



Issue 1 - February 2020

# SUTURE

NEWSLETTER OF THE COLLEGE OF SURGEONS OF SRI LANKA

*"Binding Surgeons Together"*



Tranquillity through a surgeon's lens  
Courtesy : Dr Seevali Thilakaratne  
Consultant Surgeon  
Teaching Hospital Karapitiya

**THE COLLEGE OF SURGEONS OF SRI LANKA**

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SUTURE Editors : Dulantha De Silva, Mohan Dias, Asela Senanayake & Gayan Ekanayake







## A course on Emergency Sonography for Trauma Care (ESTC)

Organized by The College of Surgeons of Sri Lanka  
in collaboration with the  
Accident and Orthopedic trauma unit - NHSL

**Date** - 27th February 2020  
**Time** - 8am - 3pm  
**Venue**- NHSL, Accident  
Service Auditorium



### Participants:

Any doctor who is involved in acute trauma care

**Limited for 20 participants only**

### Objective:

To give adequate hands on training on ultrasonography in trauma, particularly eFAST, and relevant sonographic information for trauma decisions

**Course coordinator** – Dr. Mihira Bandara  
Consultant General Surgeon  
071 8004532

**Course Fee - Rs. 3,000/=**

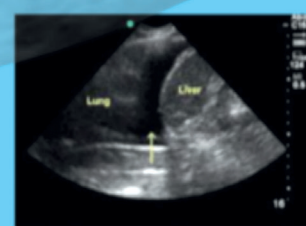
### For registrations contact:

The College of Surgeons of Sri Lanka on:

Tel: 0112682290, email: [collsurg@gmail.com](mailto:collsurg@gmail.com)



Fig. 1. Right upper quadrant view displaying a normal liver and kidneys during the study period with this fluid results in Marfan's point.



## From the Editors Desk

As the College nears a half century of existence, Dr Jayindra Fernando takes over the helm of the College to lead her in to 2020. The theme of the new President “Professionalism, Pragmatism & Pluralism” aims to bring in to focus new aspects of our work as surgeons as we embrace the challenges of evolving in an era of technological advancement.

The college has an exciting programme of activity scheduled for the coming year. As usual main event of the College will of course be the Annual Academic Sessions which will be held between 13th and 15th August in Colombo. Once again, we will be joined by our friends from Edinburgh and the SAARC Surgical Care Society. In addition, this year's sessions feature the annual congress of the Ambrose Pare International Military Surgery Forum, which is currently lead by one of our members Kosala Somaratne.

In addition to this, a number of other symposia, workshops and scientific sessions are planned for 2020. The Suture will keep the member s updated on these events as we go along. In the meantime, we invite all our member and fellows to join hands with the College to ensure its continued success.



**49TH SRI LANKA SURGICAL CONGRESS**  
**OF THE COLLEGE OF SURGEONS OF SRI LANKA**

In collaboration with the Royal College of Surgeons of Edinburgh  
and The SAARC Surgical Care Society

Incorporating the annual congress of the  
Ambrose Pare International Military Surgery Forum

Thursday 13th to Saturday 15th, August 2020  
Shangri-La Hotel, Colombo, Sri Lanka

Registration and congress website - [slsc2020.surgeons.lk](http://slsc2020.surgeons.lk)



# Council of the College of Surgeons of Sri Lanka 2020



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SAARC Surgical Care Society  
Sri Lanka College of Oncologists  
Sri Lanka Orthopaedic Association  
Association of Paediatric Surgeons  
Sri Lanka Society of Gastroenterology  
Sri Lanka Association of Urological Surgeons  
Association of General Surgeons  
Association of Plastic Surgeons  
Association of Neurosurgeons  
Association of Cardiothoracic Surgeons  
Association of Vascular Surgeons  
Northern Chapter  
Central Chapter  
Southern Chapter  
Wayamba Chapter  
Eastern Chapter  
Sabaragamuwa Chapter



## Message from the President

I wish all the Fellows and Members of CSSL a happy new year. The theme for this year is “Professionalism, Pragmatism & Pluralism”. We now work in an era of technological advancement. I feel it is time to look at another aspect of our practice such as professionalism. In simple words, our conduct at our workplace.

Many issues remain regarding the provision of technical and human resources as well as clinical decision making under challenged circumstances. We Sri Lankans should come up with pragmatic solutions for all this.

The CSSL is probably a great role model of pluralism. Our surgical community is enriched by functioning provincial chapters of the college as well as the great work by the different sub-specialty associations. I am delighted by the synergistic contributions made by these chapters and associations, for the benefit of the citizens of our motherland. The College of Surgeons of Sri Lanka is committed to supporting all the endeavours of its members in this regard.

**Dr Jayendra Fernando,**  
President, CSSL.



The SAARC Surgical Care Society executive committee met in December 2019 in Bhubaneswar, Odisha, India as a part of the ASICON 2019. It is a great honor for Sri Lanka that Prof M D Lamawansa was appointed the president of the SAARC SCS for 2020/2021. Dr Jayendra Fernando will move from Secretary General to Vice President. The new Secretary General is Dr Bawantha Gamage.



# The Transformation of a College

The following article is an edited version of the speech delivered by Prof Ranil Fernando as the Guest of Honour at the Presidential Induction Ceremony of the College held on

## Introduction

Transformation is the change in form, shape or nature of a being or institution. The College of Surgeons of Sri Lanka is 49 years old and during this presentation, I would attempt to demonstrate the major events that truly transformed the College of Surgeons of Sri Lanka (CSSL).

It is difficult to telescope and condense 50 years of history into a short presentation, but I will try my best to give a composite picture. If there are any omissions or errors, they are all mine and please bear with me. If individuals are named it because it would resonate well with the presentation and make the narrative easier.

The early surgeons of Ceylon were masters of many things. Dr E. L Koch, Dr G.W Rockwood and others belonged this era. It is recorded that Dr Koch “died of sepsis from a wound he received whilst performing an autopsy”. He was “a bold surgeon, a successful physician and an expert obstetrician” No surgeon in the modern era will undertake such a multitude of tasks. The Primary FRCS was held in Sri Lanka, aspiring surgeons would sit the examination pass it and go to UK to complete training and pass the final FRCS, return and practice as surgeons. This trend continued till the 1980s.

## The Precursor

The senior surgeons in Colombo were embarrassed as there was no organization to host and look after UK examiners who came for the Primary FRCS Examination. After several discussions, an association was formed in the 60s. It was called the Association of Surgeons of Ceylon.

Surgical icons such as Prof Milroy Paul, Dr L.N. Bartholomeusz, Dr D.F.de S Goonewardene, Dr P.R. Anthonis, Prof R.A. Navaratne, Dr K.G. Jayasekera, Dr A.D. Soysa were office bears of this organization. It existed till 1970.

## The birth of the college

A decision was made to set up a college. A constitution was drawn up, 3 meetings were held but no quorum. A suggestion to have a free dinner to attract members was made. Venue for the meeting became an issue. A neutral venue was hired on legal advice. The notice of the meeting stated *“premises No. 191 Dharmapala Mawatha has been leased by the Association of Surgeons to hold its Special General meeting. Your right to speak will be ensured”. Subsequent reports suggest “Good attendance. The constitution was passed”. The College of Surgeons of Sri Lanka was born in 1971.*

In 1971, Dr. P.R. Anthonis was elected as the first president

and Dr. A.D. Soysa the first secretary. Activities planned were meetings, seminars, overseas visitors, Primary FRCS exam, College sessions and banquet. The records indicate that the following events were also conducted. ENT course & operating session demonstration one week conducted by Mr. Desmond Dawes, Scientific sessions and banquet.

## Problems of the College since inception

The college had many problems to deal in the early years. It had no assets, no ‘house’, no office space, no staff and inadequate funds to sustain itself. There were no grants from the government. Council meetings were held in various venues including the SLMA council room and the Department of Surgery of the Faculty of Medicine, Colombo. Finally, a room was rented at the Wijerama house (SLMA Headquarters).

Annual Sessions were held in the Anatomy block of the Faculty of Medicine, Colombo, the Sri Lanka Foundation Institute and the SLMA auditorium. The surgeons of yester-year persevered despite the setbacks.

## Glimpses from the era of growth

College progressed slowly but



steadily in the ensuing years due to the untiring efforts of the surgeons of that era. Annual sessions, seminars, guest lectures, updates etc. were held regularly despite several difficulties.

Till 1993 the term of the President was two years and in 1993 it was reduced to one year by a resolution.

In 1982-1983 the College Journal was started with sponsorship from Mr. Esmond Satharasinghe, Chairman Brooke Bonds Ltd. In 1995 under the Presidency of Prof Arjuna Aluvihare the first joint annual academic sessions with the SAARC surgical care society was held in Kandy, the first annual sessions held outside Colombo and the first in a Hotel - Tourmaline & Topaz Hotel. In 1997, a proposal came about to having a College building or headquarters. In 2000, then President Prof A.H Sheriffdeen on invitation, had discussions about the donation of the residence of Dr Noel & Mrs. Nora Bartholomeusz, to the college. Much work was done to ensure that the property was gifted to the college. The late Mrs. Anne Ranasinghe and late Dr Vimala Navaratne provided valuable support to enable the realization of this.

Also, in 2000 a lease on Rajagiriya property was signed. This property currently houses the Headquarters of the SAARC Surgical Care Society under the auspices of the CSSL. Dr Narendra Pinto had a leading role to play in this regard.

## **The Great Generosity**

The great generosity of Dr Noel & Mrs. Nora Bartholomeusz in donating their very valuable property to the college to set up the Noel & Nora Bartholomeusz Foundation is greatly appreciated and remembered with a lot of gratitude by all previous present and future surgeons. The CSSL moved to the new premises in Sept 2003. The first Council meeting at the Foundation was held on the 9th Sept 2003. The Official opening took place on March 2004.

## **The College following the NBF Foundation**

The transformation of the college started in earnest after the donation. A 200-seater auditorium was built and opened in 2009. A Skills development centre was added in 2011 with the assistance of the Royal College of Surgeons of Edinburgh. The SAARC Surgical Care Society headquarters was built in Rajagiriya. The college now had a proper headquarters and other real estate.

## **Regional Chapters**

The college has always tried to cater to the needs of the surgeons working in different parts of the country and to project the image of the COLLEGE OF ALL SURGEONS. There are many regional programmes conducted each year. The regions were encouraged to start regional chapters. CSSL now has seven (7) Regional chapters, Central, Northern, Southern, Eastern, Uva, Wayamba & Sabaragamuwa.

They conduct excellent academic and other programmes to cater to the needs of regional doctors. The college actively takes part in three to four regional chapter activities per year. The Northern chapter has organized international meetings in the last few years. Each region and specialty have a representative in the college council. The development of regional chapters is one of the key achievements in the transformation of the college.

## **International Relations**

Since its inception, the college has built strong relationships especially with Royal Colleges of England & Edinburgh. These ties have become stronger over the years. The CSSL signed a MOU with the RCS Edinburgh which has since been renewed and the RCS Edinburgh has co-hosted the annual sessions with CSSL for the last 8 years.

The association with SAARC surgical society has also grown in strength and many activities with SAARC Surgical Care Society take place annually.

The CSSL has recently signed a MOU with the International Society of Surgeons (ISS/SIC). They will join us in co-hosting the annual sessions of the CSSL in 2020. Presidents of many surgical societies have graced CSSL activity since its inception. Presidents, office bearers and members CSSL take part in annual sessions of other countries as representatives and guest speakers many times each year. In keeping with the



international image, fellowships of the college have been awarded to many presidents of international colleges and distinguished overseas surgeons. This number has rapidly grown in the last decade. The CSSSL is recognized as a truly world class organization in the world of surgery.

## **Contribution to training of surgeons**

In 1980, the government decided to grant full recognition to the local postgraduate degrees. Postgraduate Institute of Medicine (PGIM) was established under the provisions of the Universities Act No. 16 of 1978. The PGIM Act came into force in April 1980, and the recognized Boards of Study in twelve specialties. Courses of instruction and examinations were formalized

International exams lost their role in consultant appointments after 1981. Major training and board certification had to be done locally. Though the college has no statutory role, the college plays the leading role in training surgeons and advising the Board of Study in Surgery.

While the PGIM selects the candidates and provides the academic guidance, the college has a major role in training surgeons by, providing training slots in hospitals, conducting courses, workshops, lectures etc. The CSSL members are the main trainers and ROLE MODELS.

Surgical trainees need a recommended period of training

abroad before board certification - College actively helps in finding training posts abroad. The CSSL in an initiative to obtain international recognition for our postgraduates introduced the Joint Committee of Intercollegiate Examinations (JCIE) of the UK to the PGIM. The JCIE found the MD Surgery examination to be of international standards.

CSSL initiated high level dialogue with the Royal College of Physicians and Surgeons of Glasgow (RCPSG) culminating in a MOU for the award of the MRCS Glasgow to MD Surgery graduates without examination. Sri Lanka is the only country to receive this honour from RCPSG.

## **Research**

Academic surgery did not receive due attention till the last decade. In recognition of this the CSSL tried to develop a “Research Culture” in Surgery. The CSSL fully supported the decision of the BOS in Surgery to make research a mandatory component in surgical training.

The college receives more than 150 submissions each year and all are assessed by two reviewers of the college. The abstracts published in the journal of the college providing the trainees an opportunity to have a publication in their name. The PR Anthonis research fund was set up in the college in 2013. From 2016 onwards PR Anthonis research award is given to the best publications by Sri Lankan trainees in a peer reviewed journal.

The Sri Lanka Journal of Surgery The journal of the college is a very important academic activity and an integral part of a research culture. Despite difficulties initially, the journal has been uplifted to a very high-quality journal, now published four times a year. It has a local as well as an international panel of reviewers. The journal is expected to receive the status of an indexed journal soon. It is available on the web. Just like the CSSL, the journal has also undergone a complete transformation. In addition, the newsletter – SUTURE is published regularly and provides update on college events and news.

## **The Future & the vision**

The college has a membership of 630 currently. It has multiple assets, 8 Permanent staff members. The CSSL is a truly transformed college. There are plans to build a new 5 story academic building at the NB Foundation. With committed leadership and motivated membership, the SKY is the limit- perhaps even beyond! The vision of the college is to provide the Best for all patients.



# Notice of Annual General Meeting of the College of Surgeons of Sri Lanka

Date: Friday 20<sup>th</sup> March 2020

Time: 7.00p.m.

Venue:

**College of Surgeons Auditorium**  
Noel & Nora Bartholomeusz Foundation  
No. 6, Independence Avenue,  
Colombo 07.

Resolutions to be taken up at the AGM should reach the College office on or before 4:00pm on 01<sup>st</sup> March 2020.

**Dr Gayan Ekanayake**  
Hony. Secretary



## **NATIONAL TRAUMA MANAGEMENT COURSE MARCH 2020**



**IATSI**

**Organized by The College of Surgeons of Sri Lanka**

**5th and 6th March 2020**

**Venue - Auditorium, The College of Surgeons of Sri Lanka**





# WORKSHOP ON LAPAROSCOPIC HERNIA REPAIR

KSM ANNUAL ACADEMIC SESSIONS 2020 PRE-CONGRESS WORKSHOP



**January 22, 2020 at the National Hospital, Kandy**

The Central Chapter of the College of Surgeons of Sri Lanka organized a live demonstration workshop on laparoscopic treatment of hernias at the National Hospital, Kandy on 22 January 2020.

Different techniques of repairing inguinal, incisional and para-umbilical hernias were demonstrated by the expert panel comprising Dr. Rukman Sanjeewa/ Resident Consultant General Surgeon, NH Kandy, Dr. Lakshman Jayasundara/Consultant General Surgeon, DGH Matale and Dr. Manjula Pathirana/ Consultant General Surgeon, DGH Ampara. Lectures and discussions in between cases enabled

the delegates to interact freely with the resource persons, and to get concepts and practical points explained in detail.

There was great enthusiasm from postgraduate surgical trainees to participate in the event, so that the limitation of registrant number was increased from 12 to 15 to accommodate the demand. All the slots were taken up by registrars and senior registrars from Kandy, Peradeniya, Nawalapitiya, Matale and Colombo.

The event was supported by all the general



***Dr Lakshaman Jayasundara preparing to perform a laparoscopic inguinal hernia repair***



surgeons at NH Kandy. Dr. Pulasthi Kanchana (SR), Dr. Kaushika Gunasekera (SR) and Dr. Anjana Abeysinghe (Registrar) were actively involved in the organization of the workshop.

There was keen interest and support from industry partners-Surgifusion, Medtronic and Biomed International provided sponsorships and consumables for the workshop.

The Kandy Society of Medicine collaborated with the Central Chapter, and Dr. Chathuranga Keppetiyagama, Joint Secretary of the society provided great support in many aspects of organizing.

Dr. SMM Niyas, President and Dr. Mohan Dias, Secretary of the Central Chapter provided leadership to the organizing committee.



***Dr Manjula Pathirana teaching how to tackle a difficult incisional hernia***



***Dr. SMM Niyas addressing the workshop participants***



***The President and the Secretary of the Central Chapter with the resource panel***



## Naomal Perera wins Golden Fox award at Calcutta International Film Festival

Many surgeons in Sri Lanka have exhibited creative talents beyond the scope of the clinic or operating theater. One such recent achiever is Dr Naomal Perera, a board-certified Consultant Oncological Surgeon and a member of the CSSL, who has brought glory to our motherland as well the College. He won the most prestigious Golden Fox award at the Calcutta International Cult Film Festival on 26th January 2020. He was awarded the Best Debut Director for his maiden movie 'Dada Ima'. 'Dada Ima' (End of the Hunt) is a sequel to another award-winning movie Dadayama, which was screened in 1984, directed by Vasantha Obeysekara. Naomal directed award-winning artists, Swarna Mallawarachchi, Jackson Anthony and Mahendra Perera in addition to serving as the art director of the film.

In addition to this award, his film has been officially selected at Rome Prima Awards 2019 and Florence Film Awards 2019. It has been selected as a finalist at Canadian cinematography awards and Asian Cinematography awards (Philippines) which will compete at the annual event in 2020. It became the best debut direction at Singapore World Film Carnival at the monthly edition in January 2020. The film will be released in Sri Lanka in mid-2020 through EAP cinemas.

Dr Naomal Perera held many positions at the CSSL including being the Honorary Secretary in 2005. Currently he is a member of the editorial board of the college journal. Further he is a volunteer naval surgeon holding the rank of Surgeon Commodore at present and is attached to Lanka Hospitals Colombo.

