RECORD BREAKING ACADEMIC SESSIONS

Enhancing the Power within you

In This Issue
- Record breaking Academic Sessions – P 1
- Narme had a ball – P 2
- He comes from Jaffna – P 3
- We are proud of you – P 3
- MRCGP exam - Candidates Passed – P 4
- Thilake takes a bow – P 4
- V For Ari – P 5
- Nice moves Ruvaiz – P 5
- Accessing the College website – P 5
- Calling all the teachers of Family Medicine – P 6
- Up coming events – P 6
- Zn Supplementation – P 7
- Radio Schedule – P 8
- Desk top aide & Calendar – P 8
- The GP & the specialist – P 9
- Certificate course in Medical Hypnosis – P 10
NARME HAD A BALL

“Enhancing the power within you”

Hats off to our president Dr. Chandrasekher and the steering committee led by Dr. Maithri Rupasinghe for a well arranged and relevant academic sessions on the theme ‘Enhancing the power within you’. It really did give us new strengths to approach our varied patients.

I was enthralled by Dr. Shehan Williams’s lecture on ‘The problem drinker in general practice’, Dr. Noel Somasundaram’s ‘Use of Insulin in GP’, Dr. B J C Perera’s ‘Management of acute childhood asthma’ and Dr. Srinath Chandrasekera’s ‘Management of male lower urinary fact symptoms’ - all very relevant and common problems in a general practice. Only those who attended would have realized how many new things we learned about what we could do to avoid sending patients to hospital and what more could be done by us before sending patients to hospital.

If possible these lectures should be sent in print to all members or at the very least to the participants. They had novel hints for our practices on how to deal with complicated problems of common illnesses which confront us.

Time management can improve and introduction of speakers should be very brief.

During the hour that preceeded lunch there were some very good free papers with many ideas that GPs could try out in their practices. Unfortunately it was not possible to flit from room to room to listen to all the papers which were of interest particularly because the rooms were packed to capacity. This is not to criticize the new venue of the sessions. Lanka Hospitals had bent over backwards to provide facilities for our sessions, but an attendance of about two hundred doctors and students would have been difficult to cope with.

The College should have its own ethical clearance committee to facilitate good research ‘as encouraged by the chief guest’, instead of going through the present bureaucratic set up that discourages busy GPs from doing even simple statistical research.

Though the orations were excellent, what GPs like to hear are matters of clinical interests. It would appear that our discipline is becoming more academic. The statistically almost nil replies from consultants to GP referrals need a relationship excercise between the Colleges.

At the Inauguration ceremony the Ravan Band stupefied the audience making music using a step ladder, barrel, coconut shells etc. This was another creative thought by the CGPSL!

I was not present at the pre congress sessions, but the subject of dermatology is one of the most relevant to GPs. Dermatological problems are extremely common among adult patients. All in all, the sessions were well thought of and really well organized. My grateful thanks to the College and thanks for the free desk-top aide directory and the calendar.

Narme Wickramesinghe
HE COMES FROM JAFFNA

Broadcasting Academic Sessions Live To Jaffna

Most of the academic activities of the College like the CPD programmes are conducted in and around Colombo. Doctors from faraway places like Jaffna have to spend more than half a day to travel to Colombo to attend such programmes.

Taking this drawback into consideration, the CGPSL, and the department of Community Medicine and Family Medicine of the Jaffna medical faculty worked together to overcome this difficulty. They found a practical solution to this problem by using the dedicated teleconferencing facilities of the Jaffna medical faculty to web cast the 39th Annual Academic Sessions on the 10th of November 2013 to the medical faculty’s auditorium. The efforts of the steering committee of the CGPSL in bearing all the costs ensured the success of the project. From Jaffna Dr. Surendirakumar, Head of Community Medicine and Family Medicine Jaffna, addressed the sessions in Colombo live.

More than fifty doctors and medical students from Jaffna participated in this activity. As far as I am aware, this is the first time in the history of the CGPSL that an academic session was broadcast through teleconferencing to any other part of the country. It would be good if such activities are continued in future as well.

Dr. S Kumaran
Lecturer
Department of Family Medicine and Community Medicine
Jaffna Medical Faculty

WE ARE PROUD OF YOU

Congratulations!!!

President SLMA awards the medal

Delivering the lecture
“Something good in everything I see”

Congratulations from Dennis
MRCGP (INT) S.A. EXAM PART 2 OSCE SEPTEMBER 2013 –
CANDIDATES PASSED

Congratulations!!!

H.A.Priyanka Prasad Halamaarachchige
Cecilia Ruvini Perumal
M U L M Nawras
Satthivel
M.F.M.Sabry
F.M.Mursheeed
Iniyan Krishnan

Hiranthi De Silva
D.G.D.I. De Silva
N.S.M.Mendis
D.J.H.Gunasekara
W G P Gunawardhana
A.H.W.de Silva

THILAKE TAKE A BOW

Exercise on prescription was good for GPs

Dear CPD Committee members,

Print CPD Programme is very useful for part time GPs like me. Because we don’t have much spare time to participate in lectures, sessions etc. Specially the one on exercise was very interesting. I would like say thank you and congratulations to all members of the committee and especially to Drs Thilakaratna and Thamber for their great effort.

Warm regards

Dr M D S Jayalal
Associate(A/0400)

Dear Thilakaratna,

Your article on 'EXERCISE ON PRESCRIPTION FOR PRIMARY CARE PHYSICIANS' is splendid. It is very informative & very relevant for the GPS. Thank you so much. However I need clarification on the following:

Re Strength training regimens: Though you suggested some strategies to do this at home, no details were given as to how the 'VARIOUS GROUP' of muscles in the body could be strengthened. Any suggestion as to how to do it at home? Or is it better learnt from a gymnasium instructor? I’d be grateful if you could reply in the next issue of the newsletter, so that others too may gain.

Many thanks also to Jayantha for his editorial assistance, without which this article wouldn't have been so reader friendly & clear.

Last but not the least many thanks go to our energetic Pushpa for her work as a coordinator of this project. Thank you so much.

May god bless all of you

Regards

Percy Motha
V FOR ARI

General practitioner, community physician, author, health educator, social worker, media personality and international traveller Ariyasena U Gamage, Public Relations Officer of the CGPSL has been nominated by the United Nations for a Volunteer Award for Sri Lanka. Ari was short listed from a group of two thousand personalities who had been nominated for the award. May you go from strength to strength Ari.

NICE MOVES RUVAIZ

Having completed a stint as the College's honorary secretary and as the honorary treasurer SLMA, Ruvaiz Haniffa is poised to take the post of secretary of the SLMA for a second time. The SLMA has also nominated Ruvaiz as a vice president of the Organisation of Professional Associations. In this regard Haniffa seems set to follow a tradition set by Dennis Aloysius & Joel Fernando both of whom were presidents of the OPA. MY COLLEGE wishes all the best to Ruvaiz in all his endeavours. May your upward path be smooth Haniffa.

ACCESSING THE COLLEGE WEBSITE

How to do it

Once you have switched on the computer wait till the screen with the main icons to appear

- Click on any web browser (eg: internet explorer, Chrome, firefox) and wait for the screen to appear.
- Once the main screen appears type in the box (address bar) the website address http://cgpsl.org/
- Press enter.
- You will see the College website appearing on the screen which is the home page.
- At the top you will see the various sections of the Website.
- Click into the section you would like to browse.
- You will get total access to the Website if you are a member or an associate member of the college. You have to register yourself in the website for full access.
- Click on register (which appears on left hand top corner of the home page by the side of Face book icon)
- Member registration form appears
- Fill in the following- User name, pass word, pass word confirm, email, your CGPSL registration number (Obtain it from the Desk-top-aide), SLMC registration number.
- Your pass word may be a mixture of numbers and alphabets.
- In the member type section select Life, Associate or member
- Then you have to fill in the personal details. You may fill all the details. Only your clinic address and clinic telephone number will be visible to the public. Your home address and phone number can only be accessed by your colleagues registered with the college.
- Finally fill in the Captcha and complete by clicking register at the bottom
- The College staff will check the details you have submitted and confirm by email within 48 Hours.
CALLING ALL TEACHERS OF FAMILY MEDICINE

Having worked together with you, as a colleague, for many years, I feel it is my duty to share with you my thoughts, on the responsibility placed on us by the College of General Practitioners of Sri Lanka, to teach and to train doctors who enroll for the MCGP Diploma Programme or any other family Medicine Programme.

We have earned the merit of qualifying as family doctors and acquired the ability to teach/train and be examiners. We should consider it a sacred trust placed upon us when we are entrusted with teaching/train/ examining undergraduates and postgraduates in the discipline of Family Medicine.

Our responsibility is to guide trainees through their formative years, to become general/family practitioners. As an adjunct to our teaching/training, it is necessary that we role-model exemplary behavior in practice.

We must treat trainees with the respect they deserve, enable them to fulfill their desire to learn, and encourage them to be self-directed in doing so.

We should not take advantage of their respect for us as teachers, and never intimidate them. We should always give our trainees the freedom to voice their opinion, even when contradictory to ours, and lead a useful discussion.

We should not abuse their willingness to please us, and never make wrongful use of them.

We should provide trainees with a safe haven for their learning to take place. We should be formative in giving feedback on their performance, always be fair in making formal assessment, and never be vindictive.

We must ensure that candidates facing an examination are able to do so with confidence in the examination process, and enable them to demonstrate their knowledge, ability and attitudes, unhampered by any fears.

The regulations laid down by the Faculty of Teachers of Family Medicine of the College of General Practitioners, requires us to comply with standards for trainers and training practices. It is however, even more important for us to fulfill our moral obligations, towards teaching/train/examining.

This is what prompted me to write to you. I send this communication with love and respect for you my colleagues.

Sincerely yours
Dr. Leela de A Karunaratne

Up Coming Events

- 15th December 2013  Regional meeting for GPs on Peripheral Neuropathy & Diabetes in General Practice
- 12th January 2014  NCD screening camp @ Wellawatte
Zinc Supplementation in Managing Diarrhoea Among Children Under Five Years of Age

Zn supplementation for diarrhoea management has been identified as evidence based an intervention to reduce the severity of the episode, thus reducing morbidity and mortality due to diarrhoea, reduce the duration of illness and lowering the incidence of diarrhoea in the following 2-3 months by improving the immune response. This recommendation was discussed at the Maternal and Child Nutrition subcommittee chaired by the DDG PHS II and the subcommittee recommended the adoption of this evidence based intervention in Sri Lanka which was endorsed by the Nutrition Steering Committee chaired by the Secretary, Ministry of Health.

Hence the following Zn supplementation regime to be started from the onset of diarrhea is recommended in the management of diarrhea among children under five years of age. Zn supplements for this purpose are made available by the Medical Supplies Division of the Ministry of Health for the government sector health institutions. These Zn supplements should not contain other minerals (especially iron and calcium) that may compete for absorption.

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<tr>
<th>Age Group</th>
<th>Dose</th>
<th>Frequency</th>
<th>Duration</th>
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<tr>
<td>Infants less than 6 months of age with diarrhea</td>
<td>Elemental Zinc –10 mg/day</td>
<td>Daily 1 hour before or 2 hours after a meal</td>
<td>10-14 days</td>
</tr>
<tr>
<td>Children 6-60 months of age with diarrhea</td>
<td>Elemental Zinc –20mg/day</td>
<td>Daily 1 hour before or 2 hours after a meal</td>
<td>10-14 days</td>
</tr>
</tbody>
</table>

**Zn Preparations and mode of administration:**
Zn supplements are available as either syrup or water dispersible tablets. Strength of tablet should be elemental Zn 10mg or 20mg and syrup-elemental iron 10mg/5ml or 20mg/5ml. Water dispersible tablets should be dissolved in 5ml (one tea spoonful) of expressed breast milk, ORS or clean water when given to infants. For older children, tablets can be chewed or dissolved in a small amount of clean water. If vomiting is associated with diarrhoea, and the child vomits the Zinc tablet, waiting till vomiting subsides before giving another tablet is recommended.

**Side effects:**
Very rarely nausea and vomiting can occur. If vomiting occurs as a side effect of Zinc supplementation, it should be reported to a medical officer or the area the Medical Officer of Health (MOH).

Please ensure that the children who present with diarrhea at Out Patients’ Department (OPD), clinics or wards are treated for a total of 10-14 days with zinc and the required supply is issued to the child.

Please bring the contents of this circular to the notice of all relevant health staff.

Dr. P G Maheepala  
Director General of Health Services
RADIO SCHEDULE

The NCD committee together with Baurs Health Care has commenced transmitting health messages island wide over the airways from the 18th November 2013. The schedule of broadcasts is given below. Tune in when you can.

Maithri Rupasinghe  
Hony. Secretary  
CGPSL

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<th>Hiru Fm</th>
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<td>SUN FM</td>
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Council & committee news FOR YOU

Desk Top Aide & Calendar

Free for you

You may be pleased to hear that the council unanimously decided to distribute the College calendar and the Desk Top Aide free of charge to all the members and associates (This is applicable to those who did not collect their copies on the day of the sessions)

The distribution would be carried out by medical representatives of Reddy’s laboratories for the calendars and Emar Pharma for the Desk Top Aide, who were the sponsors of these projects. We propose to complete the distribution by the 14th of January 2014.

Those who desire extra calendars or Desk top Aides can purchase them only from the College office at the following rates.

Calendar 150/=  Desk Top Aide 1200/=
THE GP AND THE SPECIALIST

The way forward

What we can do

- Develop practice accreditation as one way of encouraging GP’s to achieve and maintain standards
- Begin a dialogue with the specialist colleges – on shared care, referral and feedback
- College could have an ongoing advocacy through the media to educate the general public on the role of the GP
- GP’s should take on more health education roles through the media
- Request all departments of Family Medicine to encourage the professorial units of the respective faculties to reply and give feedback to referral letters – this is a way of acknowledging the GP’s role in the undergraduate education in the faculties
- College should have an ongoing dialogue with relevant departments in the Ministry on the need to introduce measures in the ‘system’ that would ensure proper channeling of patients through the GP – A referral system
- Commence a dialogue with insurance companies and entities that settle private health claims – its in their best interests to settle only claims of clients who have been referred by GP’s to Specialists. This is the practice worldwide.

Please note that

Referral is a win-win situation for all stakeholders
Patients – referred to the relevant specialist only when necessary. This saves time, anxiety and expenditure on the part of the patient.
GP-manages patients in a holistic manner at the primary care level
Specialist – sees only those who need to see him, spends more time on more complex cases, reduces congestion at secondary care level
Policymakers – Should develop a sustainable primary care driven health system

WRITE TO US. KEEP IN TOUCH. SHARE YOUR VIEWS. GIVE US YOUR ADVICE.
BUT FOR GOD’S SAKE DON’T KEEP QUIET!

Editor – Pushpa Weerasinghe

Editorial Board – Eugene Corea & Preethi Wijegoonewardene

Type setting, page setting & formatting – Dimuthu C Weerasekera
CGPSL – Dept of Clinical Hypnosis

Certificate Course in Clinical Hypnosis

Commencing Feb 2014 monthly in the afternoon of the last Sunday each month

Duration – One year

Eligibility – MBBS/ Equivalent with SLMC registration

Apply to-

The Secretary

Dept of Clinical Hypnosis

College of General Practitioners of Sri Lanka

No 6, Wijerama Mawatha,

Colombo 7

Inquiries – Mr. Kumaran/ Ms. Dimuthu: 2698894

Apply before 15th January 2014

Details with regard to the selection test will be informed in due course