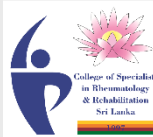


# Rheumatology Sri Lanka

24/11/2018  
Issue 1

Newsletter of the College of Specialists in  
Rheumatology & Rehabilitation - Sri Lanka



## Message from the President

I warmly welcome you to the new edition of the newsletter. Council of the College of Specialists in Rheumatology & Rehabilitation - Sri Lanka (CSRRSL) decided in its October 2018 council meeting to publish the newsletter regularly. This edition will be coinciding with the 12<sup>th</sup> Annual Scientific Sessions of the CSRRSL.

The aim of the newsletter is to inform the membership of its activities and also to document the contributions to the field of rheumatology by its members. The role played by the college and its members are not known most of the time. I am hopeful that this effort will enable us to create a source of information about the activities of the college and its members for future reference. This is just a beginning and I welcome the suggestions and your contributions to make this effort a worthy project through future editions.

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Council of College of Specialists in Rheumatology and Rehabilitation  
Sri Lanka - 2018



**Annual General Meeting 2018**

The annual general meeting of the college was held at Palm Garden Village Hotel Anuradhapura on the 1<sup>st</sup> of September 2018. This occasion was graced by the past presidents of the college as well as consultants, senior registrars in rheumatology and rehabilitation. A key event at the AGM was felicitating the past presidents of the Sri Lanka Association of Rheumatology and Rehabilitation Dr. R. Thalgahagoda and Dr. J. V. Ariyasinghe. A bouquet of flowers to Dr Gunendrika Kasthuriratne and Dr Dilrukshi Tennekone for going that extra mile in organizing the events at Anuradhapura.



## Family get together

The family get-together of the college members was a resounding success with more than 20 families spending two days at the historical city of Anuradhapura. A BBQ night exclusively catered to the families was enjoyed by many at the beautiful Palm Garden Village hotel.

## Regional Update at Badulla Provincial General Hospital

The first regional update for this year was held at Badulla Provincial General Hospital in collaboration with the Uva Clinical Society. A special thank you note goes out to Dr Palitha Dissanayake Consultant Rheumatologist at Badulla for being at the forefront in organizing an interesting series of lectures. Dr Kalum Deshapriya ( president ) Dr Duminda Munidasa ( president elect ) and Dr Kusala Gunasekara ( consultant rheumatologist at Hambantota district general hospital ) delivered an exciting array of rheumatology updates.

## Regional Update at Teaching Hospital Karapitiya

The regional update at Teaching Hospital Karapitiya was a resounding success with the participation of a large gathering of medical officers combined with an informative series of lectures on the basics of rheumatology. Consultant rheumatologist at Galle Dr Kalum Deshapriya together with senior registrars Dr. Anushka Ediriweera and Dr Sajeevani Dissanayake displayed some splendid teamwork to organize this event together with the Galle Medical Association. The update was graced by the presence of past presidents of our college Dr. Lalith Wijyaratne and Dr Nihal Gunatillaka. Two of our senior rheumatologists Dr Duminda Munidasa and Dr Jayathri Jagoda represented the college in delivering lectures.



*Family Get Together*



*Badulla Regional Update*



*Galle Regional Update*

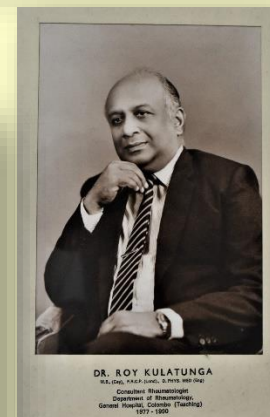
## Regional Update at Teaching Hospital Anuradhapura

In conjunction with the annual general meeting of our college, a regional update was held at teaching hospital Anuradhapura amidst one hundred participants. The Anuradhapura Clinical Society was very helpful in arranging this event. Dr Dilrukshi Tennekone and Dr Himantha Atukorale arranged the layout for some interesting lectures to be delivered by Dr Nihal Gunatillaka, Dr Kalum Deshapriya, Dr Duminda Munidasa, Dr Monica De Silva and Dr Gunendrika Kasthuriratne. We were honored by the presence of two of our senior past presidents namely Dr R Thalgahagoda and Dr A Stanislause at this update.



## The demise of two pioneers in the field of rheumatology

The college is deeply saddened by the loss of two of our veteran consultants in rheumatology Dr Roy Kulatunga - MB (Ceylon), FRCP (London), D.PHYS.MED (Eng) and Dr Themiya Vidyasagara MBBS (Ceylon), MRCP (London), D.PHYS.MED (Eng). Our college extends its heartfelt condolences to the families of these pioneer consultants, who played leading roles in establishing the rheumatology specialty in Sri Lanka.



## Senior Registrar teaching sessions

The college has always considered teaching its future rheumatologists as a matter of great importance. Therefore sessions devoted to teaching have always been events attended by both enthusiastic trainees and consultants alike. Other than for what is learnt at their respective units, the monthly meetings are designed to help the senior registrars successfully encounter some of the difficult scenarios in rehabilitation and rheumatology.



## Launch of the biologics registry

A historical landmark was achieved when the college launched its biologics registry in June 2018. Dr Duminda Munidasa pioneered the online biologics registry which is one of the very few registries that exist in this part of the world. A note of appreciation goes out to Janssen Pharmaceuticals for supporting this worthy endeavor from inception to completion.



## Regional Update in Negombo Hospital

A regional update in rheumatology and rehabilitation was held at Negombo hospital with the generous support of the Negombo Clinical Society in October 2017. Dr Jayathri Jagoda, consultant rheumatology took the lead role in organising this event. More than seventy seven participants attended.

## Message from the co-editors of the newsletter

It is with great exhilaration that we unveil this new edition of the college newsletter. To embark on creating this concise journal was a split second decision taken on the eleventh hour; yet we were happy to accept the challenge.

In a recent article in the esteemed journal "The Rheumatologist" published by the American College of Rheumatology, Dr Charles Radis, clinical professor of medicine at the University of New England, USA mentions a hilarious yet important parable. "Like blind men and the elephant, each medical specialist approaches lupus from a narrow perspective. If a blind man touches the trunk of the elephant rather than the floppy ears or comes up against the massive flank rather than the delicate tail, the description of the elephant will be incomplete or, worse, inaccurate. I know that while each medical specialty has a piece of lupus, rheumatology is best positioned to see the big picture, the entire disease."

So the ultimate goal of our college is helping its members to see the "big picture" in the field of rheumatology. The daily training events at the respective units, the monthly clinical forums, the regional updates and the annual academic sessions are all meant to clarify the big picture which we could brag that no other specialty visualizes!

In the future editions of the newsletter we hope to prioritise and publish achievements in the field of research. As co-editors we wish our college and its members all the success in future academic endeavors. Happy reading!

Co- Editors



Dr Himantha Atukorale

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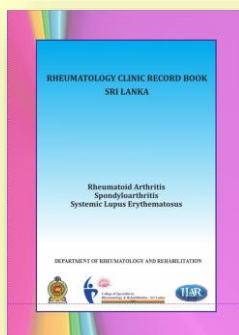
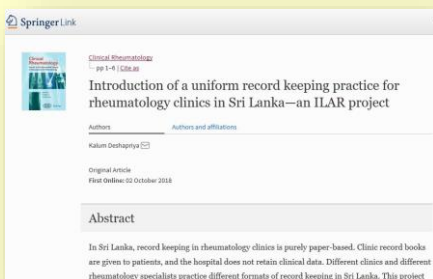


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## Introduction of a uniform record keeping practice for rheumatology clinics in Sri Lanka—an ILAR project

A project proposal titled “Towards uniform record keeping and uniform clinical practice in rheumatology clinics in Sri Lanka” by Dr. Kalum Deshapriya, Consultant Rheumatologist, Teaching Hospital Karapitiya, was selected as a recipient of ILAR (International League of Associations for Rheumatology) project grant for year 2017. This was the first ILAR project grant received by our country. As a result our college was able to launch a uniform record keeping book meant for some of the key rheumatological ailments.



## Pre Congress workshop at Kandy Society of Medicine Annual Sessions by Dr Gunendrika Kasthuriratne and therapists from Gampaha hospital

The theme was preserving mobility and strength in the elderly.



## APLAR 2018 - Kaohsiung, Taiwan

The Asia Pacific League of Associations for Rheumatology annual congress 2018 was attended by a large delegation of consultants from Sri Lanka. Dr Inoshi Atukorala was selected as the representative for international affairs, Dr Sujeewani Kurukulasuriya was selected for the editorial board of Voice of APLAR and Dr Himantha Atukorale was selected as a board member and the webmaster of APLAR Young Rheumatologists. The APLAR Young Rheumatologists membership recruitment drive was also initiated during the congress. We have more than 26 young Sri Lankan rheumatologists registered with the APLAR.



## Wishes to the Young Rheumatologists who attended the post graduate convocation

The college is proud of our young rheumatologists who graduated recently. We wish them all the best of luck.

