

# Rheumatology Sri Lanka

30/11/2019  
Issue 4

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



## *Dr Duminda Munidasa- President of CSRRSL's Speech at the Annual General Meeting held on 01 / 09 / 2019*

The members of the College of Specialists in Rheumatology and Rehabilitation Sri Lanka have given me an opportunity to be the president of an organisation which I personally experienced, growing stronger and stronger over the years. I am grateful to them for giving me this opportunity to work for the betterment of the College and our patients.

I became a member in 1999, just two years after the birth of then Sri Lanka Association for Rheumatology and Rehabilitation. My dear teacher Dr. Wijayaratne gave me the application form, on the very first day I stepped into his office room at Rheumatology and Rehabilitation Hospital, Ragama, as a senior registrar. I was able to work with all past presidents since then, bringing up the College to what it is now. That gave me an opportunity to obtain unique experiences in my life.

One's involvement with the college is not only for the benefit of Rheumatology in Sri Lanka, but also for the development of own character. It will teach you how to work with different personalities. Working with your patients, colleagues, team members, administrators, family and friends is what we will be doing in a 24 hour day at this stage of our life. The college will give you an opportunity to learn how to do better in society and also to have more balanced life, allowing you to be a better carer of patients who seek help. It is my kind appeal to you all membership, specially the younger ones to make the college a part of your life. (Continued overleaf....)



*The cover page features map of Ceylon or "Taprobane" published by Alain Manesson Mallet, French cartographer and engineer, in 1686.*

## ***Dr Duminda Munidasa- President of CSRRSL's Speech at the Annual General Meeting (cont.)***



All our past presidents are great role models for anyone who wants to become a better person in life. They are very approachable for help, ready to share their experiences and will correct you if they see something is wrong. From these gentle giants in our field I learned how one should look after your colleagues climbing the ladder after oneself.

All of us may need to learn from our seniors, contemporaries and juniors. Please follow the good characteristics of them. If they have any downsides and if you are not in a position to correct those, forgive them. Share with others the good features of someone, do not gossip about negative characteristics. Be tolerant of different personalities. These will help us to grow as a college and as country, in unity.

Dr. Kalum Deshapriya our immediate past president, took the college to a new era. He initiated projects to have a better documentation both on paper as well as digitally and systematic collection of data of our patients. Lack of statistics of what our patients have and what we do is always a draw back when we discuss our experiences in any forum. Science of rheumatology lies there. His effort to overcome this drawback will be a landmark in the history of our college. His ILAR funded project for improvement of clinic patient documentation has brought international recognition to the college. Kalum has done the initial hard work. Now it's our duty to commit some of our time and energy to implement it as well as the biological register in all hospitals with rheumatology clinics.

Next step should be a project to collect population based data on rheumatic diseases. It will give us a true picture of the disease burden. COPCORD - Community Oriented Program for Control of Rheumatic Diseases is an ILAR initiative launched with WHO which helps to study the MSK disease burden in a community. This needs to be studied further for feasibility to implement it in our country.

Dear colleagues, I earnestly request for your continued support and confidence to accomplish my presidential responsibilities. I will strive in every way to be worthy of your confidence and to fulfil my duties the best I can. Doing this job together with my council and all of you as a team, we will definitely achieve the best results in reaching our goals as described in our constitution.

(The Annual General Meeting of College of Specialists in Rheumatology & Rehabilitation- Sri Lanka was held on the 1st of September 2019 at Citrus Waskaduwa Hotel. Many senior distinguished past presidents, consultants and trainees took part in this meeting where Dr Kalum Deshapriya handed over the reins of presidency to Dr Duminda Munidasa.)

Dr. Gunendrika Kasthuriratne, consultant rheumatologist at National Hospital Colombo was a resource person at the press conference of the “World Elders Day” on 25<sup>th</sup> of September 2019 at NHSL.



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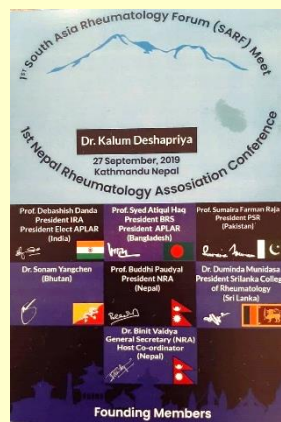
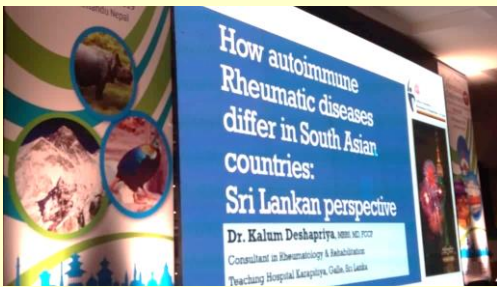


Dr Duminda Munidasa delivered his first regional lecture since assuming his post as president in our college. The lecture was titled “Fibromyalgia- An Overview”. The lecture was delivered amidst a large gathering at the Anuradhapura Clinical Society annual academic sessions. Here the president of Anuradhapura Clinical Society Dr Manjula Cadera and Dr Himantha Atukorale pose with Dr Duminda Munidasa.

A fun filled “Family get-together” of the college members and their families was held prior to Annual General Meeting at Citrus Waskaduwa Hotel on 31<sup>st</sup> August 2019. Below are some photographs of this get together.



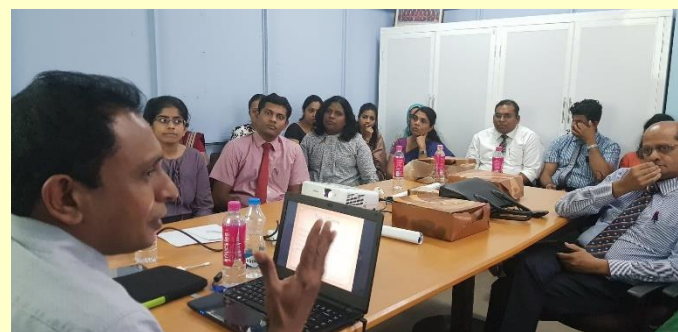




World Arthritis Day celebrations were successfully held at Lakshman Kadirgamar Institute, Colombo 7 on 15th October. It was jointly organised by Association of Persons with Rheumatic Diseases and our college.



An update on “Management of Brachial Plexus Injury in Neonates” was delivered by Dr Amila S Ratnayake, Consultant Reconstructive Surgeon of Teaching Hospital Kandy at the monthly Senior Registrar training meeting.



Dr Dilrukshi Tennekone consultant rheumatologist at DGH Negombo organised 3 workshops to coincide with the "World Arthritis Day". These were educational programmes for medical officers, nursing staff and for the general public. Lectures and demonstrations were done with the participation of nutrition medical officer, physiotherapists and occupational therapists.



The October monthly clinical meeting at the National Hospital Colombo featured a lecture titled "Posture perfect- An elementary guide on how best to sit, stand and select footwear" by Dr Himantha Atukorale, consultant rheumatologist and another presentation by Dr Jasitha Anapalagan, senior registrar titled "A lady with a pulse-less limb".



Dr Duminda Munidasa ( President  
Deshapriya ( Immediate Past President



as guest lecturers at the 1st Nepal Rheumatology

Association Conference, Kathmandu

The November monthly clinical meeting at the National Hospital Colombo featured a lecture by Dr Palitha Dissanayake - consultant rheumatologist at Teaching Hospital Karapitiya titled "Guidance to critical analysis of a research publication". Dr Kamalika Gamage, senior registrar in rheumatology at National Hospital Kandy presented a case titled - A lady with "Stiff Hands".



A highly successful workshop on Spinal Cord Injuries was conducted at the Maliban Rehabilitation Unit, Teaching Hospital Karapitiya recently with the guidance of consultant rheumatologists. Aim was to educate the caregivers and hospital staff including nurses representing many units. A wide range of resource personnel including Dr.Supun Nilanka (SR-Rheumatology), nursing officers, physiotherapists, occupational therapists, the prosthetist & orthotist, two vocational training officers and the social services officer contributed with well-prepared presentations.



**CME LECTURE SERIES 2019**

**Correct sitting, standing, footwear & on human biomechanics**

By Dr Himantha Atukorale  
Consultant in Rheumatology & Rehabilitation

On 31st July  
12 noon onwards at  
Main Auditorium  
TH Anuradhapura

Organized by  
Anuradhapura  
Clinical Society

For details - contact Dr Ranjan 0713623702

A CME lecture titled “Correct sitting, standing, footwear and on human biomechanics” was delivered by Dr Himantha Atukorale, consultant rheumatologist at Teaching Hospital Anuradhapura. It was a part of the CME lecture series for 2019 organised by the Anuradhapura Clinical Society.



**Annual Scientific Sessions - 2019**  
**Movenpick Hotel, Colombo**  
**November 30 - December 1**  
For pre-registration  
Email - [rheumatology.srilanka@gmail.com](mailto:rheumatology.srilanka@gmail.com)

