

CCP News

Newsletter of the Ceylon College of Physicians



October 2019

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President's message

Dear Fellows and Members,

It is now the last quarter of the year and the College quietly continues with its activities. We have engaged in dialogues with stakeholders regarding the placement of Consultant Family Physicians. The College is of the view that these Consultants are an important link between primary and secondary care, and that they should be in the Community to best serve the people. We believe that placing them in the hospitals will negate the concept of Primary Health Care and have made our position clear to the relevant authorities. It can only be hoped that the authorities will take the views of diverse stakeholders into consideration when making decisions that will have far reaching implication on the health care system of the country.

Soft skills are essential for the today's Physicians. Making presentations to medical personnel at scientific meetings and to the public is an activity we undertake without thinking too much about it. Yet, do we make an effective presentation appropriate to the target audience every single time? How effective are we in getting our messages across? To address these issues the College conducted a session on Presentation Skills with resource persons from the Toast Masters International and the medical profession. It was an excellent programme, but it was disheartening to see the poor attendance by our members, highlighting the low importance placed on these activities by the medics. It is imperative that we improve our soft skills if we are to move together with the rest of the world and I urge you to attend these activities whenever possible. There is always something new to learn from these activities.

The regional meeting with the Chilaw Clinical Society was unique in that we were able to deviate from the traditional lectures on subject matters to some extent. The presentations on "Medication errors" and "Cultural competence" resonated well with our theme for the year, "Beyond knowledge, across boundaries, towards holistic care" and left behind thoughts to ponder. Knowledge today, is easily available and in many instances, is only a click of a button away. We must go "beyond knowledge" to understand the nuances of the society and its people if we are to provide a truly holistic care.

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President's message

The College will be establishing standing committees to streamline its functions and we invite those interested to join us. More information in the next month's newsletter, so watch that space!

Chandanie Wanigatunge
President

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Young Physicians' Forum and College Lecture

The Young Physicians Forum and the College Lecture were held on Tuesday, 8th October 2019 at the ClinMarc. Auditorium. Dr K M R Chaminda Wijeratne, Senior Registrar in Nephrology (NHSL) presented the lecture Evaluation of Proteinuria. Dr. Mahen Boralessa Senior Registrar in Medicine (CSTH) conducted a thought-provoking lecture titled 'If we had time'. Dr Champika Gamkaranage, Consultant Physician and Senior Lecturer, Department of Medicine, University of Colombo.

The program was well attended and was sponsored by Cipla Pharmaceuticals.

Regional Meeting Chilaw

The third regional meeting for the year was conducted in collaboration with the Chilaw Clinical Society on 22nd October 2019. The Doctors' program was held at the Lady Rose Reception Hall while the nurses' program was held at the Divisional Secretariat Office Auditorium. The program was a success and a considerable number of health professionals from various hospitals in the district attended it. The program was sponsored by GSK pharmaceuticals.



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Do's and Don'ts of Presenting

A soft skill development program was conducted on the 30th October 2019 at the SLMA auditorium to improve presentation skills of doctors. The program comprised of 3 segments. Ex CEO of Metropolitan Agencies and Free Lance Coach and Trainer, Mr Niranjan de Silva presented 'Getting your message through effectively. Dr Faiz Marikkar of the Staff Development Centre, Faculty of Medicine, Sir John Kotelawala Defence University conducted a lecture on how to make and effective power point presentation. A session on how to make a scientific presentation was carried out by Prof Senaka Rajapakse. The program was sponsored by Bours Sandoz Pharmaceuticals.

Evaluation of proteinuria

Dr. K M Randika Chaminda Wijerathne
Senior Registrar in Medicine, NHSL

Hippocrates described bubbles in urine as indicating kidney disease. In normal individuals, low molecular weight proteins and small amounts of albumin are filtered by the glomerulus. The filtered proteins enter the proximal tubule and almost completely reabsorbed and catabolized by the proximal tubular cells.

Proteinuria is daily urinary protein excretion exceeding 150 mg. Persistent albumin excretions between 30 and 300 mg/day is called moderately high albuminuria (microalbuminuria). Albumin excretion above 300 mg/day is considered very high albuminuria (macroalbuminuria). Nephrotic range proteinuria is protein excretion greater than 3.5 g/24 hours and nephrotic syndrome contains hypoalbuminemia and peripheral edema additionally.

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Evaluation of proteinuria

Types of proteinuria are glomerular proteinuria tubular proteinuria, overflow proteinuria and post-renal proteinuria. Some patients have more than one type of proteinuria. Measurement of urinary protein can be done by standard urine dipstick, precipitation of urine proteins with sulfosalicylic acid, heat and acetic acid test, 24-hour urine for proteins, urine protein-to-creatinine ratio or urine albumin creatinine ratio test.

After detecting proteinuria, careful medical history and physical exam may reveal a cause. Diabetes mellitus, amyloidosis , systemic lupus erythematosus, HIV infection and drugs are important clues. Before evaluation of proteinuria, transient and orthostatic proteinuria should be excluded. Urinalysis is very important. Further evaluation may need serological tests and renal biopsy.

Evaluation of proteinuria correctly will improve renal prognosis with timely treatment and will prevent unnecessary anxiety and investigations in case of benign transient proteinuria.

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“If we had enough time”

Dr Mahen De Silva Boralessa
Senior Registrar in Cardiology, NHSL

The management of critically ill patients requires a well-coordinated team effort. The gains of such efforts include not only the salvaging of lives but also the efficient use of resources.

The lessons learnt and integrated from a highly competitive, high speed sport such as formula 1 have helped change the practice of management of the transfer of critically ill pediatric cardiothoracic patients from the operating theatre to the Intensive care unit at Great Ormond street hospital in the United Kingdom. The breakthrough results were evident from the following study published “**Patient handover from surgery to intensive care: using Formula 1 pit-stop and aviation models to improve safety and quality.**” by Catchpole KR, de Leval MR, McEwan A, Et al in *Paediatric Anaesthesia*. 2007 May;17(5):470-8. The integration of strategies that included a designated team leadership, allocation and sequencing of tasks, predicting and preparation of contingency plans resulted in the product of discipline and structure that enabled more efficient delivery of patient care with fewer compromises.

The adaptation of similar strategies into the healthcare system of Sri Lanka would enable healthcare personnel to provide efficient service whilst enabling the optimum utilization of human resources in an economically challenged nation.

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AGM Notice

52nd Annual General Meeting

Date: 13.12.2019

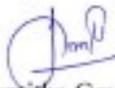
Time: 12.00 noon

The 52nd Annual General Meeting of the Ceylon College of Physicians will be held on Friday 13th December 2019 at the College Board Room, 341/1, Kotte Road, Rajagiriya.

You are kindly requested to be present.

AGENDA

- 52.1 Notice convening the 52nd Annual General Meeting
- 52.2 Adoption of minutes of the 51st Annual General Meeting
- 52.3 Brief address by the outgoing President
- 52.4 Presentation of the Secretaries' Annual Report 2019
- 52.5 Presentation of the Treasurer's Statement of Accounts 2019
- 52.6 Comments from the House
- 52.7 Election of Office bearers for the Year 2020
- 52.8 Appointment of auditors
- 52.9 Resolutions
- 52.10 Brief address by the incoming President
- 52.11 Any other business



Dr. Dumitha Govindapala
Hony. Joint Secretary

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Resolution

Resolution

It was hereby resolved that the Amendment to article 20.7 of the Constitution of the Ceylon College of Physicians to be presented at the Annual General Meeting 2019.

“Transaction of College property or any substantial amount of College funds should have prior approval of the Board of Trustees. The spending ceiling for the Council without prior approval of the Trustees will be decided by the Board of Trustees from time to time and this will be notified to the Council of the College”.



Proposed by Dr. H.N. Rajaratnam :



Seconded by Dr. Nanda Amarasekera :

Date : 11th November 2019

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