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SLCOG NEWS

Official Newsletter of Sri Lanka College of Obstetricians & Gynaecologists



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Editor's Note



The year 2024 was a tumultuous year for the SLCOG with a busy academic schedule that involved activities in Colombo as well as in the periphery. The 'creme de la creme' was the Annual Academic Sessions which were held at the Galadari Hotel from 29th August to 1st September 2024.

The sessions were supplemented by the pre-congress and post-congress workshops which were also very educational for the trainees and junior consultants. The Safe Motherhood programmes and EmOC workshops would undoubtedly be of great benefit to uplift the service delivery at the peripheral centres.

The orations, webinars and other joint workshops were also greatly beneficial to the membership. I am extremely grateful to Dr. Mangala Dissanayake and the council for the encouragement and support provided during the course of the year.

I wish Dr. Akmeemana and his council the very best for the year, 2025. *Au revoir!*

Dr. Chanil Ekanayake
Editor

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President's Message



As we conclude this remarkable year, I am filled with immense pride reflecting on the achievements of the Sri Lanka College of Obstetricians and Gynaecologists. Our unwavering commitment to advancing maternal and fetal health has been exemplified through a series of impactful initiatives.

On 16th October, 2024, we successfully conducted Phase 9 of the "Essentials of Obstetrics at Your Doorstep" program at the German Sri Lanka Friendship Hospital for Women in Mahamodara. This was followed by Phase 10 on 24th October at Base Hospital Dambadeniya, Phase 11 on 29th October at Base Hospital Kinniya and the final phase at Base Hospital Diyathalawa of 26th December 2024. These sessions were instrumental in enhancing clinical knowledge and practices in obstetrics emergencies at the grassroots level, fostering collaboration among healthcare professionals.

Our Safe Motherhood Programme addressed regional disparities in maternal health, with significant sessions held at District General Hospital Trincomalee on 30th October and District General Hospital Hambantota on 27th December 2024. These programs emphasized evidence-based practices and strengthened our connections with local healthcare teams.

A landmark achievement was the inauguration of the state-of-the-art Cell Academia Digital Library and Simulation Centre on 29th December 2024. This facility embodies our commitment to integrating innovation with education, providing unparalleled access to academic resources and hands-on training opportunities. It stands as a testament to our vision of enhancing professional development through cutting-edge technology.

We also celebrated academic excellence through Deshamanya Dr. Siva Chinnatamby Memorial Oration on 16th November 2024 at the North Gate Hotel, Jaffna, followed by Prof. D.E. Gunathilleke Oration on 22nd December 2024, Dr. Nalin Rodrigo Oration on 29th December 2024, held at the SLCOG House Auditorium. These events provided platforms for critical discussions and the dissemination of pioneering research, reinforcing our dedication to scholarly contributions in the field.

I would also like to thank the O & G Ladies forum for arranging the Christmas Night and Christmas Carols on 29th December 2024, held in the newly renovated ground floor of SLCOG House which added a memorable end for the year 2024.

These accomplishments are a direct result of the unwavering dedication and collaborative efforts of our council members, partners, and volunteers. As we look forward to the coming year, let us remain steadfast in our mission to ensure the highest standards of care for every mother and child across the country.

Dr. Mangala Dissanayaka
President



Secretary's Message



Dear colleagues,

It is my pleasure to pen down my thoughts for yet another edition of the newsletter of SLCOG. It has been an eventful few months for the College with numerous workshops, academic activities taking the fore front.

There were three orations held within the past couple of months. The members enjoyed the picturesque city of Jaffna where Dr Sivalingarajah Raguraman delivered the prestigious Dr Siva Chinnathmaby oration. In December Professor Madura Jayawardena delivered the Professor D E Gunathilleke oration on 22nd December and Dr Kumara Dissanayake delivered the Dr Nalin J Rodrigo oration on 29th December 2024.

Two successful safe motherhood programs were conducted at Trincomalee and Hambantota District General Hospitals with the participation of many health care workers in each region. The Essential of Obstetrics at your Door step programs continued consistently with two programs conducted at Kinniya Base Hospital and another at Diyathalawa Base Hospital. An exciting addition to the College premises included the cell academia and research library which was inaugurated on 29th December 2024 facilitating members to conduct their research activities. Meanwhile the JAT skills centre was equipped with new laparoscopy training simulators for training.

As the year draws to an end reflecting back it has been a busy yet productive year for SLCOG.

I would like to whole heartedly thank all the past presidents, council members, fellows, members and senior registrars who actively contributed to make each program a resonating success. I would like to extend my gratitude to the ladies forum for all the social activities organized. My sincere thanks goes out to the administrative staff for their hard work and dedication. I wish you all the very best for the year 2025 and hope to see you all in the future college activities.

Dr Achintha Dissanayake
Hon. Secretary



GRAND

Opening of the Cell Academia SLCOG digital library and newly renovated Simulation Centre



On the auspicious occasion of December 29th 2024, the Sri Lanka College of Obstetricians and Gynaecologists celebrated another milestone with the opening of its new Digital library premises Cell Academia SLCOG and newly renovated Simulations Centre and skills laboratory. The event was marked by the distinguished presence of Dr. Marlene Abeyewardena (Patron SLCOG), who conducted the ribbon-cutting ceremony, ushering in a new era for Research and Academic Activities. The event was attended by Past Presidents Dr Rohana Haththotuwa (2008), Dr Ananda Ranathunga (2011), Prof Athula Kaluarachchi (2019), Dr U D P Ratnasiri (2020) Current President Dr Mangala Dissanayaka, President-Elect Dr S P Akmeemana, Hon. Secretary Dr Achintha Dissanayaka, Chairman Scientific Activities & Research Dr Darshana Abeygunawardana, Dr Prabath Randoombage and Dr Kumara Dissanayaka to witness this graceful occasion.

The new digital library and renovated skills laboratory serve as a testament to the College's dedication to advancing scholarly research, and academic and training facility upliftment in the field of obstetrics and gynaecological education in the country.



Push it out or Pull it out.....?

The Chamberlen Family

Her name was Abiba, aged 14.

I saw her in Addis Ababa Fistula Hospital in Ethiopia. She had gone into labour in her remote village ('remote' in Ethiopia means just that) and got stuck in the second stage which lasted 5 days (yes, days). The baby had died earlier on and over the next few days underwent maceration. Eventually, the foetal skull collapsed and eased out. But by then, the damage was done and she was left with a double fistula.

Sadly, this is still a common scenario in remote communities in poor countries. The plight of the poor working class in olden Britain was no different. Those who had money had access to doctors who would perform destructive deliveries once the baby died and thus at least saved the woman. If you had no money, you were 'stuck' (in both senses of the word).

But is there a way to somehow 'scoop' the baby out live and undamaged, and thus save the mother and the baby?

Enter the Chamberlens.

The Chamberlen Family:

They were of French origin but escaped to Britain as refugees fleeing persecution of the Protestants by Catholic queen Catherine de Medici in the 16th century.

They practised as barber surgeons and the patriarch of the family, William Chamberlen was of sufficient reputation to be appointed surgeon to the Royal family. His son, Peter the elder (1560-1631) grew an interest in practising midwifery and came to be known as the 'man-midwife'. He was the surgeon to Queen Henrietta, during the reign of Charles I. In difficult labours, he was the 'man to be sent for' as he could 'deliver babies which others could not'.

But how?

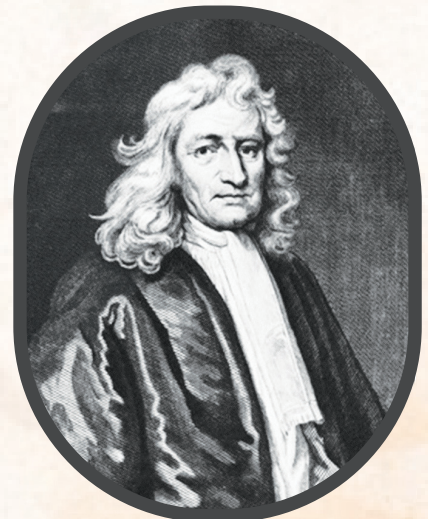
Peter the elder, apparently had invented a secret instrument with which he could perform these 'miracles'. The family was very keen to keep this ultra-secret and it remained so for hundreds of years.

Extraordinary precautions were taken when they were called for a delivery. A locked gilded box would be carried to the bedside by four workers and screens erected around. Everybody was sent out and the woman was blindfolded. Normality resumed only after the baby was out and the instrument back in the box.

This state of affairs continued down the family line; Peter's nephew Hugh, not having an 'heir', tried to sell it to the French, with the line that he could 'deliver any baby in any woman'. The leading French obstetrician at the time, Francois Mauriceau (of Mauriceau-Smellie-Weit fame) asked him to give a demonstration and mischievously manipulated for him to deliver a dwarf woman with a rachitic flat pelvis.

There was a lot of huffing, puffing, pushing and pulling but obviously no baby came forth. The woman died probably of a ruptured uterus. No sale!

He died around 1720. The history from then on is conflicting. We do know that among the survivors there was no interest in carrying out the family tradition, so the secret was buried with him for over a hundred years.



Peter Chamberlen, the elder

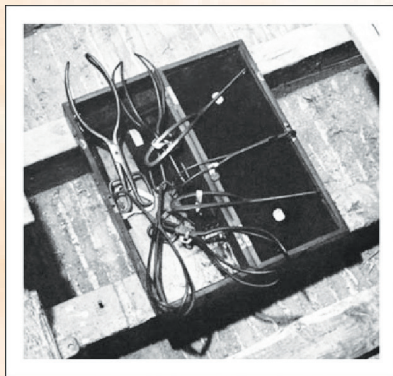
Over the years, other prototypes came into vogue and obstetricians such as William Smellie and James Simpson made significant improvements. But the nature of Peter's original instrument remained a mystery. In 1813, in a period house called Woodham Mortimer Hall in Essex, the new owners explored the attic. They found a trap door on the wooden floor. Underneath they found a hidden cardboard box, containing some coins, medallions and some strange looking metal tools.



Woodham Mortimer Hall

These were sent to the Royal Society of Medicine and were confirmed as the original forceps used by the Chamberlens, who were known to have occupied these premises in the past.

What is remarkable is how close they were to the modern one, especially the blades.



Use of forceps needs thorough training and skill. When it became popular some started to use it willy-nilly, thus doing serious damage to the foetus and the mother.

Hence for a time the instrument went into disrepute, 'natural and spontaneous' became the buzz word. But, not using them when appropriate could also be harmful, not just to the baby and the mother, but to the obstetrician as well.

Original forceps of Peter Chamberlen, the elder

During the reign of King George IV, when his only daughter Princess Charlotte of Wales went onto labour, her obstetricians practised this 'expectant' approach and let her go on for 50 hrs without using the forceps, which were on hand. She had a still birth, a massive PPH and died.

There was a huge public outcry against the doctors; the lead obstetrician overcame with guilt and shot himself.



Compiled by
Dr Asoka Weerakkody

Deshamanya Dr. Siva Chinnatamby

Memorial Oration

2024



This annual oration marks the contribution made by Deshamanya Dr Siva Chinnathamby to reproductive health in Sri Lanka. The oration was held on 16th November 2024 at “North Gate Hotel” in Jaffna on the topic “A Pragmatic Approach to Subfertility Care in Low-Middle Income Countries: Northern Sri Lankan Perspective.” By Dr Sivalingarajah Raguraman MBBS (Jaffna), MD (Obs & Gyn), MRCOG (UK) Senior Lecturer and Consultant Obstetrician & Gynaecologist, Professorial Unit, Teaching Hospital, Jaffna. The session was chaired by Dr Mangala Dissanayaka, President-SLCOG and Dr. Achintha Dissanayaka, Hon. Secretary-SLCOG.



SAFE MOTHERHOOD PROGRAMME - No. 03 2024

District General Hospital Trincomalee

The third Safe Motherhood Programme for 2024 was successfully concluded at the District General Hospital, Trincomalee, on October 30, 2024. Capacity building of health professionals, doctors, institutional nurses, and field staff was done.

The programme was designed and launched under the leadership of Dr Mangala Dissanayaka, President of SLCOG, with the tremendous support of Dr Darshana Abeygunawardana, Chairman-Scientific Activities and Research and Dr Jagath N Herath, Chairman-Regional Activities & Development. Dr Lalindra Weerasena coordinated the programme on behalf of the SLCOG. Dr Dilka Saranasinghe, Hospital Director, DGH, Trincomalee, Dr D G M Costa, Provincial Director and Dr. K W C U K Kendangamuwa, Regional Director, participated and addressed the gathering at the inauguration.

This was a one-day programme, and after the inaugural session, two 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 the challenges and problems faced by the professionals with 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.







Essentials of Obstetrics at your Doorstep

Phase 09

The German Sri Lanka Friendship Hospital for Women, Sri Lanka

The ninth program of the project series was successfully held at the German Sri Lanka Friendship Hospital for Women, Mahamodara, Sri Lanka on 16th October 2024.

The programme was launched under the leadership of President SLCOG Dr Mangala Dissanayake. The event was coordinated by Dr Darshana Abeygunawardana, Chairman of Scientific Activities & Research, and Dr Prabath Randoombage, Assistant Secretary.

Capacity building was done for health professionals, institutional nurses, and field staff



Phase 10

Base Hospital Dambadeniya, Sri Lanka

The tenth program of the project series was successfully held at the Base Hospital Dambadeniya, Sri Lanka on 24th October 2024.

The programme was launched under the leadership of President SLCOG Dr Mangala Dissanayake. The event was coordinated by Dr Darshana Abeygunawardana, Chairman of Scientific Activities & Research, and Dr Prabath Randoombage, Assistant Secretary.

Health Staff from the Base Hospital Narammala, Base Hospital Alawwa, Base Hospital Sandalankawa, Base Hospital Katupotha and sub-areas joined the session. Capacity building was done for health professionals, institutional nurses, and field staff.



Phase 11

Base Hospital Kinniya, Sri Lanka

The eleventh program of the project series was successfully held at the Base Hospital Kinniya, Sri Lanka, on 29th October 2024.

The programme was launched under the leadership of President SLCOG Dr Mangala Dissanayake. The event was coordinated by Dr Darshana Abeygunawardana, Chairman of Scientific Activities & Research, and Dr Prabath Randoombage, Assistant Secretary.

Health Staff from the Base Hospital Kanthale, Base Hospital Muttur and sub-areas joined the session. Capacity building was done for health professionals, institutional nurses, and field staff.



Phase 12

Base Hospital Diyathalawa, Sri Lanka

The final program of the project series for the year 2024 was successfully held at the Base Hospital Diyathalawa, Sri Lanka, on 26th December 2024.

The programme was launched under the leadership of President SLCOG Dr Mangala Dissanayake. The event was coordinated by Dr Darshana Abeygunawardana, Chairman of Scientific Activities & Research, and Dr Prabath Randoombage, Assistant Secretary.

Health Staff from Base Hospital Dickoya and sub-areas also joined the session. Capacity building was done for health professionals, institutional nurses, and field staff.





Prof D. E. Gunathilleke *Memorial Oration* 2024

The most prestigious Prof. D.E Gunathilleke Oration was held on the 22nd of December 2024 at the Samson Rajapakse Auditorium, SLCOG House.

The Orator was Prof Madura Jayawardana, Faculty of Medical Sciences, University of Sri Jayewardenapura, who spoke on “Remedying Tubal Ectopics: Restoring Hope beyond the Crisis”

The event was presided by patron SLCOG, Dr (Mrs) Marlene Abeyewardena, President SLCOG, Dr Mangala Dissanayaka, who awarded the Orator’s medal and certificate to Prof Madura Jayawardana, Hon.Secretary, Dr Achintha Dissanayaka and Chairman Scientific Activities & Research, Dr Darshana Abeygunawardana.



Point-of Care ultrasound (POCUS): inverting the obstetric care pathway?

Point-of Care ultrasound (POCUS) can simply be defined as a bedside ultrasound done by a clinician. In terms of Obstetrics and Gynecology, it is not something new to us as we do the ultrasound by ourselves in the ward and make clinical decisions. However, the difference between this new device and the conventional ultrasound is that is comparatively very small, so much so that it can fit in your pocket! More like a POcket UltraSound to us. It is also substantially smaller than a portable ultrasound machine with almost all the features of a conventional machine.

The other added advantage is that is also significantly cheaper than a conventional or portable ultrasound, something that would go a long way in low resource settings in the periphery. On a cost saving model it would be cheaper for the obstetrician to go to peripheral clinics and do the ultrasound rather than getting the patient down to a central hospital. This may be something for the Ministry of Health to consider, which may revolutionize how we manage our antenatal care in the very near future.

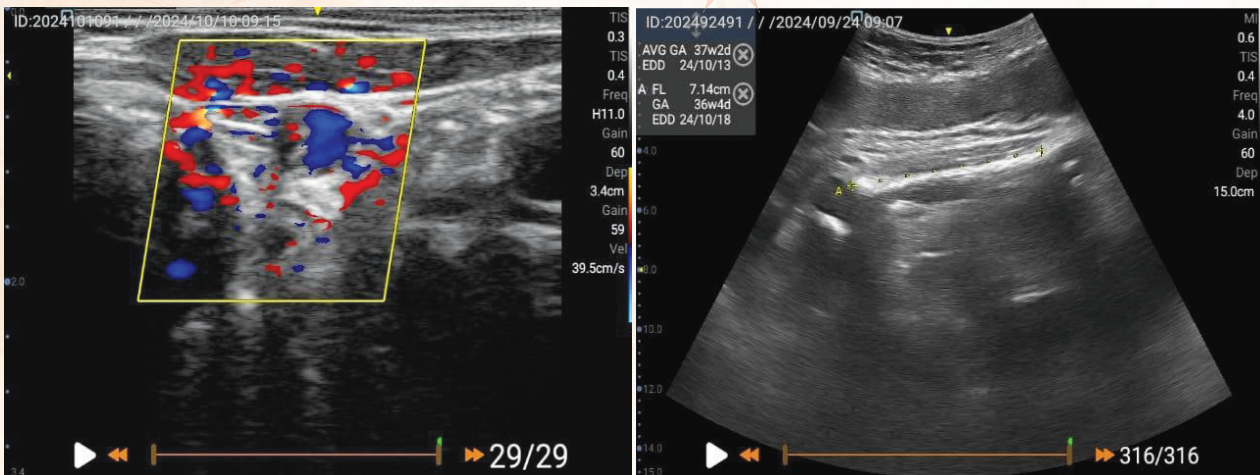


By **Dr C D Ekanayake**



Since its inception in 1990's and being fast tracked with the emergence of COVID pandemic, it is now a tool that is here to stay. Therefore, it is perhaps better to embrace new technology, sooner rather than later. This new device will be especially suited for obstetric wards, theatres, intensive care units and emergency treatment units where it can considerably shorten the delays in obtaining routine ultrasound services.

Some may question the accuracy of the device, but evidence in literature shows it is more than adequate in terms of accuracy. Other practical concern is the ability to take printouts, something which modern multimedia overcomes with ease. On a personal note, I believe this is the future!



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Dr Nalin Rodrigo Memorial Oration 2024

Dr Nalin Rodrigo Memorial Oration for 2024 was held on 29th December 2024 at the Samson Rajapaksa Auditorium, SLCOG House, Colombo 08.

The orator was Dr. Kumara Dissanayake, Senior Lecturer in Obstetrics and Gynaecology, Faculty of Medicine and Allied Sciences, Rajarata University of Sri Lanka. who spoke on “High Precision with Minimal Invasion: How Laparoscopy Revolutionizes Benign Gynaecological Surgeries”

Dr Marlene Abeyewardana (Patron SLCOG), Dr Mangala Dissanayaka (President SLCOG), Dr Darshana Abeygunawardana (Chairman Scientific Activities & Research SLCOG) and Dr Achintha Dissanayaka (Hon. Secretary SLCOG) were at the head table.



SAFE MOTHERHOOD PROGRAMME - No. 04 2024

District General Hospital Hambantota

The fourth Safe Motherhood Programme for 2024 was successfully concluded at the District General Hospital, Hambantota, on December 19, 2024. Capacity building of health professionals, doctors, institutional nurses, and field staff was done.

The programme was designed and launched under the leadership of Dr Mangala Dissanayaka, President of SLCOG, with the tremendous support of Dr Darshana Abeygunawardana, Chairman-Scientific Activities & Research and Dr Jagath N Herath, Chairman-Regional Activities & Development. Dr Sudarshana De Silva and Dr Samantha Samarawickrema coordinated the programme on behalf of the SLCOG. Dr Ayanthi Jayawardena, Hospital Director, DGH Hambantota, Dr Nishani Obeysekera, Provincial Director and Dr A.T.N.D. Patabendige, the Regional Director, participated and addressed the gathering at the inauguration.

This was a one-day programme, and after the inaugural session, two 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 the challenges and problems faced by the professionals with 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.





SLCOG WORKSHOPS 2024

Joint symposium on “Renal Diseases in Pregnancy: do we know what to do?”

Collaborating with the Sri Lanka College of Obstetricians and Gynaecologists, the Sri Lanka Society of Nephrology successfully concluded the joint symposium on “Renal Diseases in Pregnancy: Do we know what to do?” on 06th November 2024 at the Auditorium, SLCOG House.

Under the leadership of Dr Mangala Dissanayake, President SLCOG and Prof Eranga Wijewickrama, President SLSON, the programme was well coordinated by Dr Darshana Abeygunawardana (Chairman Scientific Activities and Research SLCOG) and Dr Damith Siriwardhana on behalf of SLCOG and Dr Dilushi Wijeyaratne on behalf of SLSON.

The event concluded successfully with over 100 participants from Obstetrics and Gynaecology and nephrology disciples.



SLCOG WORKSHOPS 2024

Joint Symposium on “Reproductive Endocrinology and Hyperglycemia in Pregnancy”

Collaborating with the Sri Lanka College of Obstetricians and Gynaecologists, the Sri Lanka College of Endocrinologists successfully concluded the joint symposium on “Reproductive Endocrinology and Hyperglycemia in Pregnancy?” on 18th December 2024 at the Auditorium, SLCOG House.

Under the leadership of Dr Mangala Dissanayake, President SLCOG and Dr Niranjala Meegoda Widanegge, President SLCE, the programme was well coordinated by Dr Darshana Abeygunawardana (Chairman Scientific Activities and Research SLCOG) and Dr Achintha Dissanayaka (Hon. Secretary SLCOG) on behalf of SLCOG and Dr Gishan Buddhika on behalf of SLCE.

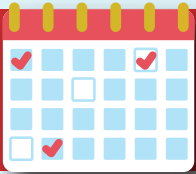
The event concluded successfully with over 100 participants from obstetrics and gynaecology and endocrinology disciples.



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

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

Infertility¹

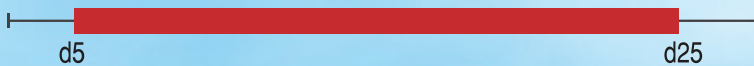
(Due to luteal insufficiency)

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



Dysmenorrhoea

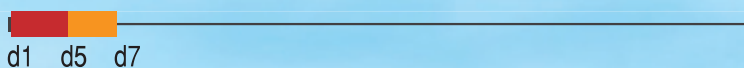
-10 mg twice a day



Dysfunctional uterine bleeding^{1,2}

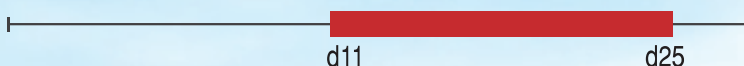
To stop bleeding

-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



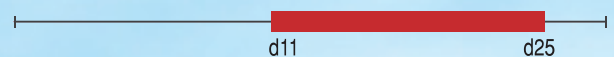
Irregular cycles^{1,2}

-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





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