in the field of Obstetrics and Gynaecology that ensures the well-being of pregnant mothers and women in the country.





OPENING CEREMONY









Prof D.A. Ranasinghe Oration 2023



The Prof. D A Ranasinghe oration 2023 was held at the 56th Annual Scientific Congress of the SLCOG in collaboration with RANZCOG at BMICH, Colombo. The orator was Dr M R M Rishard, who spoke on the topic. **“Cervical Cerclage in Difficult Situations; Giving Life a Chance”**

The session was chaired by Dr (Mrs) Marlene Abeyewardena, Patron SLCOG, Dr Vijay Roach (Immediate Past President RANZCOG), Chief Guest, Prof Chandrika Wijeratne, Guest of Honour, Prof. S H Dodampala, President – SLCOG, Dr. Chandana Jayasundara, Hony.Secretary-SLCOG and Dr. Shemoon Marleen, Chairman-Scientific Activities & Research-SLCOG.



SAFE MOTHERHOOD PROGRAMME

@ District General Hospital, Mannar

The Third Safe Motherhood Programme for 2023 was successfully held at District General Hospital, Mannar, on the 08th of September 2023. Capacity building of health professional doctors, institutional nurses and field staff was done.

The programme was designed and launched under the leadership of Prof S H Dodampahala, President of SLCOG, with the tremendous support of Dr (Mrs) Shemoon Marleen, Chairman-Scientific Activities & Research and Dr S P Akmeemana, Chairman-Regional Activities & Development. Dr E J Pushpakanthan and Dr B Babu coordinated the programme on behalf of the SLCOG.

Dr E J Pushpakanthan, Hospital Director, DGH, Mannar, Dr Sathyamoorthy, Provincial Director and Dr D Vinothan, 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 with the health administrators of the area the challenges and problems faced by the professionals.







56th Annual Scientific Congress of the Sri Lanka College of Obstetricians & Gynecologists In collaboration with **RANZCOG**

“Advancing Women’s Health with Good Governance”

11th to 13th August 2023 at BMICH, Colombo, Sri Lanka.

INAUGURATION CEREMONY



The inaugural ceremony of the 56th Annual Scientific Congress of the SLCOG in collaboration with RANZCOG was successfully held on 11th August 2023 at the Lotus Hall, BMICH, Colombo.

The event commenced at 5:30 p.m. with the ceremonial procession of the SLCOG Council members. This was attended by Prof S H Dodampahala (President - SLCOG) and all the council members of SLCOG. The Chief Guest, Dr Vijay Roach (Immediate Past President RANZCOG), and Guest of Honour, Prof Chandrika Wijeratne, were among the attendees. The event concluded with a reception and a musical evening.







Dr P Dissanayake Endowment Lecture
"Miscarriage and Traumatic Birth Experience"
Dr Vijay Roach- Immediate Past President, RANZCOG



Annual Academic Sessions 2023









SLCOG COLLEGE DINNER

2023

Held on the 12th of August evening, starting at 5.30 pm at the Lawn, Hotel Shangri-La, Colombo.

The event was attended by all the foreign and local guests of the 56th Annual Scientific Congress of SLCOG, along with the families of SLCOG members.

With live music filling the air and delicious cuisine to savour, it was a chance for the college community to come together in a relaxed and festive setting. This night function embodied the essence of professional college.





Dr Nalin Rodrigo Memorial Oration 2023



Dr Nalin Rodrigo Memorial Oration for 2023 was held on 26th November 2023 at the Samson Rajapaksa Auditorium, SLCOG House, Colombo 08.

The orator was Dr Mrs Shemoon Marleen, Honorary Senior Lecturer, Faculty of Medicine, University of Sri Jayawardenepura, who spoke on **“Predicting preterm births: A crucial step towards improving twin outcomes.”**

Dr Ananda Ranathunga, Prof Hemantha Dodampahala (President SLCOG), and Dr Chandana Jayasundara (Hon. Secretary SLCOG) were at the head table.





HIGHLIGHTS



President SLCOG representing at the RANZCOG Annual Scientific Meeting 2023

The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (RANZCOG) 2023 Annual Scientific Meeting was successfully held in Perth, Western Australia.

Under the theme **“Aiming higher: More than healthcare”**. The meeting spanned over three days, starting from 28th Oct to 1st Nov 2023.

Prof Hemantha Dodampahala, President of SLCOG, joined the meeting representing Sri Lanka and took over the stage as a panellist for the panel discussion on “Global Health Collaboration in Bettering Women’s Health”. Raneer Thakar (President RCOG), Hrishikesh Pai (FOGSI President), Diane Francoeur (SOGC, CEO), and Iffath Hoskins (ACOG Immediate Past President) also were joined as panellists.



RANZCOG

NRC and it's adventures: Proposals for Improvement of SLVA

Prof. Hemantha Dodampahala
MBBS MS FRCS FRCOG FSLCOG FRANZCOG
Consultant Obstetrician and Gynaecologist
Professor in Obstetrics and Gynaecology, University of Colombo
President, Sri Lanka College of Obstetricians and Gynaecologists
Clinical Professor in Obstetrics and Gynaecology (SLCOG)
Chairman, National Research Council
Honorary Professor AIA, Australia

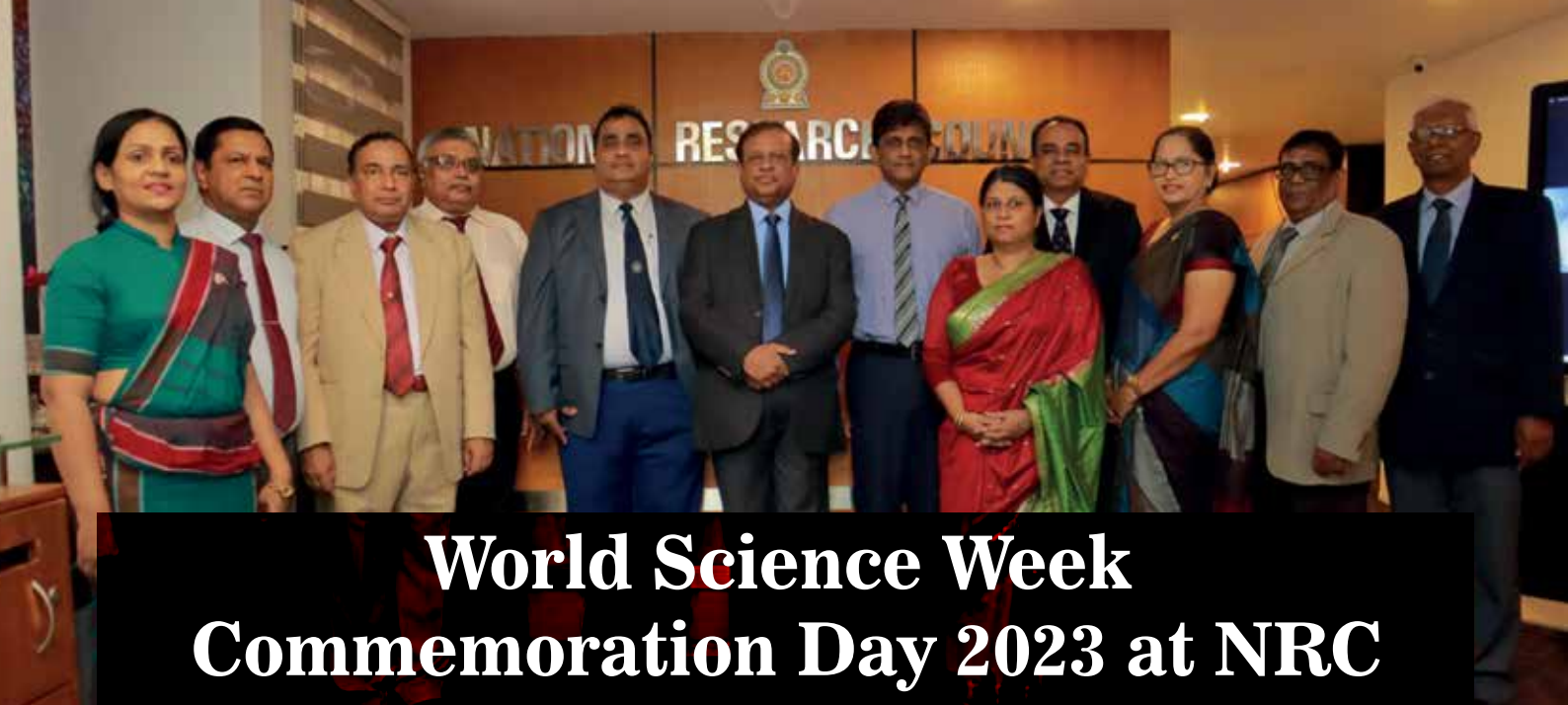


President SLCOG

invited as the Chief Guest
for the
75th Annual Scientific Sessions
of the
Sri Lanka Veterinary Association



Prof S H Dodampahala, President of the SLCOG, has been invited as the Chief Guest for the 75th Annual Scientific Sessions of the Sri Lanka Veterinary Association. Held on 15th September 2023 at Hotel Grand Kandyan, Kandy. More than 400 veterinarians all over the island participated to grace the occasion. Prof S H Dodampahala, President of the SLCOG, has delivered on “**NRC and Its Adventures: Proposals for improvement of SLVA**” in the chief guest address.



World Science Week Commemoration Day 2023 at NRC



The president of the SLCOG represented at the **World Science Week 2023** commemoration day at the National Research Council as the chairman of NRC. The Inaugural ceremony was held on **13th November 2023** at the National Research Council with the participation of Hon. Dr. Susil Premajayantha, Minister of Education. The event was attended by Prof Vajira H W Dissanayake, who delivered the Keynote address, and other invited dignitaries. Dr Shanika Jayasekara, CEO, NRC and Mr Sampath Nonis, Assistant Director (Scientific Affairs, NRC) were also among the attendees.



Chanting of Pirith for Overnight & Alms Giving 2023

To mark the opening of the new office building complex of the Sri Lanka College of Obstetricians & Gynaecologists, a Pirith Chanting ceremony was held overnight on 8th December and concluded with almsgiving to 15 Buddhist monks. The event was attended by the past presidents, fellows and college members with their families. Under the guidance of Prof Sanath Lanerolle, the hospital staff from the Castle Street Hospital for Women joined hands to make this spiritual event a success.



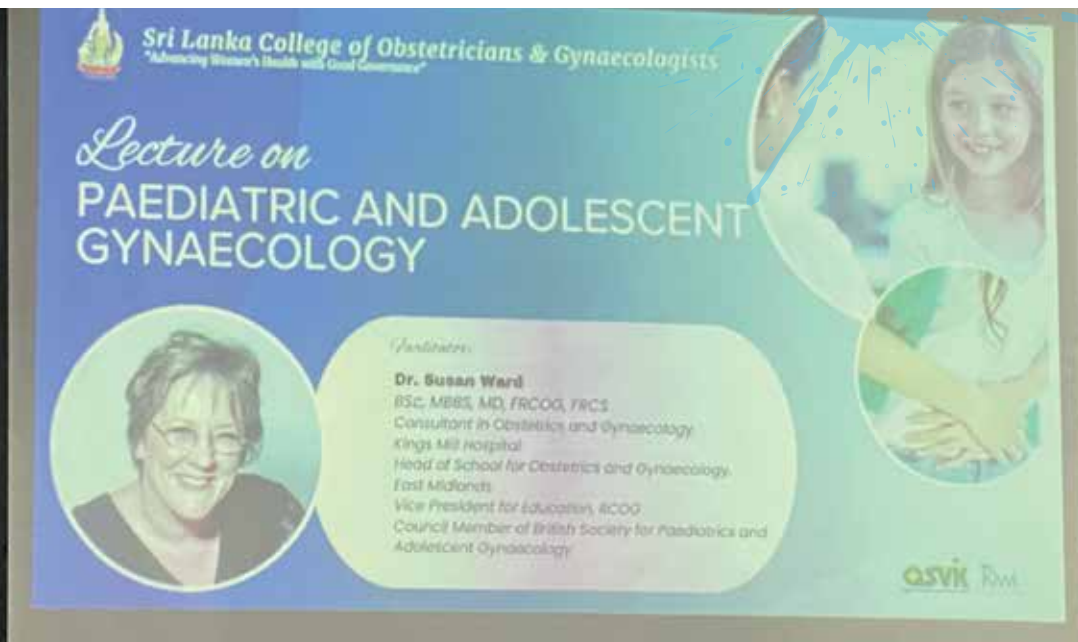


SLCOG WEBINARS

2023

Lecture on "Pediatric and Adolescent Gynaecology" by Dr Susan Ward

Dr Susan Ward, Consultant Obstetrician & Gynaecologist, Kings Mill Hospital, Head of School for Obstetrics and Gynaecology, East Midlands, Vice President for Education, RCOG. Consultant Obstetrician & Fetal Medicine Specialist and the Honorary Associate Professor, University College London, who arrived in the country as the external examiner for the MD part II examination, was invited to deliver a lecture on "**Pediatric and Adolescent Gynaecology**". The event was successfully held at the SLCOG Auditorium on the 13th of October 2023. Prof Hemantha Dodampahala, President of SLCOG and Dr Shemoon Marleen, Chairman of Scientific Activities & Research SLCOG together coordinated the event on behalf of Sri Lanka College of Obstetricians & Gynaecologists. The President and the council of SLCOG would like to thank Dr Susan Ward for conducting this valuable lecture.





Lecture on
**"Caesarean scar Niche:
 its obstetrics and gynaecological
 morbidity"**
by Dr S H M Siraj
 MBBS, MD, FRCOG
*Senior Staff Physician, Minimally Invasive Surgery Unit,
 KK Women's and Children's Hospital, Singapore.*
*Adjunct Assistant Professor,
 Duke-NUS Medical School, Singapore.*
*Clinical Lecturer,
 Yong Loo Lin School of Medicine, Singapore.*
*Clinical Teacher, Content Expert &
 Clinical Practice Facilitator,
 LKC School of Medicine, Singapore.*





Young Gynaecologist's Diary



21.15p.m. - VOG quarters Base Hospital Kahawatta

It was a quiet Friday evening with occasional disturbances from the crying inwards in the paediatric unit. Most of the hospital staff had left for the weekend. The atmosphere was stuffy with no cross breeze.

21.30 p.m. - Suddenly the phone started ringing. It was the SHO with a very sad voice. "Sir, we did a CTG on the 24-year-old primi mother with pains, who had PG induction in the morning. CTG was suspicious at 9pm. Cervix was 4 cm. We took her to LR for monitoring and hydration. Suddenly she became very uncooperative and confused. Just now she delivered a fresh IUD".

I quickly got myself gathered. It was a hop and a leap from the VOG quarters to the labour ward. The mother looked disoriented. The SHO had delivered the placenta and sutured. The baby at the delivery had no heartbeat. There was no meconium staining. Blood sugar was 124mg/dl. There wasn't much I could do for the baby.

I concentrated on the mother. I could see a trickle of blood between her legs. Her behaviour was unusual from the person I saw in the evening ward round at 8pm. I got her wired to the multimonitor. Her pulse rate was 123bpm with the blood pressure of 90/60mmHg. I could see a haematoma developing at one of the cannula sites. Second cannula which was dislodged during the struggle to get her from the ward to LR was still oozing over the protective plaster.

21.45 p.m - I got her down to the edge of the bed. Started bimanual massage. The trickling increased over time to a heavier flow. The blood was not even clotting on the mackintosh. I had two minor staff, one midwife, two

nurses, one HO, and two SHOs

(obstetrics and paediatric)

onsite. The PPH care bundle

was started. Uterus was well

contracted. There were no tears.

The bleeding was through the cervix

and all the venepuncture sites. A



coagulopathy was predominantly settling in.

The best guess was amniotic fluid embolism secondary to precipitous labour that could explain the confusion, sudden IUD, shock, and coagulopathy.

21.55 p.m - I called for help from TH Rathnapura which is 40minutes away on a good day. The anaesthetist arranged an ICU bed. We managed to transfuse three units of RCC and four units of FFP, in addition to crystalloids. The heart rate which peaked to 155bpm was coming down to 120bpm range.

A Bakri balloon was inserted.

22.55 p.m - We transferred the patient to TH Rathnapura for ROTEM and blood product transfusion which was not available at BH Kahawatta.

The next few days were stressful. The husband and the family members had to be counselled every day. The patient developed multiorgan failure due to sudden shock from amniotic fluid embolism with high liver and renal functions. However, she recovered on her own without the need of CRRT. Although we lost the baby, we managed to save the mother with a good team effort.

From the Diary of a young gynaecologist
Dr. Indunil Piyadigama



SLCOG'S

Annual Member's Day 2023



The Annual Member's Day of the SLCOG was successfully concluded on last 26th November 2023 at G. H. Buddhadasa Ground, Sri Jayawardenepura Kotte.

A friendly cricket encounter of the President's XI against Peripheral Giants was played. Netball matches, fun games, and the kids' cricket match were the other events coloured the day. Families of all the SLCOG members were invited to witness this annual sports day to mark the end of a spiritual year.









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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
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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;67:227-232. 3. Cierad D, Conrad C, Jesinger D, et al. Clinical study comparing the effects of sequential hormone replacement therapy with estradiol/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

Abbreviated Prescribing Information Estradiol and Dydrogesterone Tablets Femoston 1/10 mg Combi-pack of Estradiol and Dydrogesterone Tablets Femoston 2/10 mg LABEL CLAIM: Each film coated tablet contains: Estradiol (as hemihydrate) Ph Eur 1 mg Dydrogesterone IP 10 mg Femoston 1/10 mg 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 6 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. All formulations: Prevention of osteoporosis in postmenopausal women at high risk of future fractures who are intolerant of, or contraindicated for, other medical products approved for the prevention of osteoporosis. Elderly population. The experience in treating women older than 65 years is limited. DOSAGE AND ADMINISTRATION: For oral use FemostonTM conti 1/5: 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 and FemostonTM 2/10: 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 and FemostonTM 2/10: 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: In general, sequential combined treatment should start with FemostonTM 1/10. For FemostonTM conti 1/5: Continuous combined treatment may be started with FemostonTM conti 1/5 depending on time since menopause and severity of symptoms. All 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 thrombophilic disorders (e.g. protein C, protein S or antithrombin 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: melasma (uterine fibroids), or endometriosis, risk factors for thromboembolic disorders, risk factors for oestrogen dependent tumours, 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. If pregnancy occurs during medication with FemostonTM treatment should be withdrawn immediately. The results of most epidemiological studies to date relevant to inadvertent fetal exposure to combinations of oestrogens with progestogens indicate no teratogenic or foetotoxic effects. There are no adequate data from the use of estradiol/dydrogesterone in pregnant women. Lactation: FemostonTM is not indicated during lactation. ADVERSE REACTIONS: The most commonly reported adverse drug reactions of patients treated with estradiol/dydrogesterone in clinical trials are headache, abdominal pain, breast pain/tenderness and back pain. 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