

# Rheumatology Sri Lanka

20/03/2018  
Issue 2

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



## Annual Academic Sessions - 2018

The annual academic sessions of the College of Specialists in Rheumatology and Rehabilitation - Sri Lanka was successfully held at Hotel Taj Samudra on the 24th and 25th of November 2018. The sessions were organized in collaboration with the "British Society of Rheumatology". The invited speakers from the United Kingdom were Dr Kaushik Chaudhuri, Prof Christopher Edwards, Dr Elizabeth Price (president of the British Society for Rheumatology) and Prof David D'Cruz.





## **Guest Lecture in India by Dr Kalum Deshapriya**

Dr Kalum Deshapriya the president of the CSRRSL was invited by Prof Debashish Danda, President, Indian Rheumatology Association to deliver a guest lecture at the centenary celebration of Cristian Medical College (CMC), Vellore, India. The other guest lecturers were Prof Dae Hyun Yoo, President, Korean College of Rheumatology and Dr Binit Vaidya, President, Nepal Rheumatology Association & Chairman.



## **Workshop on osteoarthritis at Hambantota by Dr Kusala Gunasekara**

An educational workshop on osteoarthritis for patients attending Rheumatology clinic DGH-Hambantota was organized by Dr Kusala Gunasekara, Consultant in Rheumatology and Rehabilitation at Hambantota. It was held on the 5th of February 2019 at Auditorium DGH-Hambantota. More than 50 patients took part in this workshop.



## **A lecture on “Rheumatological manifestations of diabetes” by Dr Ushagowry Saravanmuttu**

Dr Ushagowry Saravanmuttu, Consultant in Rheumatology and Rehabilitation at DHG Matara was an invited speaker at the Endocrine Day regional update organized by the Sri Lanka College of Endocrinologists at DGH Matara. Her lecture was themed “Rheumatological manifestations of diabetes” and was attended by a large gathering of consultants and medical officers.

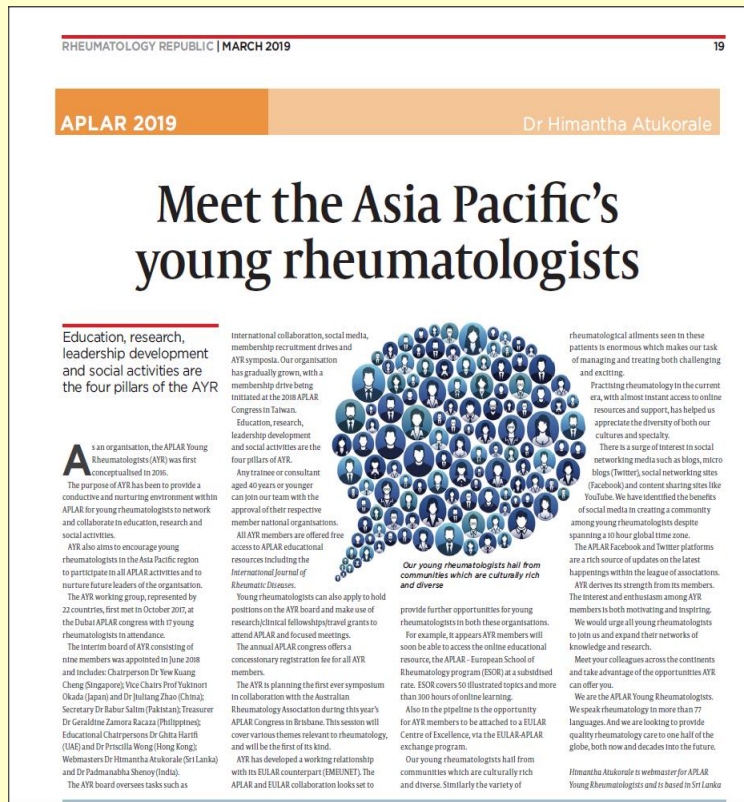


*Some of the moments captured at the  
Annual Academic Sessions – 2018 .....*



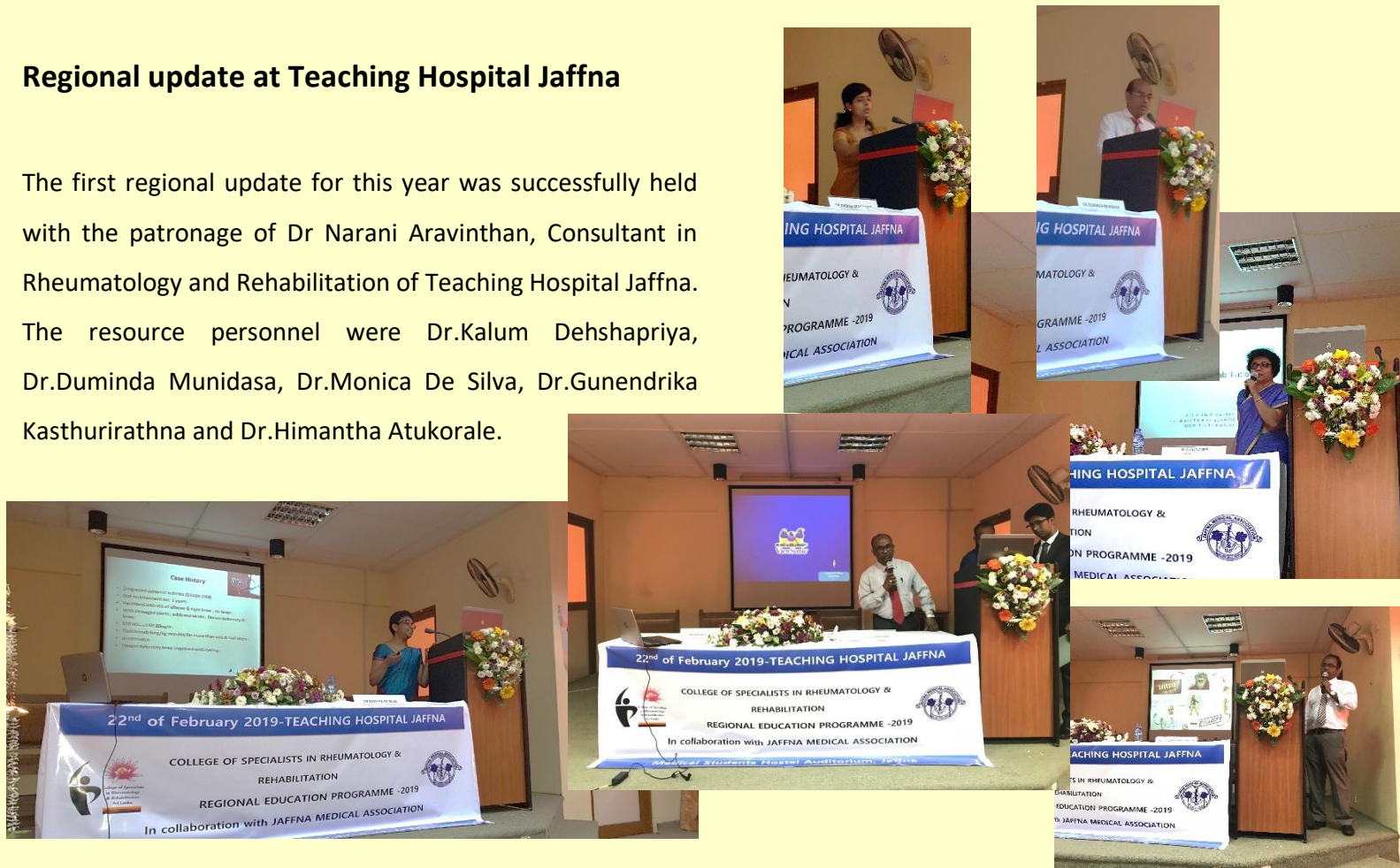
## Meet the Asia Pacific's young rheumatologists

A feature article titled "Meet the Asia Pacific's young rheumatologists" written by Dr.Himantha Atukorale was published in the "Rheumatology Republic" Australian newsletter in conjunction with the APLAR Brisbane Congress 2019. "Rheumatology Republic" is a newsletter distributed among the Australian Rheumatologists and this latest issue will be available at the APLAR congress. The article highlights the APLAR Young Rheumatologists' initiative to bring together rheumatology trainees/ consultants from over 22 countries spanning a population of more than 2 billion.



## Regional update at Teaching Hospital Jaffna

The first regional update for this year was successfully held with the patronage of Dr Narani Aravinthan, Consultant in Rheumatology and Rehabilitation of Teaching Hospital Jaffna. The resource personnel were Dr.Kalum Dehshapriya, Dr.Duminda Munidasa, Dr.Monica De Silva, Dr.Gunendrika Kasthurirathna and Dr.Himantha Atukorale.



**New rehabilitation center at Jaffna**

Dr Narani Aravinthan's proposal regarding the importance of having a rehabilitation center at Teaching Hospital Jaffna has been approved by Kuwait Red Crescent Society. The rheumatology/rehabilitation team at Jaffna hospital headed by Dr. Narani had a fruitful workshop in Rehabilitation with the Rehabilitation team of SingHealth Hospital (National Hospital of Singapore) in March 2018. The proposed center will be constructed soon.



**Stroke rehabilitation lecture**

Dr Narani Aravinthan, Consultant in rheumatology and rehabilitation TH Jaffna was invited to do a lecture on stroke rehabilitation at the world stroke day celebration organized by the neurology unit, Jaffna hospital. She was also a guest speaker at the Jaffna Medical Association annual academic sessions where a presentation on SLE was done.



**Speech app launched at Anuradhapura Hospital**

An Augmentative and Alternative Communication Tool (AAC) app named "Athuru Mithuru" exclusively catering to the needs of children with speech difficulties was launched at the rehab unit in Anuradhapura hospital by Dr Himantha Atukorale. This app was created by Dialog Axiata lead by its cooperate sustainability head Mr. Charitha Ratwatte. Athuru Mithuru is the first free trilingual ad free app launched in a government hospital that enables its users to communicate with ease. A more advanced form of an AAC app was used by the late Prof. Stephen Hawking of Cambridge University for speech.



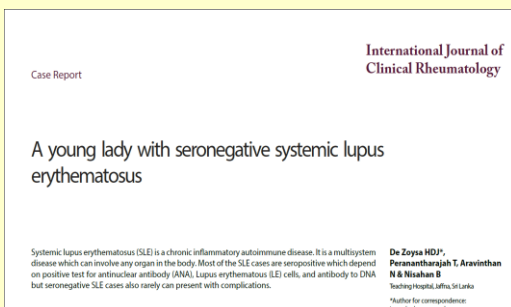
## Dr Kalum Deshapriya appointed as the president elect of “Galle Medical Association”

The Galle Medical Association appointed Dr. Kalum Deshapriya (president of CSRRSL) as the president elect and Dr Arosha Dissanayake as the next president of the association. Both will assume their new duties effective from 21st January 2019. Our heartiest congrats to Dr Kalum Deshapriya!



## Case reports published by Dr Narani Aravinthan

Dr Narani Aravinthan published case reports in " Cyclosporin in Resistant Dermatomyositis" (in Jaffna Medical Journal) and “ANA negative SLE” ( International Journal of Rheumatology). Her case report on ANA negative SLE was selected for the Clinical Rheumatology Conference 2019 in Hyderabad.



## “දෙපයට වාරු-Depayata Waru” launched in Anuradhapura rheumatology clinic

Dr.Himantha Atukorale consultant rheumatologist at Teaching Hospital Anuradhapura launched a social responsibility project with the help of community groups titled දෙපයට වාරු (Stability to weary knees). This campaign is aimed at reducing the stigma associated with cane use, bringing down the osteoarthritis symptoms, enhancing the well-being and also preventing falls among elderly. The initial project was launched back in April 2018, with several other social responsibility projects such as “Empowering the Elderly”, Active Aging and “An eight hour window of freedom” to pursue.

