



SRI LANKA COLLEGE OF INTERNAL MEDICINE

SLCIM NEWSLETTER

CONTENTS

01	President's Message
02	Annual General Meeting
03	Ceremonial Induction of the President
04	First Council Meeting for 2024
05	Council 2024
06	National Internal Medicine Day
07	Public Web Portal
08	AJIM
09	SLCIM Future and BP Project
10	SLCIM-STI
11	Soft Skill Workshop
12	AI For Physicians and Therapeutic Forum
13	PLF
14	Training of Trainers PCSIM Workshop
15	PCSIM
16	ReSIM
17	SR Forum
18	METS
19	Regional Meetings
22	Public Forum
23	SLCIM Collaborations
25	SLCIM Research Hub
26	SLCIM Publications
27	Awards
28	SIMCON 2024

**Dear Members,**

I am truly excited to connect with you at this midpoint of my presidency. Together, we have made remarkable progress toward our goals, guided by this year's theme: "Envisioning the Future, Empowering the Physicians."

I was inducted as the 8th President of the Sri Lanka College of Internal Medicine (SLCIM) in January 2024. It is a privilege to lead SLCIM as we strive for excellence in healthcare through our comprehensive mission. Since its establishment in 2016, SLCIM has rapidly become one of the leading professional organizations in the country. I appreciate the trust my fellow specialists have placed in me, and I am dedicated to diligently work toward our shared objective of enhancing the practice and science of Internal Medicine in Sri Lanka.

We introduced the inaugural National Internal Medicine Day on March 13 for the Internal Medicine community. As the President of SLCIM, I take great pride in celebrating this significant day, March 13, 2024. This date holds special meaning for us, as it marks the founding of our esteemed organization. On this day in 2016, 67 dedicated individuals gathered in the historic hill city for our inaugural meeting, laying the groundwork for what would eventually evolve into the Sri Lankan Society of Internal Medicine and, ultimately, our prestigious College in 2019. On this National Internal Medicine Day, we recognized the essential role of Internal Medicine in healthcare, celebrated our achievements, and reaffirmed our commitment to advancing the field for the benefit of our patients and our nation.

The Honourable Minister of Health graced the occasion as the Chief Guest, and the Secretary of Health served as the Guest of Honour at the event. It was a tremendous success!

On this important occasion, we officially launched our public webpage. In this digital age, information is more accessible than ever, enhancing health education for all. While online platforms, mobile applications, and wearable devices facilitate access to information, the overwhelming amount of unverified information can be misleading and dangerous. We believe that reliable and trustworthy resources should be available to the public. Establishing a public web portal has been one of my ambitions for this year, and maintaining it is a significant undertaking. My council has fully supported this initiative, and I extend my special thanks to all who contributed in various ways to the development of the public webpage. The success of National Internal Medicine Day demonstrates that our unity is our strength.

The aim of the website is to provide accurate, impartial, and up-to-date information to the general public. It will offer guidance on managing emergencies and dispel myths and misconceptions. The website will focus on addressing non-communicable diseases, communicable diseases, and promoting healthy lifestyles and behaviors. Ultimately, it will serve as a valuable resource for individuals seeking precise medical information and guidance. By doing so, we hope to empower our patients to become active partners in managing their own health, fostering a future where patients are more responsible in providing accurate and complete information about themselves and their conditions.

We continue to build on the Continuing Medical Education (CME) activities initiated in previous years, focusing on our physicians and trainees in Internal Medicine. I am also pleased to announce new initiatives, including the Initiative for Stroke Thrombolysis (IST), Advanced Medical Diagnostics (AMD), and Artificial Intelligence for Physicians (AIP).

Empowering physicians goes beyond knowledge; soft skills are crucial in our practice. To support this, we are organizing a series of Soft Skills Workshops (SSW) for physicians.

Another successful initiative this year is the "Research Hub," under which SLCIM could commence a number of multicentered research projects and audits. I thank all participants who took the lead in this endeavor.

We have six more months ahead, with several more activities lined up for the remainder of my tenure.

"Unity is strength. When there is teamwork and collaboration, wonderful things can be achieved."

I thank each one of you in my council for your continued support and dedication.

**Best regards,
President, Sri Lanka College of Internal Medicine**



NINTH ANNUAL GENERAL MEETING OF SLCIM

The ninth Annual General Meeting of the Sri Lanka College of Internal Medicine (SLCIM) was held on the 19th of January 2024 at the college office. The meeting was conducted as a hybrid event. The meeting was chaired by Dr. Kumudini Jayasinghe, the outgoing President of SLCIM. She brought the meeting to order and delivered the welcome speech. The minutes of the ninth Annual General Meeting, which had been circulated were adopted. Prof Chamara Dalugama and Dr Kolitha Jayasundara, Honorary Joint Secretaries of the SLCIM presented the annual report. Dr Priyamali Jayasekara read the treasurer's report, which was adopted subsequently.

Dr. Suranga Manilgama was elected as the 8th President of SLCIM. Dr Dilshan Perera and Dr Ushani Wariyapperuma were elected as Honorary Joint Secretaries. Dr Yapa Udaya Kumara was elected as the Treasurer of the college. The new council was elected. Subsequently, Dr Dilshan Perera delivered the vote of thanks.



CEREMONIAL INDUCTION OF THE EIGHTH PRESIDENT OF SLCIM



The ceremonial induction of the President for 2024, Dr Suranga Manilgama was held on the 27th of January 2024 at the Grand Ballroom, Galadari Hotel, Colombo. It was a glamorous event which started with the lighting of the traditional oil lamp by the dignitaries. Dr Kumudini Jayasinghe delivered the outgoing President's address highlighting the enormous work done during her tenure. Dr Jayasinghe acknowledged her executive committee and the Past Presidents for supporting her throughout the year 2023 to achieve the goals. President for 2024, Dr Suranga Manilgama was inducted by Dr Kumudini Jayasinghe following the delivery of the oath. Dr. Manilgama addressed the gathering and presented the plan for the year 2024 under the theme, "Envisioning the Future, Empowering the Physicians." Vote of thanks was delivered by Dr. Ushani Wariyapperuma, Honorary Joint Secretary, SLCIM.



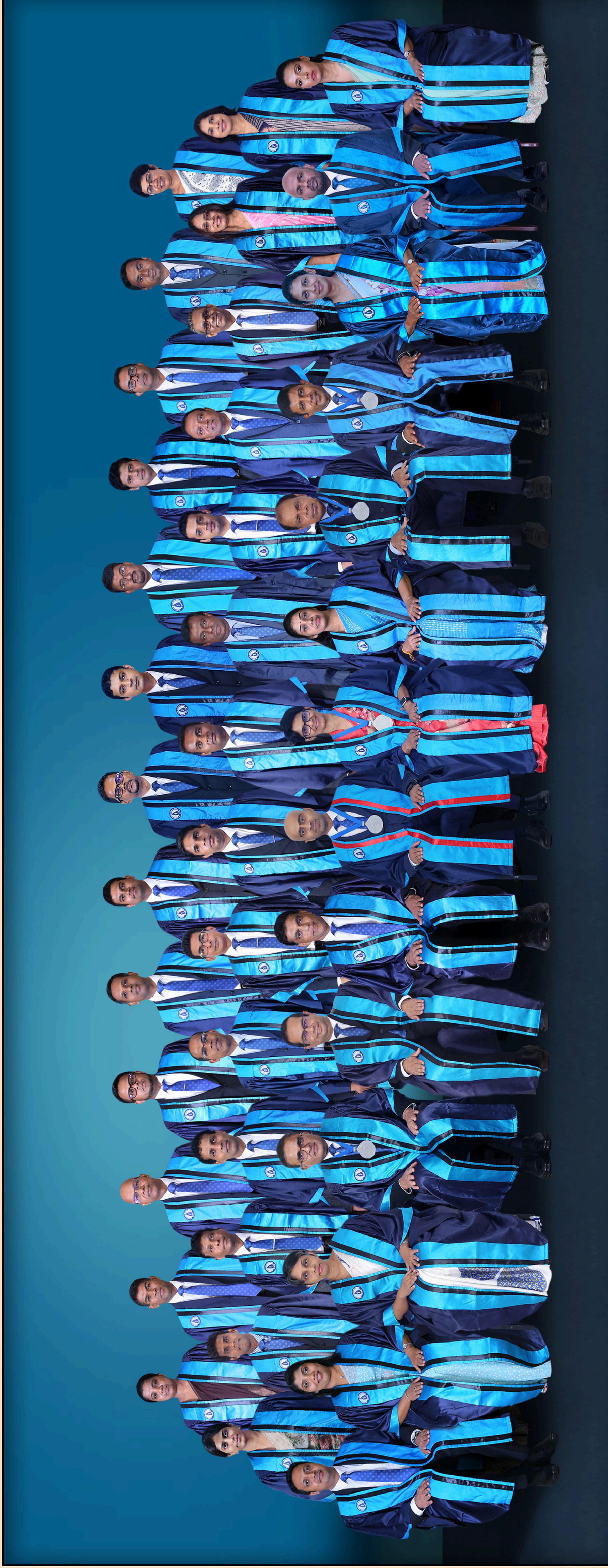
SLCIM FIRST COUNCIL MEETING FOR 2024



The 73rd council meeting of SLCIM which was the inaugural council meeting for the year 2024 was held on the 2nd of February 2024 at the college office. It was preceded by the unveiling of the photograph of the Immediate Past President (2023), Dr. Kumudini Jayasinghe, along with the addition of the 2023 Council photo to the Photo Wall.



Sri Lanka College of Internal Medicine 2024



Row 01: (Seated)
(Left to Right)

Dr Dilshan Perera (Joint Secretary), Dr N Madhuwanthi Hettiarachchi (Journal Editor), Dr Shashi Karunaratna (College Editor), Prof Thilak Jayalath (past president representative), Dr Shamitha Dassanayake (Vice President), Dr Krishantha Jayasekera (President Elect), Dr Suranga Manilgama (President), Dr Kumudini Jayasinghe (Immediate past President), Dr Malayini Jegathesan (Vice President), Dr Harsha Sathischandra (past president representative), Dr Ganaka Senaratne, Dr Nilanka Perera (College Editor), Dr Yapa Udaya Kumara (Treasurer), Dr Ushani Wariyapperuma (Joint Secretary).

Row 02: (Standing)
(Left to Right)

Dr Thushara Matthias, Dr Jagath Pushpakumara, Prof Udaya Ralapanawa, Prof Namal Wijesinghe, Dr Bandusiri Rathnayake, Dr P D Prasad Siriwardana, Dr Chaminda Kottage, Dr Priyankara Jayawardana, Prof Chamara Dalugama, Dr Kolitha Jayasundara, Dr Indika Boteju, Dr Priyamali Jayasekera, Prof Chamila Mettananda.

Row 03: (Standing)
(Left to Right)

Dr Durga Manohari, Dr Ravi Jayawardene, Dr Dhanapala Dissanayake, Dr Ranga Gunasekara, Dr P Mayurathan, Dr Kithsiri Niwunhella, Dr Nuwan Premawardana, Dr T Veerasuthen, Dr Lalindra Dias, Dr Senaka Pliptiya, Dr K. V. C. Janaka, Dr Manohari Seneviratne.

NATIONAL INTERNAL MEDICINE DAY



SLCIM celebrated a significant milestone in college history on the 13th of March 2024 - the Inaugural National Internal Medicine Day.

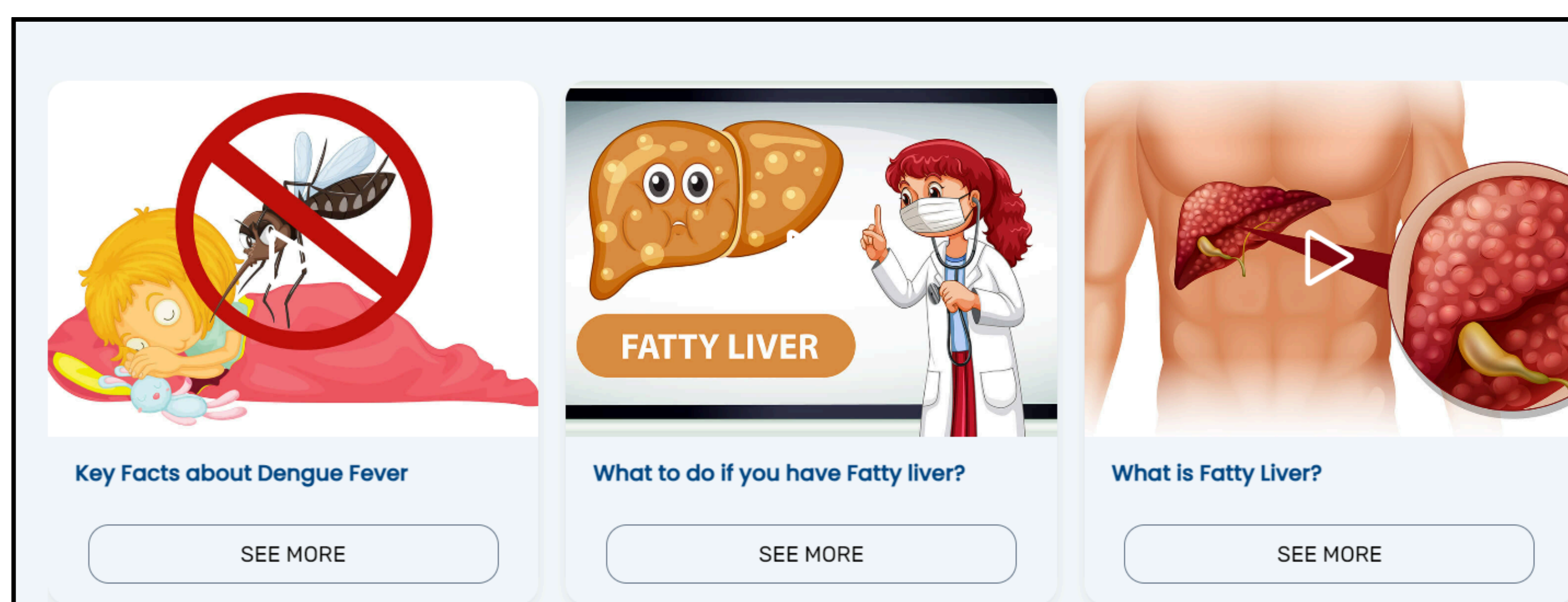
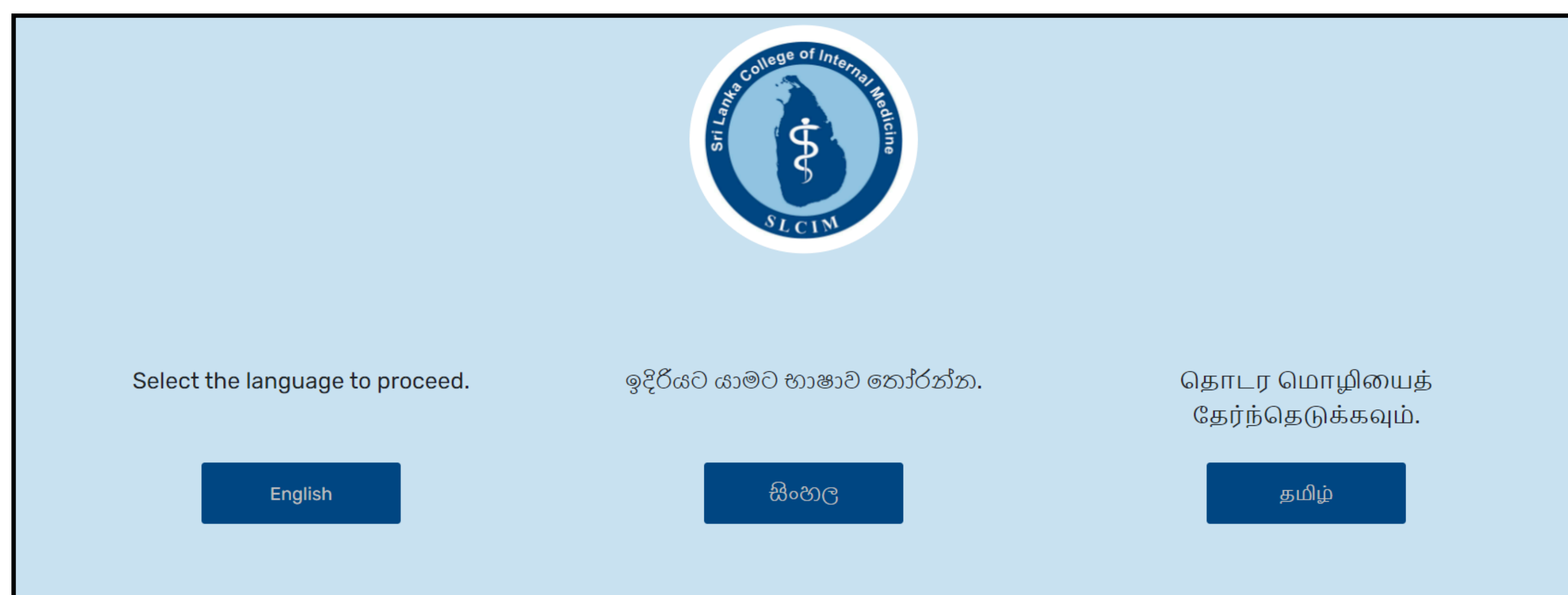
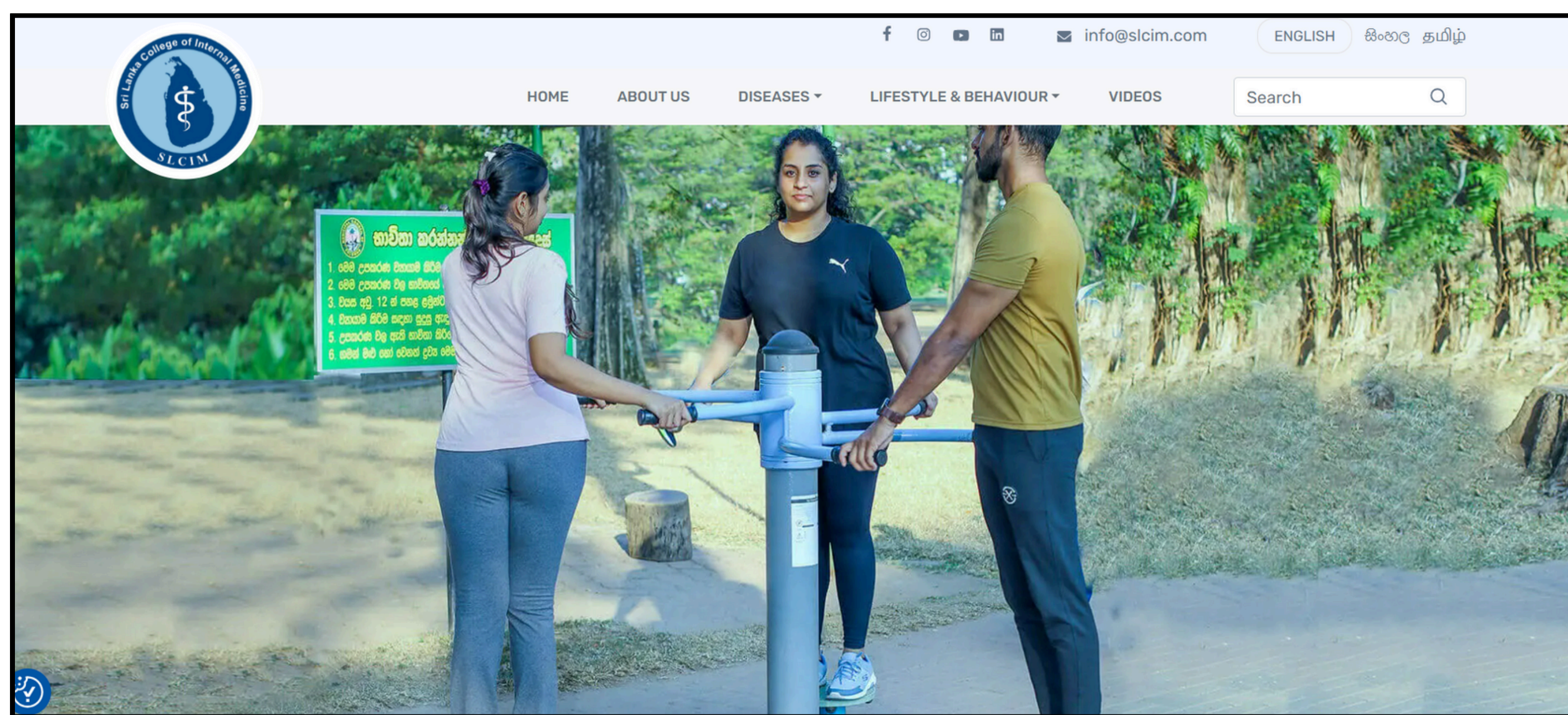
The 13th of March marks the humble beginning of our college. In 2016, a group of 69 internal medicine physicians gathered in the ancient city of Kandy and held the inaugural meeting. This laid the foundation for the Sri Lankan Society of Internal Medicine which was elevated to Sri Lanka College of Internal Medicine (SLCIM) in 2019.

The Inaugural Internal Medicine Day celebrations were held at the Department of Government Information Auditorium. The Honourable Minister of Health Dr Ramesh Pathirana and the Secretary of the Ministry of Health Dr Palitha Mahipala graced the occasion as the chief guest and the guest of honor respectively.

As the college celebrated its achievements the importance of Internal Medicine in healthcare was highlighted. Our commitment to advancing the field of medicine for the betterment of our patients and our nation was highlighted.



UNVEILING THE PUBLIC WEB PORTAL



The college proudly unveiled the public web portal of SLCIM- “Podu Jana Weda Pituwa” on the 13th of March 2024 during the Inaugural Internal Medicine Day. Dr. Ranga Gunasekera spearheaded the project with immense support from the President and the council.

The main objective was to empower the nation with a trustworthy public web portal- to provide accurate, impartial and up-to-date information to the general public; Additionally, to provide guidance on managing emergencies and to dispell myths and misconceptions.

The website will concentrate on addressing non-communicable diseases, communicable diseases, promoting healthy lifestyles, and behaviours. Finally it will serve as a valuable tool for individuals in search of precise medical information.

ASIAN JOURNAL OF INTERNAL MEDICINE



Volume 3, Issue 1 -
<https://ajim.sljol.info/12/volume/3/issue/1>



Volume 3, Issue 2 -
<https://ajim.sljol.info/13/volume/3/issue/2>

Asian Journal of Internal Medicine is the flagship journal of Sri Lanka College of Internal Medicine with two volumes published in 2024. Original research articles, case reports, and perspectives were published in this open access, peer-reviewed journal indexed now in DOAJ (Directory of Open Access Journals).



SRI LANKA COLLEGE OF INTERNAL MEDICINE
Envisioning the future, Empowering the Physicians
Future - SLCIM Medical Students' Forum

APPROACH TO A PATIENT WITH DIFFICULTY IN WALKING

Prof. Manoji Pathirage
Professor in Medicine
University of Peradeniya

29TH MAR
FRIDAY

07:00 PM - 08:00 PM

zoom
WEBINAR

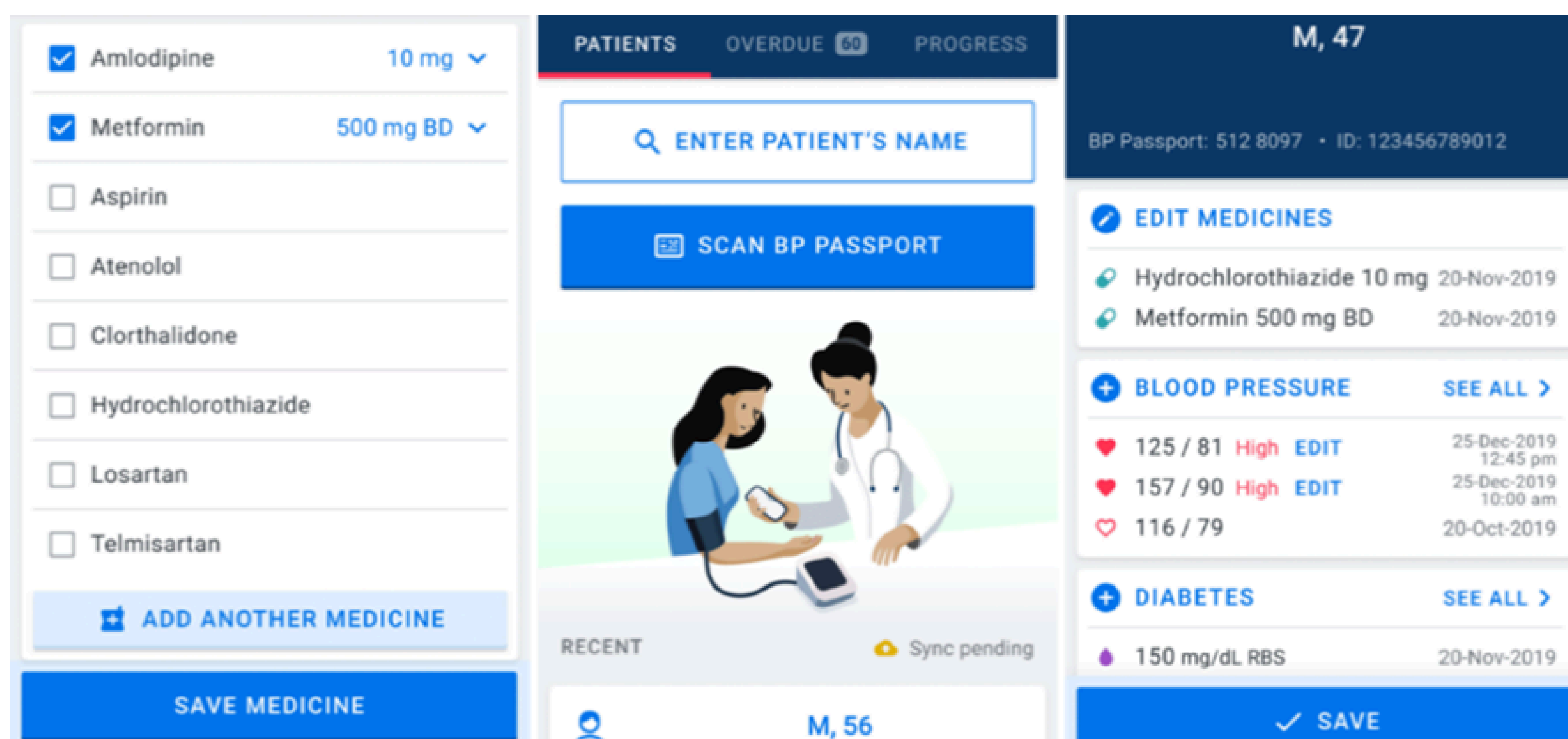
SCAN TO REGISTER FOR THE WEBINAR
OR VISIT BELOW LINK FOR REGISTRATION
<https://us02web.zoom.us/j/83362154044>

FB LIVE
VISIT BELOW LINK
facebook.com/SLCIM1

SLCIM FUTURE

“Future” is a virtual segment conducted by SLCIM to enhance the knowledge of medical students- our future generation. These sessions are conducted by Consultants in Internal Medicine on common topics relevant to medical students. It is coordinated by Prof Chamara Dalugama. The first session was held on 29th of March. Prof Manoji Pathirage conducted the session on "Approach to a patient with difficulty in walking".

SLCIM BP PROJECT



The screenshot displays the SLCIM BP Project mobile app interface. On the left, a medication management screen shows a list of medications with checkboxes and dosage information: Amlodipine 10 mg, Metformin 500 mg BD, Aspirin, Atenolol, Clortalidone, Hydrochlorothiazide, Losartan, and Telmisartan. Below the list are buttons for 'ADD ANOTHER MEDICINE' and 'SAVE MEDICINE'. The central part of the screen shows a patient search interface with a search bar labeled 'ENTER PATIENT'S NAME', a 'SCAN BP PASSPORT' button, and an illustration of a doctor examining a patient. Below this is a 'RECENT' section with a 'Sync pending' indicator and a patient profile for 'M, 56'. The right side of the screen shows a patient profile for 'M, 47' with a 'BP Passport' ID of 512 8097 and ID: 123456789012. It includes an 'EDIT MEDICINES' section with a list of medications: Hydrochlorothiazide 10 mg (20-Nov-2019) and Metformin 500 mg BD (20-Nov-2019). Below this is a 'BLOOD PRESSURE' section with a 'SEE ALL >' link and a list of readings: 125 / 81 High (25-Dec-2019 12:45 pm), 157 / 90 High (25-Dec-2019 10:00 am), and 116 / 79 (20-Oct-2019). At the bottom right, there is a 'DIABETES' section with a 'SEE ALL >' link and a reading of 150 mg/dL RBS (20-Nov-2019). A 'SAVE' button is located at the bottom right of the patient profile section.

In aim of strengthening management of hypertension in the country, the Sri Lanka College of Internal Medicine (SLCIM) in partnership with the directorate of non-communicable diseases(NCD) of the Ministry of Health, Sri Lanka initiated the “SLCIM BP project” from the 13th of March 2024.

This project includes expanding of the ‘Resolve to Save Lives’ international program which includes screening, guideline-based management and effective follow-up of patients with hypertension using a mobile app; ‘Simple app’.

At the beginning this project was started as a pilot project in selected secondary/tertiary care hospitals under the supervision of respective specialists in internal medicine who volunteered for the study and Prof Chamila Mettananda is the project coordinator for SLCIM. Currently, this project is run at 12 secondary and tertiary care hospitals across the country. The project has recruited over 6000 patients to date. We plan to expand this initiative across the country with the support from the WHO in future and would like to invite all specialists in internal medicine to join this project

SLCIM STI- STROKE THROMBOLYSIS INITIATIVE

SLCIM STI- Stroke Thrombolysis Initiative was started with the objective to empower and help Internal Medicine consultants and their teams with knowledge and skills to start ischaemic stroke thrombolysis in their respective stations where CT machines are available. Two SLCIM STI workshops were held in 2024 coordinated by Dr. Nuwan Premawardene.

The first workshop under the SLCIM Stroke Thrombolysis Initiative (STI) was held on the 26th of February 2024 at NIID Auditorium. It was a very successful workshop with immense contribution by our resource persons Dr Hemal Senanayake (Senior Lecturer / Consultant in Internal Medicine), Dr Nuwan Premawardana (Consultant in Internal Medicine) and Dr Manjula Caldera (Consultant Neurologist). Dr Gamini Pathirana, President of the Sri Lanka Stroke Association graced the occasion.

The second STI workshop was successfully conducted at DGH Vavuniya on the 13th of July 2024 with Prof. Manoji Pathirage (Prof in Medicine), Dr Hemal Senanayake (Senior Lecturer / Consultant in Internal Medicine) and Dr Nuwan Premawardana (Consultant in Internal Medicine) sharing their expertise in the field.



SOFT SKILL WORKSHOP



SRI LANKA COLLEGE OF INTERNAL MEDICINE
ENVISIONING THE FUTURE, EMPOWERING THE PHYSICIANS

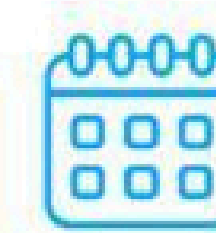


SLCIM SSW - 1
(Soft skill workshop)

Taxation for Professionals: What you should know?



Mr. Prasanga Ranwatta
Senior Tax Consultant



25th
February 2024



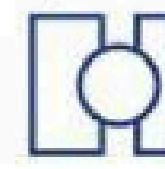
7.00 pm
onward



Grand Monarch,
Thalawathugoda

Interactive session followed by fellowship dinner

Sponsored by



Healthcare
Pharmaceuticals
Limited



RSVP: Asanka - 077 385 3377, Uditha - 077 3036442
Dress Code: Smart casual



The first SLCIM SSW (Soft Skill Workshop) was held on the 25th of February 2024 at the Grand Monarch - Thalawathugoda. The workshop was organised as a hybrid event by Dr P. Sutharsan.

The speaker, Mr. Prasanga Ranwatta gave an elaborate presentation on "Taxation for professionals: What should you know?" which enriched the knowledge of the participants on managing finances and handling taxation.

The presentation was followed by an interactive session which helped clarify doubts and a fellowship dinner which provided an opportunity for meaningful discussion.

ARTIFICIAL INTELLIGENCE FOR PHYSICIANS

Artificial Intelligence for Physicians is a new initiative started by SLCIM to raise awareness amongst physicians and encourage the adoption of new technologies. We have successfully conducted two AI workshops for the year 2024 coordinated by Dr. Rakitha Higgoda.



Sri Lanka College of Internal Medicine
Envisioning the Future Empowering the Physicians
ARTIFICIAL INTELLIGENCE FOR PHYSICIANS

**USE OF ARTIFICIAL INTELLIGENCE IN HEALTHCARE:
SRI LANKAN PERSPECTIVE**

DR RANGA RODRIGO
Senior Lecturer,
Department of Electronic and Telecommunication Engineering,
University of Moratuwa.

21st May 2024 8 PM - 9 PM **zoom**

SCAN QR TO JOIN THE MEETING
Or visit the below link
<https://us02web.zoom.us/j/83186305530?pwd=OWdTVGsYWWIRRGk5OTA0Yk9IN2RWZz09>



Sri Lanka College of Internal Medicine
Envisioning the Future Empowering the Physician
ARTIFICIAL INTELLIGENCE FOR PHYSICIANS

**ARTIFICIAL INTELLIGENCE IN HEALTHCARE:
A NEW ERA**

DAVID TORO-TOBON
MD, Assistant Professor
Division of Endocrinology, Diabetes, metabolism, and
Nutrition
Mayo Clinic

29th Feb 2024 09 PM - 10 PM **zoom**

SCAN QR TO REGISTER
Or visit the below link to register
https://us02web.zoom.us/meeting/register/tZVvc-Ggqj4jEtUQBjD7iXF40IAOogF_LVXk

THERAPEUTIC FORUM



SRI LANKA COLLEGE OF INTERNAL MEDICINE
ENVISIONING THE FUTURE, EMPOWERING THE PHYSICIANS
THERAPEUTIC FORUM

DOACS: NOT A PANACEA FOR ANTICOAGULATION

Dr. Manu Wimalachandra
MBBS, PgDip Haem, MD, MRCP, FRCPath
Senior Lecturer and Clinical Haematologist

15th FEB THURSDAY 8:00 - 9:00 PM **zoom WEBINAR**

SCAN TO JOIN THE WEBINAR
OR VISIT BELOW LINK
<https://us02web.zoom.us/j/82498944007>

Sponsored by **Getz**
A member of The Getz Group, USA



SRI LANKA COLLEGE OF INTERNAL MEDICINE
Enrich Clinical Competence with Compassionate Care
THERAPEUTIC FORUM

APPROACH TO A PATIENT WITH ALLERGY

Prof. Neelika Malavige
Department of Immunology and Molecular Medicine,
University of Sri Jayawardenepura

18th MAR MONDAY 8:00 - 9:00 PM **zoom WEBINAR**

SCAN TO JOIN THE WEBINAR
OR VISIT BELOW LINK
<https://us02web.zoom.us/j/86191185880>

Sponsored by **Getz**
A member of The Getz Group, USA



SRI LANKA COLLEGE OF INTERNAL MEDICINE
Enrich Clinical Competence with Compassionate Care
THERAPEUTIC FORUM

ESSENTIALS IN HIV CARE

Dr Piyumi Perera
Consultant Venereologist
STD clinic Puttlam and Training coordinator- NSACP
MBBS, PG Dip and MD in Venereology

07th MAY TUESDAY 8:00 - 9:00 PM **zoom WEBINAR**

SCAN TO JOIN THE WEBINAR
OR VISIT BELOW LINK
<https://us02web.zoom.us/j/86086458360>

Sponsored by **Getz**
A member of The Getz Group, USA

SLCIM Therapeutic Forum coordinated by Dr. Ranga Gunasekera has organized a few webinars on Therapeutics this year. Dr. Manu Wimalachandra, Prof. Neelika Malavige, and Dr Piyumi Perera gave informative presentations and the webinars were well attended.

PEER LEARNING FORUM



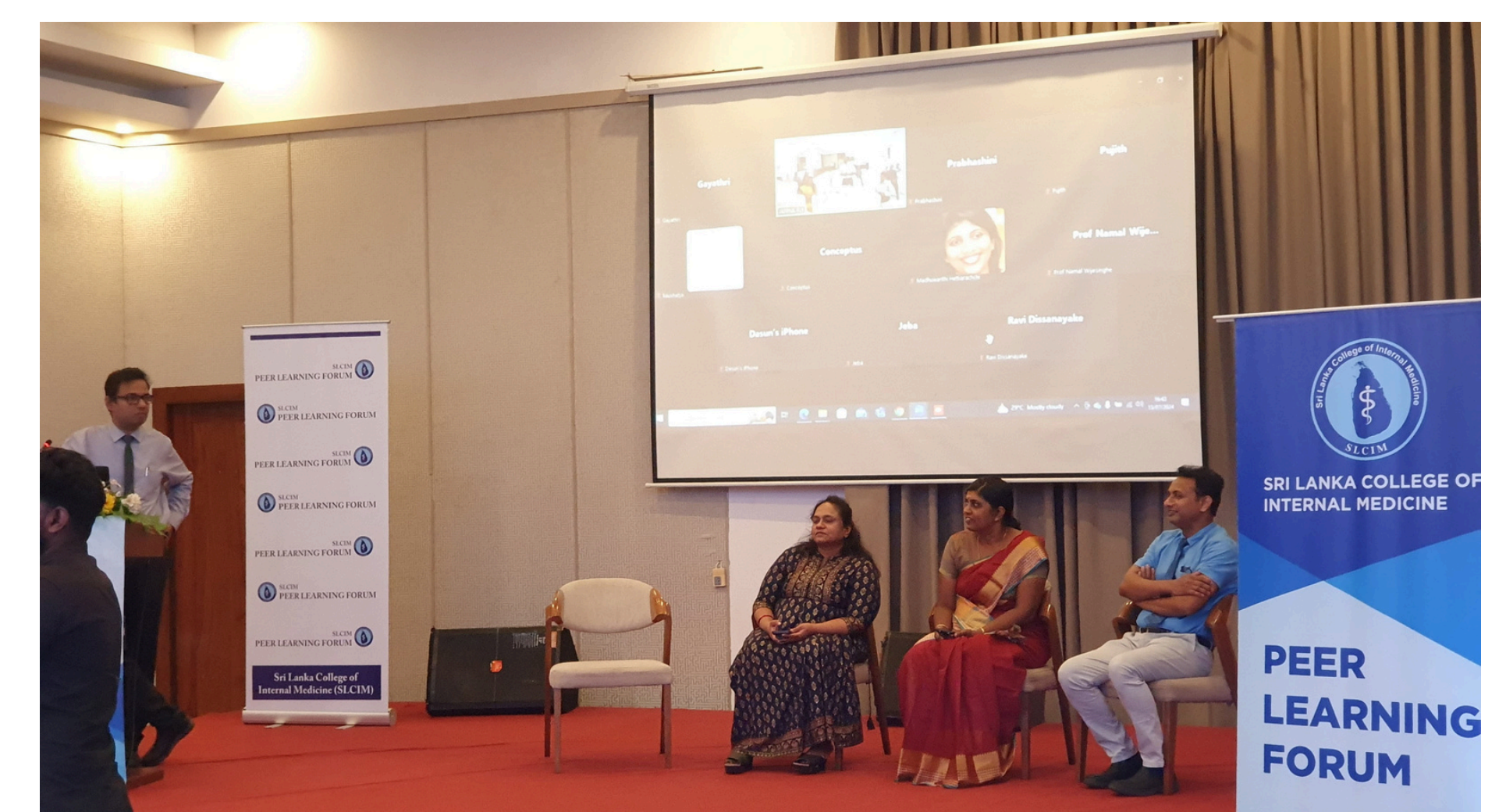
AGENDA

7.30 - 7.40 PM	WELCOME ADDRESS Dr. Suranga Manilgama Consultant Physician in Internal Medicine President SLCIM
7.40 - 8.00 PM	RAVING SEEDS OF SELF-HARM Prof. N Suganthan Professor in Medicine Faculty of Medicine University of Jaffna
8.00 - 8.20 PM	TREMORS OF ALCOHOL DEPENDENCE Dr. Sivaranjany Ravichandran Consultant Physician in Internal Medicine Base Hospital Kayts
8.20 - 8.40 PM	MAD AS HATTERS IN HOT WEATHER Dr. Nanthini Gnanapragash Consultant Physician in Internal Medicine Teaching Hospital Jaffna
8.40 - 8.55 PM	Q&A SESSION AND DISCUSSION
8.55 - 9.00 PM	VOTE OF THANKS Dr. Nalayini Jegathesan Consultant Physician in Internal Medicine Teaching Hospital Jaffna
9.00 PM ONWARDS	FELLOWSHIP DINNER WITH MUSIC

MODERATOR
Dr. R. Gajanthan
Consultant Physician in Internal Medicine
Teaching Hospital Jaffna

Peer learning forum (PLF) was established to achieve the specific goal of capacity building among Internal Medicine specialists. This is a unique event giving an opportunity to share experience with peers in the field and to discuss speciality-related issues. Furthermore, the post-discussion fellowship helps members to relax taking time out from their busy schedules. The membership drive is always in action at PLFs, where Internal Medicine specialists in each province can obtain life membership.

The first PLF for 2024 was held in Jaffna. Dr. Nalayini Jegathesan (Local Coordinator) and Dr. Chaminda Kottage (Central Co-ordinator) together with our excellent panel of resource personnel made this event a great success.



Sri Lanka College of Internal MedicinePoint of Care Sonography in Internal Medicine (PCSIM)
"Trainers Day" Training of Trainers on POCUS

Thank you Dr. Asokan for your generous contribution by sharing your expertise and wisdom

University Hospital
Kotalawala Defence University
12/02/2024

POINT OF CARE SONOGRAPHY IN INTERNAL MEDICINE (PCSIM)

“Trainers’ Day” Training of Trainers on POCUS

Point of Care Sonography (POCUS) is an emerging field which is considered as an extended physical examination. It helps to make quick decisions at the bedside especially when dealing with acute and emergency patients.

To keep up with this new development SLCIM has established a training program; Point of Care Sonography in Internal Medicine (PCSIM) in order to train its members in POCUS. PCSIM has been conducted since 2021 as a bi-annual full-day training program at KDU and two-hour session along with every SLCIM regional meeting.

It has trained more than 150 SLCIM members and juniors in POCUS so far. There are 8 members of the college rendering their service as full Instructors attached to PCSIM. It is very important to upgrade the knowledge of those PCSIM Full Instructors in order to train the members as well.

A TOT workshop was held to fulfill this purpose on the 12th of February 2024. Dr. Sangarappillai Asokan, a Staff Radiologist at Advocate Christ Hospital Trauma Center, USA, who had been the Chief of the section of Ultrasound for over 30 years in the same hospital, participated as the resource person teaching many aspects of POCUS and sharing his experience. Further, with his help an e-portfolio for future PCSIM participants has been planned. This was a very fruitful workshop for all full instructors.



Sri Lanka College of Internal Medicine

PCSIM- Point of Care Sonography workshop in Internal Medicine



@ UHKDU 05th May 2024

POINT OF CARE SONOGRAPHY IN INTERNAL MEDICINE (PCSIM)



The first PCSIM 2024 workshop, co-ordinated by team PCSIM of SLCIM led by Dr Ganaka Senarathna was completed successfully at the University Hospital of KDU with the participation of 24 candidates on the 5th of May 2024.

Dr Ganaka Senaratne (Course Coordinator), Dr Krishantha Jayasekera, Prof Namal Wijesinghe, Dr Indika Boteju, Dr Prasad Siriwardana, Dr Chaminda Kottage, Dr Jagath Pushpakumara, Dr Priyamali Jayasekera, Dr Kolitha Jayasundara and Dr Nipuni Imbulgoda contributed immensely for the successful completion of this workshop.



RESPIRATORY SUPPORT IN INTERNAL MEDICINE (ReSIM)



Sri Lanka College of Internal Medicine
Envisioning the Future, Empowering the Physicians

ReSIM

(Respiratory Support in Internal Medicine)

Workshop on Acute Respiratory Care

Content

Pre and Post Course Questionnaire

LECTURES

- 1) Evaluation of a Patient with Respiratory Distress
- 2) NIV- Basic Concepts
- 3) HFNO –Current evidence and practice
- 4) RSI, Basic concepts of Mechanical Ventilation

SKILL STATIONS

- A) NIV-Initiation, Escalation, De-escalation
- B) NIV-Troubleshooting
- C) HFNO –Initiation, Escalation, De-escalation
- D) RSI
- E) Basics of mechanical ventilation, troubleshooting

COURSE DIRECTOR
Dr Krishantha Jayasekera

PANELISTS
Dr Krishantha Jayasekera
Dr Ganaka Senaratne
Dr Chaminda Kottage
Dr Jagath Pushpakumara
Dr Saliya Wijenayake
Dr Sankalpa Vithanage





30th June
Sunday



8am - 4pm



GMA Auditorium
TH Karapitiya

REGISTRATION FEES:
MEMBERS: RS 5000/=

NON-MEMBERS: RS 10,000/=

FOR REGISTRATION: 

FOR MORE DETAILS
slcimoffice@gmail.com
0773084030

Respiratory support in Internal Medicine is an initiative of SLCIM that aims to improve knowledge on delivering respiratory support to patients among Internists. It was launched on 30th June, organized by Dr Krishantha Jayasekera.

Dr Krishantha Jayasekera, Dr Ganaka Senaratne, Dr Chaminda Kottage, Dr Sankalpa Vithanage, Dr Saliya Wijenayake and Dr Jagath Pushpakumara joined as resource persons.



SENIOR REGISTRAR'S FORUM

Senior Registrar's forum, coordinated by Prof Priyamali Jayasekera conducted four sessions during the year 2024. A wide range of topics were discussed by leading specialists in their respective fields. There is no doubt that this will contribute to making competent future internists.



SRI LANKA COLLEGE OF INTERNAL MEDICINE
SENIOR REGISTRARS' FORUM
 ENVISIONING THE FUTURE, EMPOWERING THE PHYSICIANS

BLOOD AND BLOOD PRODUCT TRANSFUSION
"PATIENT'S NEED OR PHYSICIANS' DEMAND"

Dr. Dileetha Kuruppu
 Consultant Transfusion Physician
 National Hospital Kandy

25TH MAY SATURDAY | 7.00 PM - 8.00 PM | ZOOM WEBINAR

SCAN TO REGISTER FOR THE WEBINAR
 OR VISIT BELOW LINK FOR REGISTRATION
<https://us02web.zoom.us/j/87884825918>

Sponsored by **Getz pharma**
 A member of The Getz Group, USA.



SRI LANKA COLLEGE OF INTERNAL MEDICINE
SENIOR REGISTRARS' FORUM
 ENVISIONING THE FUTURE, EMPOWERING THE PHYSICIANS

NON-COMMUNICABLE DISEASES,
DIETS AND NUTRITION

Prof Ranil Jayawardena
 Professor in Nutrition
 University of Colombo

22ND June SATURDAY | 6.45 PM - 7.45 PM | ZOOM WEBINAR

SCAN TO REGISTER FOR THE WEBINAR
 OR VISIT BELOW LINK FOR REGISTRATION
<https://us02web.zoom.us/j/88308837013>

Sponsored by **Getz pharma**
 A member of The Getz Group, USA.



SRI LANKA COLLEGE OF INTERNAL MEDICINE
SENIOR REGISTRARS' FORUM
 ENVISIONING THE FUTURE, EMPOWERING THE PHYSICIANS

PERIOPERATIVE MEDICINE

Dr. Nadeeshani Fernando
 (MBBS, MD, FRACP)
 Consultant Physician, Royal Hobart Hospital
 Tasmania, Australia

30TH MAR SATURDAY | 05:30 PM - 06:30 PM | ZOOM WEBINAR

SCAN TO REGISTER FOR THE WEBINAR
 OR VISIT BELOW LINK FOR REGISTRATION
<https://us02web.zoom.us/j/88595262173>

Sponsored by **Getz pharma**
 A member of The Getz Group, USA.



SRI LANKA COLLEGE OF INTERNAL MEDICINE
SENIOR REGISTRARS' FORUM
 ENVISIONING THE FUTURE, EMPOWERING THE PHYSICIANS

DEMYSTIFYING THE DIAGNOSTIC
DILEMMAS IN CTDS

Dr. Amal Sithira Thilakarathne
 Consultant in Rheumatology & Medical Rehabilitation,
 DGH Matale

23RD FEB FRIDAY | 07:00 PM - 08:00 PM | ZOOM WEBINAR

SCAN TO REGISTER FOR THE WEBINAR
 OR VISIT BELOW LINK FOR REGISTRATION
<https://us02web.zoom.us/j/89938893570>

Sponsored by **Getz pharma**
 A member of The Getz Group, USA.

MEDICAL EMERGENCY TRAINING SESSION



METS 27

Agenda

14.30 - 14.35 **Welcome Speech**
Prof Udaya Ralapanawa
Coordinator METS
Specialist in Internal Medicine
Teaching Hospital Peradeniya

14.35 - 15.35 **METS 27**
Moderator
Dr M.K.I. Dilani
Senior Registrar in Internal Medicine
Teaching Hospital Peradeniya

Mini session 1
Prof Shamali Abeygunawardena
Professor in Medicine
Specialist in Internal Medicine
Teaching Hospital Peradeniya

Mini session 2
Prof Manoj Pathirige
Professor in Medicine
Specialist in Internal Medicine
Teaching Hospital Peradeniya

Mini session 3
Dr Kumudini Jayasinghe
Specialist in Internal Medicine
National Hospital Kandy

15.35 - 15.40 **Vote of thanks**
Dr Ushani Wariyapperuma
Specialist in Internal Medicine
University of Moratuwa

Registration
<https://slcim.lk/mets/>

Sri Lanka College of Internal Medicine



METS 28

Agenda

14.30 - 14.35 **Welcome Speech**
Prof Udaya Ralapanawa
Coordinator METS
Specialist in Internal Medicine
Professor in Medicine
Teaching Hospital Peradeniya

14.35 - 15.35 **METS 28**
Moderator
Dr M.K.I. Dilani
Senior Registrar in Internal Medicine
Teaching Hospital Peradeniya

Mini session 1
Dr Prasanna Weerawansa
Consultant Physician
Senior Lecturer
Teaching Hospital Anuradhapura

Mini session 2
Dr Hemal Senanayake
Consultant Physician
Senior Lecturer
Teaching Hospital Anuradhapura

Mini session 3
Dr Chamara Sarathchandra
Consultant Physician
Senior Lecturer
Teaching Hospital Anuradhapura

15.35 - 15.40 **Vote of thanks**
Dr Ushani Wariyapperuma
Specialist in Internal Medicine
University of Moratuwa

Registration
<https://slcim.lk/mets/>

Sri Lanka College of Internal Medicine



METS 30

Agenda

14.30 - 14.35 **Welcome Speech**
Prof Udaya Ralapanawa
Coordinator - METS
Consultant Physician in Internal Medicine
Professor in Medicine
Teaching Hospital Peradeniya

14.35 - 15.35 **METS 30**
Moderator
Dr M.K.I. Dilani
Senior Registrar in Internal Medicine
Teaching Hospital Peradeniya

Mini session 1
Professor K.T. Sundaresan
Consultant Physician in Internal Medicine
Professor in Medicine
University Medical Unit
Teaching Hospital Batticaloa

Mini session 2
Dr M. Murugamoorthy
Consultant Physician in Internal Medicine
Teaching Hospital Batticaloa

Mini session 3
Professor M. Umakanth
Professor in Medicine
Faculty of Health-Care Sciences
Eastern University

15.35 - 15.40 **Vote of Thanks**
Dr Ushani Wariyapperuma
Consultant Physician in Internal Medicine
University of Moratuwa

Registration
<https://slcim.lk/mets/>

Sri Lanka College of Internal Medicine



METS 29

Agenda

14.30 - 14.35 **Welcome Speech**
Prof Udaya Ralapanawa
Coordinator METS
Specialist in Internal Medicine
Professor in Medicine
Teaching Hospital Peradeniya

14.35 - 15.35 **METS 29**
Moderator
Dr M.K.I. Dilani
Senior Registrar in Internal Medicine
Teaching Hospital Peradeniya

Mini session 1
Dr Nilanka Perera
Consultant Physician
Senior Lecturer
Faculty of Medical Sciences
University of Sri Jayawardenepura

Mini session 2
Dr J.C.P. Rajendra
Consultant Physician
Colombo South Teaching Hospital

Mini session 3
Dr Nandana Dikmadugoda
Consultant Physician
National Hospital Colombo

15.35 - 15.40 **Vote of thanks**
Dr Ushani Wariyapperuma
Specialist in Internal Medicine
University of Moratuwa

Registration
<https://slcim.lk/mets/>

Sri Lanka College of Internal Medicine



METS 31

Agenda

14.30 - 14.35 **Welcome Speech**
Professor Udaya Ralapanawa
Coordinator - METS
Consultant Physician in Internal Medicine
Professor in Medicine
Teaching Hospital Peradeniya

14.35 - 15.35 **METS 30**
Moderator
Dr M.K.I. Dilani
Senior Registrar in Internal Medicine
Teaching Hospital Peradeniya

Mini session 1
Professor C.K. Bodinayake
Consultant Physician in Internal Medicine
University Medical Unit
National Hospital Galle

Mini session 2
Professor K.D. Pathirana
Consultant Neurologist
University Medical Unit
National Hospital Galle

Mini session 3
Dr D.R. Palangasingha
Consultant Physician in Internal Medicine
University Medical Unit
National Hospital Galle

15.35 - 15.40 **Vote of Thanks**
Dr Ushani Wariyapperuma
Specialist in Internal Medicine
University of Moratuwa

Registration
<https://slcim.lk/mets/>

Sri Lanka College of Internal Medicine

Managing medical emergencies is part and parcel of a life of a specialist in Internal Medicine. We encounter patients with life-threatening problems in emergency treatment units, acute medical units, wards, and even in clinics. Early identification with prompt physiological stabilization during the golden hour, initiation of pathogenesis-modifying treatment and continuing evidence-based care in hours to follow, are the cornerstone of management of medical emergencies. SLCIM believes that all internists should have good knowledge and have acquired life-saving skills in managing medical emergencies.

Moreover, these skills are tested in the viva station at the MD Medicine exit examination and it is compulsory to pass this component to obtain MD.

SLCIM believes in its responsibility of empowering general medical trainees to fulfill that goal. To achieve both these goals, SLCIM has organized METS, "Medical Emergency Training Session". It runs as a monthly Zoom webinar and three vivas are conducted by specialists in Internal Medicine. Three general medical registrars face these vivas in rotation. All the trainees can watch the encounter, learn, and interact at the end. Each 20-min session by the specialist includes a 10-min viva examination followed by a 10-min feedback and teaching.

This year, 5 METS programs have been conducted successfully with the registration of more than 200 general medical registrars. The sessions were organised by Prof. Udaya Ralapanawa and coordinated by Dr M. K. I. Dilani

REGIONAL MEETINGS

Regional meetings take the college to the peripheries, in an effort to integrate with peers working in these areas as well to recognise their immense contribution to uplift the healthcare in Sri Lanka amidst numerous challenges. Each of the meetings had five components: the Doctors Program, the Nurses Program, Point of Care Ultrasonography session, Public Forum and Research Guide.

This year we have successfully conducted two regional meetings. The first regional meeting of the year was held in Kuliyaipitiya and the second regional meeting was held in Nuwara Eliya. Dr Chaminda Kottage was the central coordinator for SLCIM while Dr. Lalindra Dias and Dr. Ranga Gunasekera contributed as local coordinators for RM Kuliyaipitiya and RM Nuwara Eliya respectively with immense contributions from other colleagues. Prof Priyamali Jayasekera drafted the academic program and Prof Namal Wijesinghe conducted the Research guide. “වෙද ජන කතීකාවත”(Public Forum) was coordinated by Dr. Yapa Udayakumara. The public forum held in Nuwara Eliya was of great importance because it was done in both Sinhala and Tamil languages, highlighting the diversity and strength of our membership.



REGIONAL MEETING KULIYAPITIYA



REGIONAL MEETING NUWARA ELIYA





SRI LANKA COLLEGE OF INTERNAL MEDICINE
Envisioning the Future, Empowering the Physicians
මහජනතාව දැනුවත් කිරීමේ වැඩසටහන



PUBLIC FORUM

“වෙද - ජන කතීකාව”

නිදන්ගත රෝග සම්බන්ධව
මහජනතාව සමග කෙරෙන පිළිසඳර



26

මාර්තු මස
අඟහරුවා දින



10:00 - 12:00
ප.ව. ප.ව.

📍 වෛද්‍ය පීඨය - ශ්‍රී ලංකා වයඹ විශ්ව විද්‍යාලය

සංවිධානය: ශ්‍රී ලංකා කායික වෛද්‍ය විශේෂඥ විද්‍යායතනය
කායික රෝගී අංශය ශික්ෂණ රෝහල කුලියාපිටිය,
වෛද්‍ය පීඨය - ශ්‍රී ලංකා වයඹ විශ්ව විද්‍යාලය- කුලියාපිටිය



SRI LANKA COLLEGE OF INTERNAL MEDICINE
Envisioning the Future, Empowering the Physicians
මහජනතාව දැනුවත් කිරීමේ වැඩසටහන



“වෙද - ජන කතීකාව”

නිදන්ගත රෝග සම්බන්ධව
මහජනතාව සමග කෙරෙන පිළිසඳර



29

මැයි මස
බදා දින



01:30 - 03:30
ප.ව. ප.ව.

📍 නව ශ්‍රවණාරාම මහ රෝහල - නුවරඑළිය



SRI LANKA COLLEGE OF INTERNAL MEDICINE
Envisioning the Future, Empowering the Physicians
මහජනතාව දැනුවත් කිරීමේ වැඩසටහන



මக்கලුදානාන වෛද්‍යවරුන්ගේ
කලතුරායාදාය

මக்கලුදානාන වෛද්‍යවරුන්ගේ කලතුරායාදාය



29

මැයි මස
දාසරා දින



01:30 - 03:30
ම.ව. ම.ව.

📍 පළාත් ජනාධිපති මහල, මාලු පොළ, මහලක්ෂිමි - නුගේගොඩ



SLCIM COLLABORATIONS

This year, SLCIM joined hands with many other national and international professional organisations to collaborate on a range of academic activities.

1. Collaboration with American College of Physicians

Dr. Suranga Manilgama, President, Sri Lanka College of Internal Medicine (SLCIM) had the prestigious opportunity to represent at the Internal Medicine Meeting (IMM) 2024 organized by the American College of Physicians (ACP) in Boston, MA, USA, from April 18th to 20th. The event commenced with the 17th Global Forum, where over 40 global leaders convened to discuss the paramount theme of "Meeting the Needs of Patients with Obesity: Policy, Prevention, and Treatment."

During the IMM 2024, a notable highlight was the convocation ceremony held on the inaugural evening. The SLCIM President stood on stage as a distinguished "Special Representative" symbolizing a momentous occasion in representing Sri Lanka on a global platform.

The Sri Lankan contingent comprised 35 delegates who ardently participated in representing their nation at IMM 2024, ACP. This significant presence is a testament to the enduring partnership between SLCIM and ACP since 2017, highlighting a shared commitment to advancing the field of Internal Medicine.

This collaborative journey has positioned the Sri Lanka College of Internal Medicine shoulder to shoulder with global leaders in the realm of Internal Medicine.



SLCIM COLLABORATIONS

2. Sri Lanka Association of Clinical Pharmacology & Therapeutics in collaboration with SLCIM organised a webinar on “ Safer Prescribing”

3. Sri Lanka College of Oncologists held a collaborative educational session with SLCIM.

4. SLCIM in collaboration with the Ministry of Health organised “Pre intern training in Critical Care and Accident and Emergency care” on 12th of June.

5. Ceylon College of Physicians in with SLCIM and Uva Clinical Society held a regional academic session in Badulla.

SAFER PRESCRIBING

Friday 22nd March 12:30 - 2:00 pm

ALL ARE WELCOME!

Join Meeting Via <https://learn.zoom.us/j/96464783935?pwd=enF3SjI4OzJyaTdnXpGL3g4THhMOT09>

Joint Academic Collaboration

7TH APRIL 2024

Programme:

- 10.00 - 10.45 Hyponatremia in Oncology Patients
- 10.45- 11.30 Ward-Based Management of Neutropenic Sepsis
- 11.30 - 12.15 Management of Hyperglycemia in Oncology Patients
- 12.15 - 13.00 Acute Management of Multiple Myeloma

Venue: ClinMARC AUDITORIUM, NATIONAL HOSPITAL, COLOMBO



Pre intern training in Critical Care and accident and emergency care

Sri Lanka College of Internal Medicine
June 12th and June 13th 2024

Course coordinator: Dr Thushara Matthias
Day 1 – 12th June 2024 (Wed)

Time	Topic	Resource Person
8.30 am – 9.00 am	Introduction	Dr Suranga Manilgama
9.00 am – 9.30 am	Leptospirosis	Dr Wimalasiri Uluwattage
9.30 am – 10.00 am	Basics of Fluid therapy	Dr Krishantha Jayasekera
10.00 am – 10.15 am	Tea break	
10.15 am – 10.45 am	The initial management: Seizures	Dr Rakitha Higgoda
10.45 am – 11.15 am	Internship in the medical ward: What is expected?	Dr Harsha Sathischandra
11.15 am – 11.45 am	Approach to SOB	Dr Ushani Wariyapperuma
11.45 am – 12.15 pm	Snake bite: what to do	Dr Priyamali Jayasekera
12.15 pm – 1.00 pm	Lunch	
1.00 pm – 1.30 pm	How to Approach a Patient with Very High Blood Pressure	Dr Kumudini Jayasinghe
2.00 pm – 2.30 pm	High and low CBS : How to tackle?	Dr Suranga Manilgama
2.30pm- 3. 00 pm	Poisoning: What to do?	Dr Maduwanthi Hettiarachchi

Day 2 - 13th June 2024 (Thursday)

Time	Topic	Resource Person
8.30 am – 9.00 am	The initial management: Acute stroke	Dr Anoja Rajapakse
9.00 am – 9.30 am	Approach to an Unconscious Patient	Dr Bandusiri Rathnayake
9.30 am – 10.00 am	Approach to AKI	Dr Mayurathan
10.00 am – 10.15 am	Tea	
10.15 am – 10.45 am	Dengue: the essentials	Dr K V C Janaka
10.45 am – 11.15 am	Essentials in Prescribing	Prof. Chamila Mettananda
11.15 am – 11.45 am	Pearls in Maternal Medicine	Dr Indika Boteju
11.45 am – 12.15 pm	Approach to chest pain	Dr Dilusha Lamabadusuriya
12.15 pm- 12.45pm	Upper GI bleeding	Prof Thushara Matthias
12.45pm – 2 pm	Interpretation of ECGs	Prof Namal Wijesinghe

Regional Academic sessions - Badulla

ACADEMIC PROGRAMME FOR NURSING OFFICERS

CPD points awarded: 5 credits - Doctors, 4 credits - Nurses

e- CPD certificates awarded to participants the above CPD credits as approved by the National CPD Accreditation Committee

SLCIM RESEARCH HUB

SLCIM has launched an initiative to function as a central research hub for conducting island-wide multicentre studies on significant health conditions affecting Sri Lanka and the region.

Considering the significant burden of NCDs in Sri Lanka, a multicentre patient registry for the assessment of functional and clinical outcomes of patients with NSTEMI has been initiated and currently, it is in the data collection phase. Furthermore, a national audit on the management of type 2 diabetes mellitus at medical clinics in tertiary care hospitals in Sri Lanka is planned to assess the degree of compliance with the standards of national guidelines. A database on individuals with familial hypercholesterolemia has also been planned, that aims to identify demographic and clinical features, risk factors, and treatment outcomes. These two studies are currently awaiting ethical approval.

A multicentre observational cohort study on clinical characteristics, aetiological agents, and outcomes of community-acquired pneumonia; conducted through the SLCIM has received ethical approval and is awaiting to initiate data collection.

SLCIM also conducts an audit on intravenous albumin use in government hospitals in Sri Lanka which is currently in the data collection stage. This audit aims to assess current practices and promote cost-effective resource utilization, as IV albumin is one of the most expensive drugs in the country.

A multicentre descriptive cross-sectional study on gastric decontamination methods used in patients with acute poisoning and their outcomes is conducted through the SLCIM and is currently awaiting ethical approval.

Through these efforts, SLCIM aims to promote research, enhance health literature, support policy and decision-making, and improve overall health standards.

SLCIM PUBLICATIONS

SLCIM had a series of successful publications this year. "Pulse", a monthly bulletin keeps the members informed of the upcoming events of the college. "Journal Watch" summarises the latest findings from medical journals.

JOURNAL WATCH

A GLANCE AT JOURNALS BY SLCIM - VOLUME 3 | ISSUE 1 - 2024

Hypoglycemia and Cardiovascular Outcomes in the CARMELINA and CAROLINA Trials of Linagliptin. A Secondary Analysis of Randomized Clinical Trials

JAMA Cardiology

This study published in JAMA Cardiology is a secondary analysis of two clinical trials to identify whether hypoglycaemia has an effect on adverse cardiac outcomes. Patients were treated either with linagliptin/placebo (CARMELINA) or linagliptin/glimepride (CAROLINA) in the two trials. The association of the first hypoglycaemic event with subsequent development of cardiovascular events was assessed. Although data from one trial found that some patients were at a higher risk of developing both events, a significant association was not identified between hypoglycaemia and future CV events. [\(Article 1\)](#)

SARS-CoV-2 Vaccination and Neuroimmunological Disease

A Review

JAMA Neurology

There is much discussion about the possible association of SARS-CoV-2 vaccination and occurrence of immune-mediated neurological disorders. In this narrative review by Willison et al., authors summarize the evidence for slightly increased risk of Guillain-Barre syndrome (GBS) and bell's palsy identified in previous literature. However, a higher risk of multiple sclerosis, neuromyelitis optica syndromes or myasthenia gravis was not identified. [\(Article 2\)](#)

Aspirin for Metabolic Dysfunction-Associated Steatotic Liver Disease Without Cirrhosis. A Randomized Clinical Trial

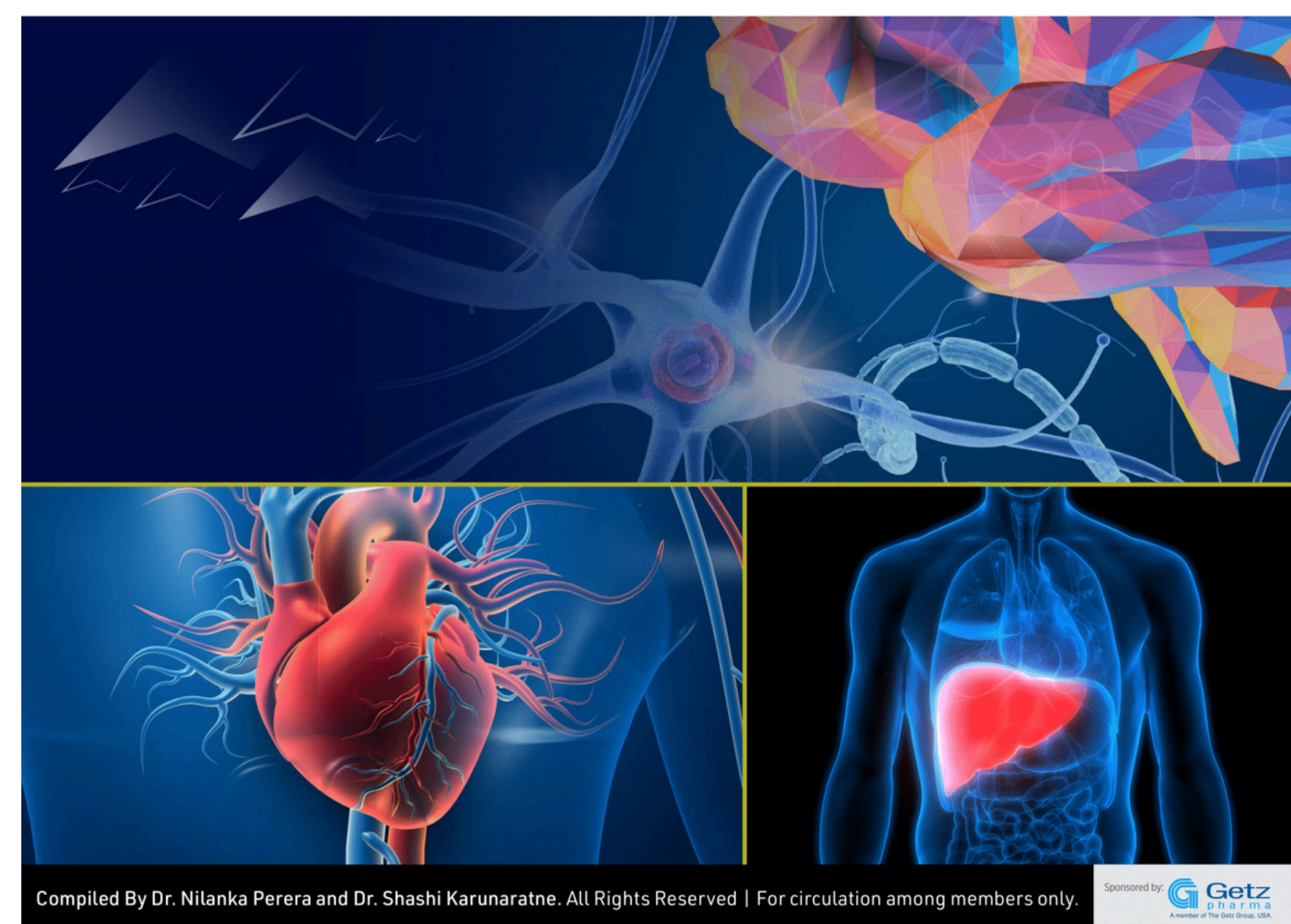
JAMA

This Phase 2 randomized controlled trial conducted in a single centre in Boston revealed that administration of low-dose aspirin for 6-months in patients with MASLD, reduced hepatic fat content compared to placebo. Preliminary findings were published paving the way for further future studies. [\(Article 3\)](#)

Risk Assessment and Prevention of Falls in Older Community-Dwelling Adults. A Review

JAMA

Falls are common among elderly and results in significant fall-related injuries and morbidity. This review discusses the risk factors, assessment, diagnosis and prevention strategies. [\(Article 4\)](#)



JOURNAL WATCH

A GLANCE AT JOURNALS BY SLCIM - VOLUME 4 | ISSUE 2 - 2024

β -Blocker Use and Clinical Outcomes in Patients With COPD Following Acute Myocardial Infarction

This cohort study investigates whether a β -blocker prescription at hospital discharge is associated with mortality or adverse cardiopulmonary events among patients with chronic obstructive pulmonary disease hospitalized for acute myocardial infarction. [\(Article 1\)](#)

Diagnostic challenges of focal neurological deficits during an acute take – Is this vascular?

Clinical Medicine

Stroke and TIAs are amongst the common neurological presentations encountered by clinicians. Despite the advances of neuroimaging techniques, clinicians are frequently faced with diagnostic challenges on evaluation of patients with suspected stroke. In this review article, the characteristic features of cerebrovascular diseases and how to identify them are discussed. [\(Article 2\)](#)

PULSE

Monthly bulletin of Sri Lanka College of Internal Medicine

MARCH 2024

PRESIDENT'S MESSAGE

Dear Members,

It is with immense pleasure and pride that I pen this message to the second release of Pulse for the year 2024. We have completed nearly two months after assuming the office of SLCIM during which we could successfully launch several new initiatives aimed at empowering the Physicians in Sri Lanka.

These initiatives include the introduction of the Soft Skills Workshop, the program on AI, and the "Initiative for Stroke Thrombolysis" for Physicians. Additionally, we are excited to announce the upcoming inaugural celebration of National Internal Medicine Day on our Founder's Day, the 13th of March, starting this year.

I express my heartfelt gratitude to all the council members for their collaborative efforts and unwavering support towards making these aspirations a reality.

A special thank you goes out to all the members of the College for their continuous inspiration and dedication to our shared goals. I extend my sincere appreciation to the editorial team of SLCIM for their consistent efforts in ensuring regular publications of the College.

Together, let us continue to strive for excellence and innovation in Internal Medicine, building a stronger and more dynamic physician community within SLCIM.

Warm regards,
Dr Suranga Manigama
President, Sri Lanka College of Internal Medicine

AWARDS

Celebrating Joy in Internal Medicine

Ganaka Senaratne¹, Dilusha Lamabadusuriya², Roshan Liyanage¹
Priyamali Jayasekera³, 36 Council Members¹
Sri Lanka College of Internal Medicine, Colombo, Sri Lanka¹

Introduction

Team 22 the council of the Sri Lanka College of Internal Medicine (SLCIM) in 2022 launched several projects to enhance the landscape of Internal Medicine in Sri Lanka.

The theme of the year was 'Enhancing Clinical Excellence, Capacity Building and Humane Care'. SLCIM with a membership of over 300 specialists in Internal Medicine working in hospitals and universities all over Sri Lanka, united under the able leadership of the President, Dr Ganaka Senaratne and worked tirelessly throughout the year to bring about significant change.

Capacity Building

We wanted to create a workplace culture of research and skill building. Through **5 Point of Care Sonography Workshops (2 central and 3 regional)** 60 internists were trained in this invaluable skill. The **SLCIM Research Wing** conducted several **Research Guide** programs giving one to one advice to 10 young researchers. **Three SLCIM Research Grants** worth Rs 1.5 million were awarded. **5 MD Mock Examinations** were organized for trainees. **MRCP SCE Mentor** groups were formed to encourage members on obtaining further qualifications.

Humane Care
Members were empowered to incorporate concepts of humane care into clinical practice through **Humane Care Story Telling Sessions** and the **Humane Care webinars**.

Enhancing Clinical Excellence

This was achieved through organising several CME events targeting consultants, trainees in medicine, interns, medical students and nursing officers.

- 5 Peer Learning Forums
- 11 Senior Registrar Forums
- 11 METS (105 trained)
- 18 Doctors Forums
- 7 SLCIM Future
- 3 Regional meetings
- 3 Learning from Legends
- 1 College to bedside
- 2 Island wide workshops on NCD-online (5000 nurses and 1500 doctors)
- 2 Pre-Intern training programs
- SLCIM Clinical forum
- SIMCON 22-annual academic sessions

Public Initiatives

Public forums – 'Weda Jana Kathikawa' a dialogue with the community to exchange ideas on non-communicable disease was established. Three sessions were conducted in various regions of the island.

Educational booklet in native language
SLCIM Life Line - impact on health care delivery by economic hardships in 2022 were countered by 'SLCIM Life Line' which attracted Rs 10 million worth of medical equipment and consumables as donations. These were distributed to **39 hospitals** all over Sri Lanka.

Publications

SLCIM Pass Test Book series was published and considered an epitome of teamwork as the contributors were internists working all over Sri Lanka. Other publications included biannual **Asian Journal of Internal Medicine**, monthly **PULSE** bulletin and **Journal Watch**

SLCIM BLISS

Member welfare was prioritised through SLCIM BLISS. A series of events on varied topics such as the arts, photography and psychological wellbeing was organised. Fellowship was encouraged at peer learning forums and regional meetings.

Feedback

Summary

Lessons learnt by Team 22

- Members have embraced a culture of continued learning and research
- Our trainees and students are the future
- SLCIM has a role to play during a crisis faced by the community
- Cornerstones of patient care are empathy and compassion
- We have a dedicated and committed membership with diverse talents. Nothing is impossible with them!
- Happiness of members is important for the college
- SLCIM can be made a family

Through our work with compassion and care for each other we created a learned, dedicated, content and inspired membership which was the key to achieve a significant impact in the field of Internal Medicine in Sri Lanka in 2022

At European Congress of Internal Medicine 2024 held in Istanbul, Turkey, SLCIM team 22, on behalf of the entire membership, submitted the work done in the year 2022 for an award called "Celebrating Joy in Internal Medicine." This award was given to projects that improve workplace culture, physician well-being, and encourage teamwork.

The abstract submitted was shortlisted and presented as a poster. It was then selected for the final round. In the final round of the competition, the work was presented as a 15-minute oral presentation to a panel of judges comprised of esteemed members of the European Federation of Internal Medicine and a wider international audience.

Turkey won the award (first place), whereas SL and UK were selected as the other two finalists (second and third positions). We were awarded the "finalist" certificate at the ECIM award ceremony along with the UK.

This achievement brought SLCIM and its work to the global stage and received many compliments.

SIMCON 2024



REGISTER NOW AND SAVE!
 EARLY BIRD REGISTRATIONS UNTIL 14TH OCTOBER 2024

REASONS TO ATTEND SIMCON 2024

Update yourself with the latest information on Internal Medicine

Listen to renowned speakers from professional organizations

Interact with global experts

Present your scientific work

Experience Sri Lankan hospitality

Explore the beauty of Sri Lanka

WWW.SLCIM.LK



SIMCON 2024 Promo Video
<https://drive.google.com/file/d/1yRgTvrNll6ydSjzDel3jZidjpLbUczlh/view?usp=sharing>

PROGRAMME HIGHLIGHTS

- ✓ Pre-congress Workshops
- ✓ Grand Ward Rounds
- ✓ Keynote Speeches
- ✓ Plenaries and Symposia
- ✓ Guest Lectures
- ✓ Case Based Discussions and MDT
- ✓ Round Table Discussions
- ✓ South Asian Research Forum
- ✓ Clinical Pearls

FOLLOW US



SLCIM WEBSITE



SLCIM FACEBOOK PAGE

Address
 No. 85, Post Graduate Academic Centre,
 Rodney Street,
 Colombo 08.

Phone number - 077 308 4030
 Email - simcon@slcim.lk
 Website - <https://slcim.lk>





SLCIM NEWS

EDITORIAL COMMITTEE

CO-EDITORS

Dr Shashi Karunaratne

Dr Nilanka Perera

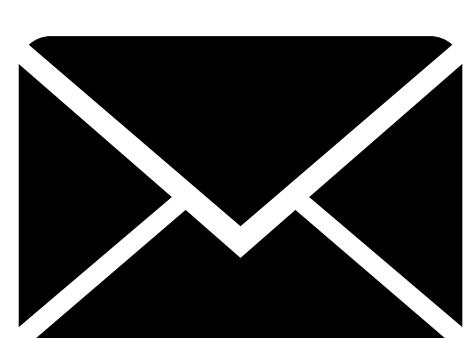
COMPILED BY

Dr Chithma Chandrasekera

CONTACT US



+94773084030



slcimoffice@gmail.com



No.85, Post Graduate
Academic Centre,
Rodney Street,
Colombo - 08