

Rheumatology Sri Lanka

25/08/2019
Issue 3

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



Presidents Message

It is with a sense of great satisfaction I pen these words in the Issue 3 of the college newsletter “Rheumatology - Sri Lanka”. I stated in my message in Issue 1 that the aim of the newsletter should be to inform the membership of its activities, to document the contributions to the field of rheumatology by its members and also to use it as a potential source of written history of our college which is continuously updating for future reference.

I am completing two years of my tenure as the president of the college today, having witnessed some significant achievements in the field of rheumatology while continuing usual college activities. We have been able to uplift the standard of the Annual Academic Sessions. The ambitious project of establishing a National Rheumatology Data Registry is underway and the software development of the Electronic Data Recording System to Rheumatology Clinics in collaboration with the Ministry of Health is completed. It will be introduced to TH Karapitiya and LRH initially. The official inaugural launching took place in TH Karapitiya on 17th August 2019 with the presence of DGHS, college members, and representatives from Information and Communication Technology Agency. Other notable successes are the contributions made towards the rehabilitation specialty, encouraging interest in research and publications in rheumatology and strengthening regional collaborations especially with APLAR and other neighboring countries.

I take this opportunity to thank for the encouragements and support extended to me by all council members, my teachers and senior consultants and all the other fellow members in completing a memorable two years in my carrier. My sincere thanks goes to the Editors, Dr. Himantha Atukorale, Dr. Sujeewani Kurukulasooriya and all the others who helped in publishing the Newsletter and look forward to even better compilations in the future.

Dr. Kalum Deshapriya,
President, CSRRSL

Dr. Kalum Deshapriya presenting at the APLAR - COPCORD Special Interest Group meeting at the APLAR Brisbane Congress, April 2019.





The 9th President of the College of Specialists in Rheumatology & Rehabilitation, Sri Lanka is Dr Duminda Munidasa.

He will assume his presidency at the Annual General Meeting of the college scheduled for 1st of September 2019. Dr. Munidasa obtained his primary and secondary education in the Royal College, Colombo 07. He entered the Faculty of Medicine, University of Colombo in 1983 having placed 2nd in the island merit in the bio science scheme and obtaining the Royal College-Ruby Andreis Memorial Prize for Best student in A/L Pure mathematics. Dr. Munidasa obtained MBBS Colombo with second class honors. His excellent performance at MD in general medicine in 1999 placed him first in the merit list. In addition he won both gold medals, Dr. John F. Stokes Gold medal for Medicine and Dr. P.T. de Silva Gold medal for Clinical Medicine.

Dr. Munidasa received his local post MD training in rheumatology under Dr. Lalith S. Wijyaratne and Dr. Lilani Panangala.

His overseas training was under Dr. Siri Kannagara at Department of Rheumatology, Concord Hospital and New South Wales Institute of Sport Medicine, Sydney, Australia in 2001 - 2002. He was the recipient of APLAR (Asia Pacific League of Associations for Rheumatology) Fellowship for Clinical Training in Rheumatology in 2001. He was Board certified as a specialist in Rheumatology and Rehabilitation in 2002 and is a Fellow of the Ceylon College of Physician since 2013.



Two patient educational seminars were held in DGH-Hambantota for patients with Rheumatoid Arthritis and Osteoarthritis in May 2019. This was the second time these were organized following the successful similar kind of seminars were held in last March. Consultant Rheumatologist, MO-Rheumatology, MO-Nutrition, physiotherapists and occupational therapists were participated as recourse persons. There was excellent feedback from patients regarding the usefulness of the program.



Dr Himantha Atukorale, Consultant Rheumatologist at Teaching Hospital Anuradhapura, chaired the Asia Pacific League of Associations for Rheumatology and Australian Rheumatology Association Congress at Brisbane on the start of day 3. The session was on Osteoarthritis and the lecturers were Prof David Hunter (Australia) and Dr Rachel Buchbinder (Past president of Australia Rheumatology Association). The co-chair was Dr Sam Whittle (Australia).



Ceremonial Opening of the newly built Rehabilitation Center of the Teaching Hospital Jaffna was held recently. Dr Narani Aravinthan Consultant Rheumatologist, TH Jaffna was the pioneer in coordinating and implementing this colossal project.



The college met Dr. Binit Vaidya, Organizing Secretary and Dr. Shweta Nakarmi, Scientific Chairman of 1st International Conference of Nepal Rheumatology Association. This conference will be held in Kathmandu, Nepal from 27-28 September, 2019. Dr. Binit Vaidya is the General Secretary of the Nepal Rheumatology Association extended our college an invitation to be part of the international faculty of speakers.



The regional meeting was held in collaboration with Kurunegala Medical Association on 31st July, 2019. Seven members representing CSRRSL contributed with presentations. The meeting was well received with participation of more than 80 doctors.



Dr Himantha Atukorale did a presentation at APLAR Brisbane Congress on 8th April. This was at the conclusion of APLAR Young Rheumatologists Symposium (pre-congress session). Success story of social media and its impact within APLAR countries was the presentation theme.



The rheumatology senior registrar training programs are held every first Fridays of the month at Sri Lanka Medical Association. The latest program was conducted by senior consultant rheumatologist Dr. Nihal Gunatilaka on Juvenile Idiopathic Arthritis.



The CME in Rheumatology, is held on every first Friday of the month at National Hospital, Colombo with the participation of both post-graduate trainees in medicine and consultants. The most recent CME was held on the 2nd of August 2019. Dr Amal Thilakarathne, Senior Registrar in Rheumatology at Ragama Rehabilitation Hospital did a lecture on inflammatory myositis titled “Autumn leaves - Disease phenotyping in Idiopathic Inflammatory Myositis”.



Dr Lakshi Senevirathne, Senior Registrar in Rheumatology at Ragama Rehabilitation Hospital did a journal club presentation titled “ Drug Induced Lupus: Revisiting the ever changing spectrum of disease.”



The college wishes to congratulate the following members for their outstanding academic achievements!

-Dr. Kusala Gunasekara
FRCP(Edinburgh) in 2019, MRCP(UK) in 2013,
MRCP(UK)(Rheumatology) 2018

-Dr.Ushagowry. Saravanamuttu
MRCP(UK), MRCP(LONDON)

-Dr Dilrukshi Thennakoon
MRCP (UK)

-Dr. Kusala Narangoda
MRCP (UK) 2017, MRCP(London)2017,
MRCP (UK) Rheumatology 2016

-Dr. Uthpala Dissanayake
MRCP(UK)2014, MRCP(London)

-Dr.Subasinghe Gamachchige Sunari Ilanka Subasinghe
MRCP(UK), MRCP(London) 2017

-Dr.Lavanya Rajagopala
MRCP (UK) 2018

-Dr.Sajeewani dissanayake
MRCP (UK) and MRCP (UK) RHEUMATOLOGY

-Dr.Methsala Gunawardhana
MRCP (UK) and MRCP (UK) RHEUMATOLOGY

-Dr.Anushka Ediriweera
MRCP (UK) MRCP (UK) Rheumatology 2019

-Dr Aruna Caldera
MRCP (UK)

-Dr Aloka Gunawardane
MRCP (UK)

-Dr Sachithra Illangantilaka
MRCP (UK) MRCP (London) MRCP (UK) Rheumatology

The following publications are from our college members

-Prevalence of vitamin D deficiency and its associated factors among rheumatoid arthritis patients managed in a rheumatology unit of a tertiary care hospital in Sri Lanka in *Annals Rheumatic Disease*, volume 78, supplement 2, 2019. Dr. Sanjeeva Silva, Dr. Gunendrika Kasthuriratne, Dr. Janalini Sashikaran, Dr. Kumari Jayasiri and Dr. P.K.B Mahesh

-Introduction of a uniform record keeping practice for rheumatology clinics in Sri Lanka—an ILAR project Kalum Deshapriya, *Clinical Rheumatology*, 2019 Jan;38(1):159-164

-Leflunamide is equally efficacious and safe compared to low dose Rituximab in refractory RA given in combination with MTX. *BMC Musculo skeletal disorder* 2017 Harindu Wijesinghe, Priyadharshini Galappatthy, Rajiva de Silva, Suranjith L. Seneviratne, Ushagowry Saravanamuttu, Preethi Udagama, Melanie Hart, Peter Kelleher, Upul Senerath, Rohini Fernandopulle, Lilani P. Weerasekera & Lalith S. Wijayaratne.

-Kusala Narangoda, Jane Whitmore, Wendy Worth, Mohamed Nisar, Case reports oral abstracts o37. Persistent painful oral aphthous ulceration in patient treated with tocilizumab, *Rheumatology*, Volume 56, Issue suppl_2, April 2017

-Kusala Narangoda, Jane Whitmore, Mohamed Nisar, E27. Does medical assessment of rheumatology patients admitted for day case treatment add value?, *Rheumatology*, Volume 56, Issue suppl_2, April 2017

-Denosumab: clinical perspective and drug survival in a secondary care set up in UK R Laxminarayan, U Dissanayake, N Sayed, K Narangoda

-Free paper presentation at Annual Academic sessions in Rheumatology and Rehabilitation 2018 - Low dose Rituximab in patients with RA. U Dissanayake

-Co-author of Rituximab in the management of refractory Granulomatosis with Polyangiitis, 50th Annual academic sessions of Ceylon College of Physicians, Sep 2017. Sachithra Illangantilaka

-Co-author of Audit on care of rheumatoid arthritis of a South Asian population in Sri Lanka, *International Journal of rheumatic diseases* 2018, vol.21. issue S1 September 2018. Sachithra Illangantilaka

-An unusual case of acute lupus haemophagocytic syndrome: a test of diagnostic criteria. *Annals of rheumatic disease*, 2017. Lavanya Rajagopala

-Multiple refractory vasculitic leg ulcers in a clinically quiescent systemic lupus erythematosus patient, a diagnostic and management quandary. *International journal of rheumatic diseases*, 2019. Lavanya Rajagopala

-Tuberculous monoarthritis of the wrist in a patient with systemic lupus erythematosus: a case report- co author- BMC research note by Mahesh Lakmal Gunathilaka.



Final council meeting of CSRRSL for 2017/19 under the presidency of Dr. Kalum Deshapriya was held on 2nd of August 2019 at CSRRSL office, Wijerama House, SLMA building. We wish Kalum sir the best of everything as he prepares to take on the reins as the president of Galle Medical Association next year.

Following posters were presented at the 21st Asia Pacific League of Associations for Rheumatology Congress (APLAR) in Brisbane, Australia (8-11 Apr 2019) and also published in the APLAR journal Supplement 3, 2019.

- Refractory vasculitic leg ulcers in a clinically quiescent systemic lupus erythematosus patient, diagnostic and management quandary: a case report by L. Rajagopala; D. Abeyasinghe; K. P. Karunadasa; M. L. Gunathilaka; C. T. Rosa
- Prevalence of coronary artery disease in a cohort of Sri Lankan patients with rheumatoid arthritis by C. Dandeniya; M. Withana; J. Rubasinghe; V. Senaratne
- An audit on clinical use of hydroxychloroquine (HCQ) and current practice of screening for HCQ retinopathy by M. Gunawardena; K. Deshapriya
- Assessment of epidemiology, symptoms, accuracy of diagnostic examination methods and X rays used for young patients with patella femoral syndrome H. S. D. Appuhamy; S. M. P. D. Munidasa
- Experience with low-dose rituximab in rheumatoid arthritis in a district general hospital of Sri Lanka by U. D. Mudiyanse; C. Illangasinghe
- Study of epidemiology, symptom variability and knowledge assessment of knee joint osteoarthritis patients in Sri Lanka by S. Appuhamy; S. M. P. D. Munidasa

