



ISSUE NO. 04 | DECEMBER 2025

SLCOG NEWS

Official Newsletter of Sri Lanka College of Obstetricians & Gynaecologists



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Editor's Note



The 2025 has been a tremendous success under the leadership of Dr. Sanath P Akmeemana, 39th president of SLCOG and was packed with many academic and non-academic activities.

The main event in our calendar, the '58th Annual Academic Sessions of the SLCOG' was a tremendous success and was supported by the AOFOG and SAFOG.

I am extremely grateful to Dr Sanath Akmeemana and the council of 2025 for their confidence in me and for entrusting me with the responsibilities of the post of editor

and also like to wish the very best and success to our incoming president for the year 2026, Professor Rukshan Fernandopulle and his council members.

*Dr Udara Jayawardena
Editor*

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Sri Lanka Journal of Obstetrics and Gynaecology
ISSN 1391-7536

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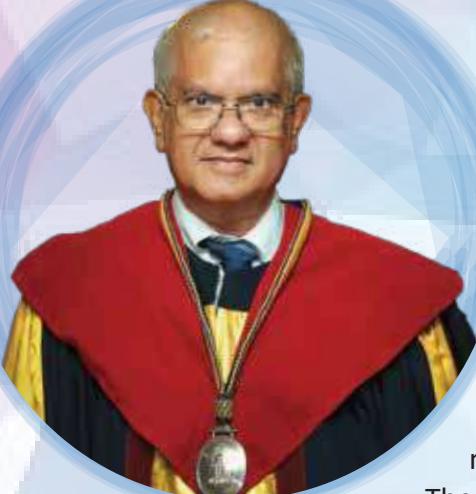
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President's Message

It is with great pleasure and pride, I pen this message as the 39th President of the prestigious SLCOG, reaching the last milestone of my academic tenure, the final newsletter of the year 2025. My period of service in this vital position is one of the most memorable days of my carrier and despite the massive responsibility I held, I was able to enjoy it to the fullest.

The bonds I've both built and strengthened along the way, not only with the council members, my colleagues, the past presidents, but also with a vast number of outside professionals were what helped maintain a stable foundation throughout my journey and are what I shall humbly behold moving on beyond.

As for the activities conducted during the latter half my tenure; an Advanced Symposium on “Preterm Birth and PROM detection” was held on the 28th of November 2025 at the Samson Rajapaksa Auditorium, SLCOG House. Prof Tiran Dias and Dr Dinusha Liyanapatabandi delivered the lectures followed by lunch.

The 9th EOD programme was held at Base Hospital Mawanella on the 29th of November 2025. Dr Janaka Jayasinghe organized this programme with the help of the SLCOG and was both very successful and well attended.

The fourth Safe Motherhood Programme was held at the DGH Embilipitiya on the 7th of November 2025. A guest lecture and dinner were held on the 6th of November 2025 for the hospital staff in appreciation of their work. I would like to thank Dr L R A Wijesooriya and Dr Ravihansa Lekamge for their hard work in organizing the event well.

Dr Richard Caldera Oration was held on the 18th of October 2025 at the Samson Rajapakse Auditorium, SLCOG House. Dr Asher Bashiri delivered the Oration on the topic of “Advancing the frontiers: Key strategies to improve prognosis in recurrent pregnancy loss”

Dr Siva Chinnatamby Oration was held on 23rd November 2025 at Grand Kandyan Hotel, Kandy. Prof Chathura Rathnayake delivered the oration on “Reproductive Health Research and Innovation in Sri Lanka: Challenges and the Road Ahead”. Dr Nalin Rodrigo Oration was held on the 14th of December 2025 at the Samson Rajapakse Auditorium, SLCOG House. Dr Achintha Dissanayaka delivered the oration on “Lighting the Hidden World – Advancing Fetal Diagnosis, Challenges and Outcomes in Sri Lanka.”

“Mental Health and Pregnancy” a joint symposium in collaboration with the Sri Lanka College of Psychiatrists was held on the 13th of November 2025 at the Samson Rajapaksa Auditorium. I am grateful to Dr Dasanthi Akmeemana, both my wife and the President Sri Lanka College of Psychiatrists for their timely collaboration.

“Frontiers of Integrated Care: Surgery, Obstetrics and Gynaecology and Anaesthesiology” – A joint Symposium was held on the 10th of December 2025 at the Samson Rajapaksa Auditorium, SLCOG House. The three colleges were actively involved in delivering a synergistic effect for a united cause, and the historic Memorandum of Understanding was signed on this day, to work in collaboration in addressing common issues related to our specialties.

The SLCOG Colors Award Ceremony was held on 18th October 2025 at the Samson Rajapaksa Auditorium, our Patron Dr Mrs. Marlene Abeyewardena was the Chief Guest whilst Dr Sumith Warnasuriya was instrumental in organizing this event.

Due to the trying times created by the Ditva Cyclone followed by floods and other unforeseen calamities, three events which were in our academic calendar had to be postponed. Including the members day that was planned to be held on the 7th of December 2025 being cancelled unfortunately and two of our EOD programmes scheduled on the 16th and 17th of December 2025 at BH Mahiyangana and TH Batticaloa were postponed.

Annual General Meeting and Christmas Night were held on 14th December 2025 at the SLCOG House. This marked the last event of the College Calendar.

I'd like to extend my heart felt gratitude to the past patron Dr. Mrs. Marlene Abeyewardena and the present patron Prof Jayantha Jayawardana for the guidance and the encouragement given to me throughout my presidency.

I would like to express my sincere gratitude to Dr Mangala Dissanayaka for shadowing me in all the activities during my academic year, being a pillar of support. My sincere gratitude goes out to Dr Lakshmen Senanayake, Dr Ananada Ranathunga, Dr Gamini Perera, Dr U D P Ratnasiri and Dr Janakie Karunasinghe for their immeasurable contributions to the CEMD which is our way forward in achieving our shared goals.

I wish to thank all the office bears and council members for their unwavering support extended to me and leaving a lasting memory. I extend my gratitude to all the Obstetricians and Gynaecologists who helped us as resource persons as well as for successfully executing and organizing the scheduled activities as planned.

I would also thank the O & G Ladies Forum headed by the president, Dr Dasanthi Akmeemana, my beloved wife for standing beside me during my long, but short journey, being my backbone despite her own busy schedule and my three daughters for their unwavering support.

I extend my gratitude to the immeadiate past president of the O and G ladies forum, Dr Shiromali Dissanayake for her valuable contributions.

I'd like to thank Mrs. Vinodini Amarasekara of Varners for her support rendered in mitigating the legal matters. I would also like to thank Mr. Nalina of Impress Events and Mr. Lalith Perera, our photographer, for their constant support and for always responding promptly to our needs.

Last, but not the least, I would like to thank all the office staff Harshini, Piumi, Gayathri, Ananda, Sandya and all the pre interns who assisted us for their hard work. I extend my best wishes to the President-Elect, Dr. Rukshan Fernandopulle, and his council for a successful and fulfilling academic journey ahead.

Dr. Sanath P. Akmeemana
President, SLCOG



Secretary's Message

It is a privilege to share my reflections in the final edition of the SLCOG Newsletter for the year 2025. The period from October to December 2025 was marked by a series of academically enriching and professionally meaningful activities, reflecting the continued commitment of the Sri Lanka College of Obstetricians and Gynaecologists (SLCOG) to excellence in women's health, education, and professional development.

The academic calendar commenced with the Dr Richard Caldera Memorial Oration, delivered by Professor Asher Bashiri on 18th October 2025, on the topic "Advancing the Frontiers: Key Strategies to Improve Prognosis in Recurrent Pregnancy Loss." This was followed by the "Heart Diseases in Pregnancy" symposium held on 27th October 2025 at the De Soysa Maternity Hospital, in collaboration with the Department of Obstetrics and Gynaecology, Faculty of Medicine, University of Colombo, and the Sri Lanka College of Cardiology. In keeping with our outreach mission, the Essential Obstetrics to Your Doorstep (EOD) programme was successfully conducted at the Base Hospital, Mawanella on 29th October 2025, further strengthening our engagement with regional healthcare institutions.

November'25 featured several significant initiatives, including the Safe Motherhood Programme held at the District General Hospital, Embilipitiya on 7th November 2025. The "Mental Health & Pregnancy" symposium, organized in collaboration with the Sri Lanka College of Psychiatrists, was held on 13th November 2025 at the SLCOG House Auditorium, addressing an increasingly important dimension of maternal care. The Dr Siva Chinnatamby Memorial Oration was delivered by Professor Cathura Rathnayaka on 23rd November 2025 in the picturesque city of Kandy, on the theme "Reproductive Health Research & Innovation in Sri Lanka: Challenges and the Road Ahead." Additionally, an Advanced Symposium on "Preterm Birth and PROM Detection" was conducted on 28th November 2025 at the SLCOG House, with Professor Tiran Dias and Dr Dinusha Liyanapatabandi serving as resource persons.

December'25 proved to be a challenging month for many of our colleagues affected by devastating floods and landslides across the country. I wish to commend our members for their resilience, dedication, and unwavering commitment to providing quality maternity care services during this difficult period. Despite these challenges, academic activities continued, and the "Frontiers of Integrated Care: Surgery, Obstetrics & Gynaecology and Anaesthesiology" Inter-Collegiate Symposium was successfully held on 10th December 2025 at the SLCOG House Auditorium, in collaboration with the College of Surgeons of Sri Lanka and the College of Anaesthesiologists and Intensivists. I was deeply honoured to deliver the prestigious Dr Nalin Rodrigo Oration on 14th December 2025. The year's activities concluded with the Annual General Meeting held on the same day, followed by the Christmas Night organized by our energetic Ladies' Forum, fostering fellowship, collegiality, and reflection among members.

These activities underscore the College's ongoing dedication to advancing knowledge, collaboration, and service across the field of obstetrics and gynaecology. I extend my sincere appreciation to all speakers, collaborators, organizers, and members who contributed to the success of these programmes. I also wish to congratulate President Professor Rukshan Fernandopulle and the new Council, and extend my very best wishes for a successful year ahead. I wish all our members every success and good health in the year 2026.

Yours sincerely,

Dr. Achintha Dissanayake
Hon. Secretary, SLCOG

SAFE MOTHERHOOD PROGRAMME - No.03 2025

District General Hospital, Ampara

The third Safe Motherhood Programme for the year 2025 was successfully concluded at the District General Hospital, Ampara, on July 24th, 2025. Capacity building of health professionals, doctors, institutional nurses, and field staff was done.

The programme was designed and launched under the leadership of Dr Sanath P Akmeemana, President of SLCOG, with the tremendous support of Dr Darshana Abeygunawardana, Chairman-Regional Activities & Developments and Dr A Sritharan, Chairman-Scientific Activities & Research. Dr Buddhika Asela Amarasena and Dr Dilan Tharindu Edirisuriya coordinated the programme on behalf of the SLCOG. Many other consultants from different specialties throughout the Ampara district joined the programme to share knowledge with the participants.

Dr A P Ranga Sandamal Chandrasena, Hospital Director, DGH, Ampara, Dr P S N Wimalaratne, Provincial Director and Dr. Nishshanka Wijewardana, 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 and Hospital Staff including doctors 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.







Feature Article...

Enhanced Recovery Pathways in Gynaecology: Successes, Struggles, and the Road Ahead

Enhanced Recovery After Surgery (ERAS) is considered as one of the most important developments in perioperative care over the past two decades. It was first introduced in colorectal surgery. Currently, ERAS pathways are widely adopted across almost all surgical specialties. ERAS pathways demonstrate significant improvements in patient outcomes, reduced hospital stay, and fewer complications. It improves pain control, reduce infections, and enhance patient satisfaction. Most importantly it is associated with lower overall healthcare costs. Gynaecological surgery, particularly laparoscopic procedures, has emerged as one of the most compatible surgical fields for ERAS adoption.

ERAS pathways challenge long-standing surgical traditions. Some practices once considered essential such as prolonged preoperative fasting, routine bowel preparation, liberal opioid use, routine urinary catheterisation, nasogastric tubes, and abdominal drains are now recognised as key contributors to delayed recovery, increased morbidity, and poor patient experience. The modern ERAS model emphasises the opposite of this. Early identification and optimisation of risk factors, shortened fasting with carbohydrate loading, minimally invasive approaches, opioid-sparing analgesia, avoidance of unnecessary tubes or drains, and mobilising and feeding the patient as soon as possible after surgery.

This pathway can lead to major savings in healthcare expenditure, a significant advantage for resource-limited settings such as Sri Lanka, where optimising hospital bed utilisation and reducing post-operative morbidity can accommodate more patients and reduce waiting lists in government sector.

The Sri Lankan Context: Practical Challenges

Despite available evidence, implementing ERAS in Sri Lanka is truly challenging. Perioperative pathways are influenced not only by medical systems and clinical culture but also by socioeconomic factors, infrastructure limitations, availability of human resources, and patient logistics. Therefore introducing ERAS requires not only clinical change but system-level coordination across multiple units.

In Teaching Hospital Peradeniya, the Professorial Obstetrics & Gynaecology Unit took a pioneering step by initiating ERAS principles for laparoscopic gynaecological surgery. Recognising the challenges of implementing the complete pathway at the same time, the team adopted an incremental approach. The approach includes prioritising intraoperative and postoperative changes first, while planning for gradual integration of preoperative components.

ERAS in Action at Teaching Hospital Peradeniya

Multiple components of enhanced recovery pathway have already been introduced at TH Peradeniya. Minimal hours of fasting for all patients was initiated. Bowel preparation was not carried out routinely. Laparoscopic surgical techniques were employed as standard technique for all feasible patients. Urinary catheters, nasogastric tubes, and abdominal drains were avoided. The unit incorporates regional techniques like paracervical block for opioid sparing analgesia and to prevent opioid induced post operative nausea and vomiting. The patient received minimal or no opioids prescriptions post operatively. All patients are mobilised early. Oral feeding is initiated once the patient returns to the ward starting with clear fluids and introducing solids as the patient tolerates.



Dr Sampath Gnanarathne

Senior Lecturer in Obstetrics and Gynaecology
Faculty of Medicine
University of Peradeniya

The impact of these changes was clearly visible from early days of implementation. Patients were more comfortable, and significantly more mobile when compared to traditional practices. The impact of removing urinary catheters which would have otherwise restrict the movements, and avoidance of sedating opioid medications, made more patients ambulated within hours of surgery. One of the most encouraging outcomes was the ability to discharge all patients within 24 hours of surgery, a milestone rarely achieved previously. This not only improves patient turnover but also frees inpatient beds, an invaluable advantage in high-volume tertiary hospitals.

Barriers and Lessons Learnt

However, the transition was not without challenges. Several key issues were identified. With some surgeries requiring prolonged dissection occasionally resulted in pain levels that demanded additional analgesia, highlighting the need for tailored rather than rigid protocols. Some Unexpected postoperative issues, though minimal, required prompt contingency planning and keeping the patient longer than expected. It was noted that discharge within 24 hours was not always driven by surgical or medical readiness. Some patients were unable to leave purely due to non-medical reasons like long travel distances, lack of reliable transport, limited caregiver support, or low socioeconomic conditions. This highlighted that ERAS success in Sri Lanka must strengthen not only clinical protocols but also community and social support systems.

Preoperative ERAS pathway remains the most challenging phase to introduce. Although ERAS encourages day-before or same-day surgical admission, current logistics make this complex. Operating lists often reach anaesthetists only the day prior, limited pre-assessment clinics exist, and many surgeries still require targeted evaluations. These factors currently restrict consistent implementation of same-day admission pathways.

Looking Ahead

Despite the challenges, the groundwork done at Teaching Hospital Peradeniya demonstrates that ERAS in gynaecology is an achievable task in Sri Lanka. Most importantly, it is already effective. The next steps should focus on overcoming the current barriers. One way to limit the pre operative hospital stay would be to introduce pre anaesthetic clinic for enhanced recovery pathway. Currently the hospital runs a high-risk anaesthetic clinic and the same referral pathway can be implemented for this. Patient education pathways are needed to promote early discharge readiness for these patients. Having a nurse trained in this process will facilitate more patient centred approach.

Enhanced Recovery After Gynaecological Surgery is more than a clinical protocol. It is a cultural transformation in perioperative care. The early success at Teaching Hospital Peradeniya proves that with multidisciplinary commitment and adaptive implementation, Sri Lankan hospitals can offer faster, safer, less painful surgical recovery for women.

Figure 1 and 2 showing early mobilisation of patients





Essentials of Obstetrics at your Doorstep



Phase 09

Base Hospital, Mawanella, Sri Lanka

The ninth program of the project series for the year 2025 was successfully held at the Base Hospital, Mawanella, Sri Lanka, on 29th October 2025. The programme was launched under the leadership of President SLCOG Dr Sanath P Akmeemana, and the programme was reformed by Dr Darshana Abeygunawardana, Chairman of Regional Activities & Developments, and Dr Prabath Randombage, Chairman of Education and Setting Standards.

The programme was well coordinated by Dr Wasantha Jayalath and Dr E J Pushpakantha on behalf of the SLCOG. Health staff from Base Hospital Mawanella, General Hospital Kegalle and the sub-areas have joined the session. Capacity building was done for health professional doctors, institutional nurses, and field staff.





Dr Richard Caldera Oration 2025

Dr Richard Caldera Memorial Oration for 2025 was held on 18th October 2025 at the Samson Rajapaksa Auditorium, SLCOG House, Colombo 08.

The orator was

Prof Asher Bashiri

MBBS, MD

Head, Maternity C Department,
Department of Obstetrics and Gynaecology,
Soroka University Medical Centre,
Israel

Who spoke on "Advancing the Frontiers:
Key Strategies to Improve Prognosis in
Recurrent Pregnancy Loss"

Dr (Mrs) Marlene Abeyewardena (Patron SLCOG), Dr S P Akmeemana (President SLCOG), Dr A Sritharan (Chairman Scientific Activities & Research SLCOG) and Dr Achintha Dissanayake (Hon. Secretary SLCOG) were at the head table.



SAFE MOTHERHOOD

PROGRAMME - No.04 2025

District General Hospital, Embilipitiya

The final Safe Motherhood Programme for the year 2025 was successfully concluded at the District General Hospital, Embilipitiya, on November 07, 2025. Capacity building of health professionals, doctors, institutional nurses, and field staff was done.

The programme was designed and launched under the leadership of Dr Sanath P Akmeemana, President of SLCOG, with the tremendous support of Dr Darshana Abeygunawardana, Chairman-Regional Activities & Developments and Dr A Sritharan, Chairman-Scientific Activities & Research. Dr L R A Wijesuriya and Dr Ravihansa Lekamge coordinated the programme on behalf of the SLCOG. Many other consultants from different specialities throughout the Embilipitiya district joined the programme to share knowledge with the participants.

This was a one-day programme, and after the inaugural session, two parallel sessions for field staff and Hospital Staff including doctors 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.







Deshamanya Dr. Siva Chinnatamby Memorial Oration 2025

This annual oration marks the contribution made by Deshamanya Dr Siva Chinnathamby to reproductive health in Sri Lanka. The oration was held on 23rd November 2025 at “The Grand Kandyan Hotel” in Kandy on the topic **“Reproductive Health Research and Innovation in Sri Lanka: Challenges and the Road Ahead.”** Finally I would like to wish Prof. Rukshan Fernandopulle and his council all the best for the year 2026.

by

Prof Chathura Rathnayake

MBBS, MS, FRCOG (UK)
Chair Professor of Obstetrics & Gynaecology,
Department of Obstetrics & Gynaecology,
Faculty of Medicine,
University of Peradeniya.

The session was chaired by Dr Sanath Akmeemana, President-SLCOG, Dr. Achintha Dissanayaka, Hon. Secretary-SLCOG and Dr A Sritharan, Chairman Scientific Activities & Research-SLCOG.



Dr Nalin Rodrigo Memorial Oration 2025



Dr Nalin Rodrigo Memorial Oration for 2025 was held on 14th December 2025 at the Samson Rajapaksa Auditorium, SLCOG House, Colombo 08.

The orator was Dr. Achintha Dissanayake, Senior Lecturer in Obstetrics and Gynaecology, Faculty of Medicine, Sir John Kotelawala Defence University of Sri Lanka, who spoke on “Lighting the Hidden World: Advancing Fetal Diagnosis, Challenges and Outcomes in Sri Lanka”

Prof Jayantha Jayawardana (Patron SLCOG), Dr S P Akmeemana (President SLCOG), Dr A Sritharan (Chairman Scientific Activities & Research SLCOG) and Dr Chaminda Hunukumbure (Asst. Secretary SLCOG) were at the head table.





Collaborative Practice and Systems Strengthening: Lessons from My First Year as a Consultant Gynaecologist



by Dr Malith Perera

Stepping into the role as a young consultant gynaecologist at Base Hospital Dambadeniya was a moment filled with equal parts of excitement and responsibility. I was fortunate to work in a historical place in Sri Lanka, yet not too far from Colombo and my home.

I had the rare privilege of being trained by three legends of Sri Lankan Obstetrics and Gynaecology – Dr Hemantha Perera, Dr Sarda Hemapriya and Dr U D P Ratnasiri. Their influence on my professional life extends far beyond the clinical skills. My way of thinking, how I weigh risks and benefits and how I make difficult clinical decisions was profoundly disciplined by their mentorship. I am deeply grateful to the postgraduate training programme for the opportunity to gain overseas experience in a well-resourced setting such as the United Kingdom, an exposure that further refined my perspective on Obstetrics and Gynaecology.

Even though the years of training had prepared me clinically, yet the reality of independent practice as a young gynaecologist working in Base Hospital Dambadeniya taught me that no doctor works alone, and meaningful patient care is built through people, partnerships and shared purpose.

Collaboration as a Culture, Not a concept

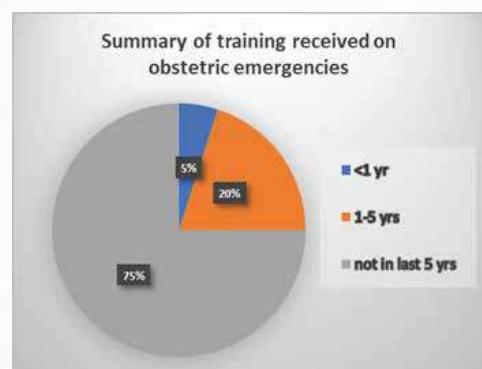
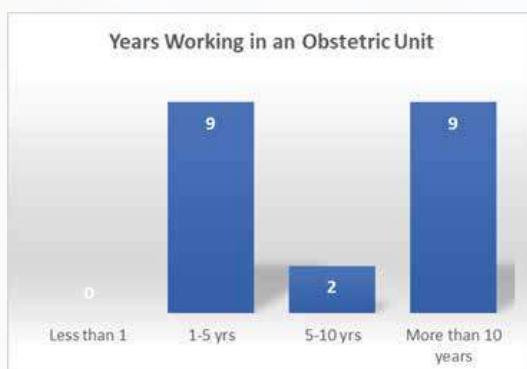
The transition from a trainee to an independent specialist was challenging. It is even more challenging when you are working in a station with only one gynaecologist. The patients, staff members and the administrators, all hold you in high regard which was initially pressurizing. It is during this phase that exposure, reflection, and responsibility converge to shape not only clinical competence but also leadership and systems thinking. In circumstances like these, effective practice is never solitary. I benefitted greatly from the guidance and support of highly experienced consultants who worked alongside me. I believe that for a beginner specialist, a strong professional rapport with senior colleagues is essential.

Training as Empowerment

One of the most influential lessons from overseas training was that human error is rarely an individual failure, rather it is often a systems failure. At micro and meso levels, the NHS approach involves risk assessment tools, checklists, unit protocols

and mandatory training. At macro level, appraisal, revalidation and guidance driven practice ensured accountability and consistency. Minimizing the human error is even more important in Obstetrics and Gynaecology.

When I started working in Base Hospital Dambadeniya, I did a small assessment to evaluate prior training among the ward staff. The workforce comprised of five medical officers, fourteen nursing officers and twelve midwives. The evaluation revealed inconsistent exposure to structured obstetric training programmes, with some staff having received training through national initiatives such as the SLCOG Safe Motherhood Programme, while most others relied solely on ad hoc unit-based teaching. Even though more than half of them were working in an obstetrics unit over five years, more than 75% of them have not received any kind of formal training during the last five years.



Notably, despite these gaps, staff willingness to participate in structured, mandatory training was universal (100%), highlighting a critical opportunity for change.

Small changes, meaningful impact

Building on this readiness, mandatory in-service training was initiated in my unit in Base Hospital Dambadeniya, with the objective of minimizing preventable errors and standardizing care. The responsibility was given to the ward sister, who willingly participated to maintain a register to certify the staff who received training. Weekly training sessions were arranged and the staff participated taking turns without interfering with their formal duties. The training sessions included labour management and managing obstetric emergencies.



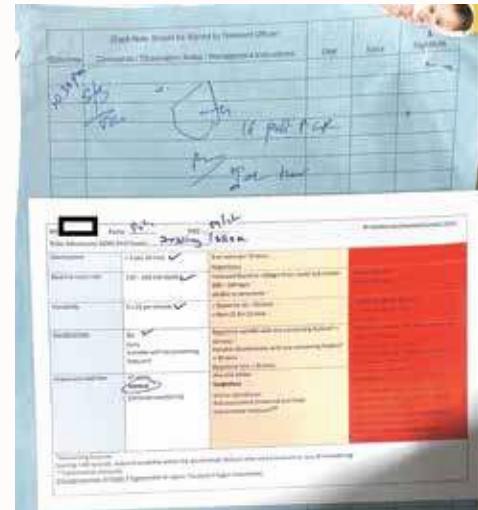
The results were evident with the staff engagement and I was encouraged to see the changes I implemented are working. Re-emphasizing correct partogram use, demonstrating clear improvement when compared with previous practices. Introducing CTG interpretation stickers adapted from NICE 2022 guidelines to support real-time labour management was also successful as the staff members started communicating in standard ways.

Strengthening Systems for Sustainability

To ensure sustainability, future plans included developing ward-specific protocols, appointing a ward-level risk management team, updating antenatal records, and introducing structured checklists for identifying and managing risk factors.

A continuing journey

Unfortunately, I had to leave Base Hospital Dambadeniya after one year, as this was a temporary appointment pending the next annual transfer list. I departed with sadness, having developed a strong attachment to the unit. The staff and the community shared the same sentiment.



My subsequent position was to the German-Sri Lanka Friendship Hospital for Women, which was a markedly different clinical setting. Nevertheless, I believe that peripheral hospitals offer greater opportunities for a young gynaecologist to empower staff members, build capacity and contribute meaningfully to service development. Meaningful change does not always require advanced technology or additional manpower. Instead, it requires insight gained through training, willingness to question existing practices, and commitment to systems that support clinicians and patients alike. I believe that for young specialists, the transition from learning within systems to shaping systems is both a responsibility and an opportunity.





Sri Lanka College of Obstetricians & Gynaecologists
in collaboration with
Sri Lanka College of Psychiatrists

Mental Health and Pregnancy

Joint Symposium

The Sri Lanka College of Obstetricians & Gynaecologists (SLCOG), in partnership with the Sri Lanka College of Psychiatrists (SLCPsy), successfully hosted a Joint Symposium titled “Mental Health & Pregnancy” on 13 November 2025 at the Samson Rajapakse Auditorium, SLCOG House. The event focused on the growing importance of addressing mental health concerns during pregnancy and reinforced the value of close collaboration between obstetricians and psychiatrists in delivering holistic maternal care under the leadership of Dr Sanath Akmeemana (President of SLCOG) and Dr Dasanthi Akmeemana (President of SLCPsy).

The symposium was well attended, with over 75 participants comprising specialists, postgraduate trainees, and other healthcare professionals. The programme featured engaging academic sessions and interactive discussions, providing a valuable platform for knowledge exchange and professional networking. The event was smoothly coordinated by Professor Madura Jayawardane on behalf of SLCOG and Professor Chathurie Suraweera representing SLCPsy, whose dedicated efforts ensured the overall success of the symposium.







**Sri Lanka College of Obstetricians & Gynaecologists
College of Surgeons of Sri Lanka
College of Anaesthesiologists and Intensivists**

Joint Inter-Collegiate Symposium on

**“FRONTIERS OF INTEGRATED CARE:
SURGERY, OBSTETRICS & GYNAECOLOGY
AND ANAESTHESIOLOGY”**

The Sri Lanka College of Obstetricians & Gynaecologists (SLCOG) successfully conducted a Joint Inter-Collegiate Symposium titled “Frontiers of Integrated Care: Surgery, Obstetrics & Gynaecology and Anaesthesiology” on 10 December 2025 at the Samson Rajapakse Auditorium, SLCOG House. This important academic programme was organized in collaboration with the College of Surgeons of Sri Lanka (CSSL) and the College of Anaesthesiologists & Intensivists of Sri Lanka (COAISL), underscoring the vital role of multidisciplinary collaboration in modern patient care to pregnant women in the country.

The symposium brought together over 75 participants representing all three disciplines, including consultants and postgraduate trainees. The programme featured insightful academic sessions and meaningful discussions that highlighted integrated approaches to clinical decision-making, diagnostic challenges and surgical priorities related to the patient safety of pregnant mothers. The joint inter-collegiate symposium was well organized by Professor Prabodhana Ranaweera, under the leadership of the President of SLCOG, Dr Sanath Akmeemana, together with the Presidents of CSSL and COAISL, Dr Duminda Ariyarathne and Dr Vinodini Wanigasekera, respectively. The successful conclusion of this programme reflected the strong commitment of all three colleges to advancing collaborative practice and academic excellence.





A Memorandum of Understanding

A Memorandum of Understanding (MOU) was also signed with the Ceylon College of Surgeons and the Sri Lanka College of Anaesthesiologists and Intensivists, to work in collaboration to address common issues related to our specialties for further strengthening intercollegiate collaboration.



SLCOG SPORTS AWARDS CEREMONY 2025

The SLCOG Sports Award Ceremony 2025 was held on 18th October 2025 at SLCOG House Samson Rajapaksha Auditorium amidst a gathering of fellows, members and well wishers. The event was preceded by Dr. Richard Caldera Oration.

Incidentally, this was the 2nd Colours Night in the History of SLCOG. The inaugural Sports Awards Ceremony was held in 2018 on a grand scale with a former captain of Sri Lanka national cricket team gracing the occasion as the chief guest. This year's event was held after a lapse of seven years due to certain unfortunate events obstructing a much enthusiastically planned ceremony in 2022. Though the current year's event was a relatively brief affair compared with the inaugural event, the compeering, audio visual presentations and glamour was maintained up to the same high standard. As per decision by the SLCOG Council, the awards were presented only up to the end of Season 2022 to go along with the initial arrangements planned for the cancelled 2022 event.

The chief guest for the night was the Patron of SLCOG Dr. (Mrs.) Marlene Abeywardena. In addition, the Orator of Dr. Richard Caldera Oration, Prof. Asher Bashiri from Soroka University Hospital, Israel, along with SLCOG Patron elect Prof. Jayantha Jayawardena and several past presidents of the SLCOG graced the occasion as special guests.

The proceedings commenced with a welcome address delivered by Chairman of Social Activities, Dr. Sumith Warnasuriya. Several members who had



excelled in Cricket were to be conferred with Merit Awards, Felicitation Awards and SLCOG Colours. Adding glitter to the event, Dr. Sumith Warnasuriya presented the SLCOG Cricket 10th Anniversary Commemoration Banner to President Dr. Sanath Akmeemana which was followed by a formal handing over of victory trophies to SLCOG trophy cupboards by the members of the SLCOG Cricket team amidst applause from the audience. There were two presentation videos depicting the pioneering years of SLCOG Cricket and a recap of recent years.

Following the Presidential address by Dr. Sanath Akmeemana, the Chief Guest Dr. (Mrs.) Marlene Abeywardena in her speech congratulated and offered words of encouragements to SLCOG Sports. The awardees were thereafter presented with certificates and decorations by Chief Guest Dr. (Mrs.) Marlene Abeywardena, Patron Elect Prof. Jayantha Jayawardena, SLCOG President Dr. Sanath Akmeemana, Past President Dr. Mangala Dissanayake and President Elect Prof. Rukshan Fernandopulle.

Following members were honoured for their noteworthy contribution to SLCOG Cricket.

PERFORMANCE MILESTONE ACHIEVEMENT MERIT AWARDS

Batting

Dr. Sumith Warnasuriya	- 500 runs
Dr. Bhagya Jayasiri	- 500 runs
Prof. Deepal Weerasekera	- 500 runs
Prof. Rukshan Fernandopulle	- 500 runs
Dr. Ajith Fernando	- 500 runs
	(currently retired from SLCOG Cricket)
	(currently retired from SLCOG Cricket)
	(currently retired from SLCOG Cricket)

Bowling

Dr. Sumith Warnasuriya	- 100 Wickets
Dr. Bhagya Jayasiri	- 50 Wickets

FELICITATION AWARDS (Cricket) – 2025

Dr. Sumith Warnasuriya
Dr. Lalindra Weerasena
Dr. Peshala Dangalle
Dr. Dinesh Biyagama
Dr. Chandina Wedamesthri
Dr. Chandana Wijewickrema
Dr. Darshana Somirathne
Dr. Diluk Senadheera
Dr. Sudath Senaratne
Dr. Achintha Dissanayake
Dr. Chinthaka Banagala
Dr. Nisansala Perera
Dr. Yasiru Godakanda

SLCOG COLOURS (Cricket)

Dr. Diluk Senadheera
Dr. Duleeka Dissanayake

Re-Awards

Dr. Sumith Warnasuriya
Dr. Bhagya Jayasiri
Dr. Lalindra Weerasena
Dr. Peshala Dangalle
Dr. Dinesh Biyagama

It is sincerely hoped that this tradition will be continued as an important event in the SLCOG calendar on a regular basis. It has to be emphasised however that, apart from cricket, members need to take up to other sports as well so that future Sports Award Ceremonies could be arranged to felicitate achievements in multiple sporting activities.

The vote of thanks was delivered by Hony. Secretary, Dr. Achintha Dissanayake and the guests were thereafter hosted for fellowship and dinner. They were also provided with an opportunity to pose for souvenir photographs at a specially designed photo booth during the reception.

Compiled by Dr. Sumith Warnasuriya





OBSTETRICIANS & GYNAECOLOGISTS LADIES FORUM



Dr. Dasanthi Akmeemana

*Consultant Psychiatrist,
Colombo South Teaching Hospital*

President – Sri Lanka College of Psychiatrists

President – Ladies' Forum

Sri Lanka College of Obstetricians & Gynaecologists

Vice President- Menopause Society of Sri Lanka

*Chairman - Ethical Review Committee of
Colombo South Teaching Hospital*

As I approach the final three months of my tenure, I wish to extend my heartfelt gratitude to Dr. Sanath P. Akmeemana, President of the Sri Lanka College of Obstetricians & Gynaecologists (SLCOG), and to the SLCOG Council for their unwavering support and commitment, which greatly contributed to making this year a successful and meaningful one.

Looking ahead, we were privileged to commemorate World Mental Health Day with a special event held on 17th October 2025. This event was organized by the Sri Lanka College of Psychiatrists in collaboration with the Ladies' Forum of the Sri Lanka College of Obstetricians & Gynaecologists, Colombo South Teaching Hospital, the Menopause Society of Sri Lanka, and the Lion Ladies Committee Club.

The initiative aimed to raise awareness and reduce stigma surrounding mental health through strong multi-organizational collaboration and marked the second phase of my “Bloom Project”, which focuses on enhancing awareness and knowledge of mental illness among patients.

The event was graced by Mrs. Anoja Weerasinghe, Actress, Producer, and Yoga Instructor, as the Chief Guest, and Prof. Chrishantha Abeysena, Minister of Science & Technology, as the Guest of Honour, along with several other distinguished guests.

The programme was sponsored by pharmaceutical partners and the Lion Ladies Committee, with additional contributions from the Ministry of Health. A significant milestone achieved during this event was the launch of the “Nirogi” mobile application, designed for children and adults above 13 years to self-assess their mental well-being—an initiative launched for the first time in the history of psychiatry worldwide.





Over the past two years, the Ladies' Forum has continued its commitment to maternal and neonatal care by donating essential items to under-resourced government hospital labour rooms, in alignment with the SLCOG Safe Motherhood Programmes.

With the generous support of HEMAS Manufacturing (Pvt) Ltd, we were able to continue the donation of essential items, including Fem sanitary products for labour rooms and Baby Cheramy soap packets for newborns. These donations were carried out for the fourth time this year at the District General Hospital, Embilipitiya, on 7th November 2025.

I extend a special note of appreciation to Dr. Indumini Gunathilake for her assistance with the artificial floral decorations at the ground floor of the SLCOG House, and to Mrs. Yamuna for arranging table covers for 24 tables in the ground-floor auditorium, with expenses covered by the SLCOG President and Council.

Another important milestone was the organization of the second netball match in the history of the SLCOG Ladies' Forum, scheduled for 7th December 2025, alongside the traditional cricket match of SLCOG members for Members' Day. I sincerely appreciate the efforts of Dr. Shamoon Marlene and Mrs. Kalani Karunaratne, who worked tirelessly with the SLCOG Social Secretary, Dr. Sumith Warnakulasuriya, to organize this event. Unfortunately, due to the prevailing disaster situation in the country, the matches could not be held. Nevertheless, we were able to redirect our efforts towards meaningful charity work, including donations of Fems boxes, consumables, and cleaning materials of worth Rs. 200,000, funded by the O&G Ladies' Forum.

I offer my heartfelt thanks once again to Dr. Sanath P. Akmeemana, President of the Sri Lanka College of Obstetricians & Gynaecologists for his invaluable guidance and for providing us the opportunity to host the Christmas celebrations, including Christmas carols and a SLCOG-sponsored dinner—bringing a fitting and joyful close to a productive and supportive year in 2025.

I also wish to express my sincere appreciation to all council members of the Sri Lanka College of Obstetricians & Gynaecologists and council members, past presidents, joint secretaries, treasurer, assistant treasurer, social secretary, members of the Ladies' Forum of the Sri Lanka College of Obstetricians & Gynaecologists. A big thank you to the SLCOG staff, and all who supported our journey such as Dr. Navoda, Dr. Mauli, Mrs. Harshani, Miss Gayathri, Miss Piyumi, Mr. Ananda, and Mrs. Sandya for their dedication and assistance in achieving every milestone on our SLCOG and Ladies' Forum calendar.

Finally, I would like to reflect that since August 2025, I have had the responsibility of serving under two presidencies simultaneously. Despite a demanding schedule, I am grateful that I was able to contribute meaningfully to the Ladies' Forum until the end of my tenure. I sincerely hope that the legacy of this forum will continue to grow and flourish in the years to come.

Thank you.





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Habitual abortion¹

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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



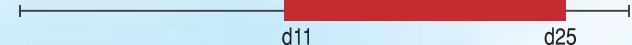
To prevent bleeding

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



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Premenstrual syndrome¹

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