



PSSSL QUARTERLY

NEWSLETTER OF PERINATAL SOCIETY OF SRI LANKA

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“Excellence in Perinatal Care through Audit, Research & Training”

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Dr. Sanath Lanerolle
President 2021

Message from the President

I am proud to share this PSSL Newsletter 2021. Inaugural copy which showcases the results of PSSL has delivered in the first quarter of the year, despite the difficult context of the Covid 19 pandemic. The young and dynamic team of PSSL demonstrated their creativity resilience and dedication driven by our own mission.

It is a great honour to convey this message for the Newsletter of PSSL in 2021. It is a fact that we faced many challenges in provision of providing perinatal services during this Covid 19 Pandemic situation. Newsletter is a tool used to communicate regularly with the members of

organization, delivering the information and make them informed. Newsletter is a way of communication of PSSL activities. All members are welcome to express their views, provide news and other important activities at your local hospitals. My main task is to improve the quality of perinatal care in Sri Lanka during my tenure as the President of PSSL.

As you are aware the PSSL is making every effort to improve the perinatal care in Sri Lanka. The customary role of PSSL in state sector and private sector was to deliver goods at all odds and the credit of our achievements to be shared by policy makers. PSSL has repeatedly demonstrated the ability to stand out as a powerful organization with a dedicated membership. The latest example was to conduct very successful perinatal care workshop at TH Anuradhapura with five parallel sessions and hands on training sessions, near impossible task for any other government organization.

PSSL has always come forward for the country on our own initiative. It may appear to you that we are embarking at almost impossible targets but the reality that we have been working on many of these for years and have been successful in reaching many milestones already.

I have to specially thank Dr. Sharada Jayalath, Editor of PSSL for his excellent editorial ship in producing this PSSL Newsletter. None would have been possible without strong dedicated hard work from the Editor of PSSL Dr. Sharada Jayalath. I am confident he will continue to receive your support as we walk through the year 2021.

Please communicate with Dr. Sharada Jayalath to submit your own publications, News articles and events with sharadajayalath@yahoo.com. I wish great success to PSSL Newsletter in years to come.

Message from the Secretary



Dr. Dilusha Atukorale
Secretary
Perinatal Society of Sri Lanka

I am deeply honoured to be assigned the role of secretary of the Perinatal Society of Sri Lanka for the year 2021. Perinatal Society is considered a unique matrimony of consultants from three different specialities, namely paediatrics, obstetrics and community medicine. This wedlock between medical specialties has enabled us to attend to the largely diverse needs of maternal and neonatal care successfully. The Perinatal Society of Sri Lanka has also ventured beyond the realms of traditional academic gatherings to the grass root level of patient care, thanks to its innovativeness. Our programs have always had a major and instant impact among the pregnant and the new-born. Our goals are aligned in providing world class medical services to Sri Lankan patients, irrespective of their social status. Therefore I am humbled as well as proud at the same time to accept the post of secretary of this prestigious society with my energetic team of council members, under the presidency of Dr. Sanath Lanerolle.

Message from the Editor

It is an honour and pleasure for me to welcome you to the inaugural issue of the PSSSL Newsletter. Perinatal Society of Sri Lanka is doing best to serve to the society at the level of scientific research publications, recommendations, guidelines, training as courses, webinars, congresses and try to establish the standards in the field of perinatal medicine such as obstetrics, neonatology and perinatal mental health. After the Covid-19 outbreak, our activity has been interrupted and now getting active again in the era of online and virtual communications by means of new technologies. We hope that we will be doing our activity onsite and online together after that and very soon. PSSSL Newsletter is the platform to convey the activities done by Perinatal Society of Sri Lanka at national level and institutional level to the membership of the society. I believe all our membership will use this platform to further uplift the perinatal care in Sri Lanka. I highly appreciate the supervision and the guidance given by the president Dr. Sanath Lanerolle and all the council members to make this a great success.



Dr. Sharada Jayalath
Editor
Perinatal Society of Sri Lanka

Message from the President Elect



Dr. L. P. C. Saman Kumara
Consultant Neonatologist/
President Elect PSSSL
Castle Street Hospital
for Sri Lanka

Dear members, it's my pleasure to write few lines for the Newsletter of the PSSSL. I am proud to say that the PSSSL has now become the leading organization making a sound voice for perinatal care in Sri Lanka. I am so grateful to all the past presidents and the council members who worked tirelessly to bring the PSSSL to present level amongst the other medical organizations in Sri Lanka. At present, like any other organization in the world, the PSSSL too has been badly affected by the pandemic. But we try our best to keep our activities going as much as possible while following the quarantine regulations. Our activities for the next two years have been planned as a combined two year plan. My key areas to concentrate during these two years are, to reorganizing neonatal resuscitation program through a national resuscitation council under PSSSL, introducing proper resuscitation system with blended worm humidified gas, internal communication system for neonatal and obstetric teams, collect accurate data on gestation specific neonatal mortality from all major hospitals in the country. I like to take this opportunity to request all of you for your kind cooperation in this regard to collect these data. The DGHS has already given official permission and you will soon receive the letter and data collection form. This will help identify many gaps in the neonatal care. In addition we are also concentrating on making few essential drugs such as caffeine citrate, Curosurf, available. Introducing pasteurized human donor breast milk for especially needy premature babies is another target during our term.

I am very grateful to the current president Dr. Sanath Lanerolle and the council for their valuable support and cooperation and I am sure all of you will support the PSSSL to make all these important projects a reality and contribute to improve the perinatal care in our country.

Perinatal Society of Sri Lanka - Council 2021



Standing from Left to Right - Dr. Nalin Gamaathige (Consultant Neonatologist), **Dr. Gayan De Silva** (Consultant Obstetrician & Gynaecologist), **Dr. Asiri Hewamalage** - Ex Office Secretary (Consultant Community Physician), **Professor Rasika Herath** (Professor in Obstetrics & Gynaecology), **Dr. Sanjeewa Tennakoon** (Consultant Neonatologist), **Dr. Harendra Dassanayaka** (Consultant Community Physician) **Dr. Rajeeva Vithanage** (Consultant Obstetrician & Gynaecologist), **Dr. Prabodhana Ranaweera** (Consultant Obstetrician & Gynaecologist), **Dr. Chaminda Mathota** (Consultant Obstetrician & Gynaecologist), **Dr. Sri Lal De Silva** (Consultant Paediatrician), **Dr. Medhani Hewagama** (Consultant Psychiatrist) **Dr. Shyama Basnayake** (Consultant Neonatologist), **Dr. Sharada Jayalath** - Editor (Acting Consultant Obstetrician & Gynaecologist)

Seated from Left to Right - Dr. Dilusha Atukorale - Secretary (Consultant Paediatrician), **Dr. Dammika Rowell** (Consultant Community Physician), **Dr. Kapila Jayaratna** (Consultant Community Physician), **Dr. U. D. P. Rathnasiri** (Consultant Obstetrician & Gynaecologist), **Dr. L. P. C. Saman Kumara** - President Elect (Consultant Neonatologist), **Dr. Sanath Lanerolle** - President (Consultant Obstetrician & Gynaecologist), **Dr. Kaushalya Kasthuriarachchi** - Immediate Past President (Consultant Community Physician) **Dr. Surantha Perera** - Managing Editor (Consultant Paediatrician), **Professor Dulani Gunasekara** - Journal Editor (Professor in Paediatrics), **Dr. Sandya Bandara** (Consultant Paediatrician), **Dr. Kapilani Vithanarachchi** (Consultant Paediatrician), **Dr. Ruwan Silva** - Treasurer (Consultant Obstetrician & Gynaecologist)

Annual General Meeting of PSSSL 2020





Annual general meeting (AGM) of Perinatal Society of Sri Lanka was held on 23rd of December 2020 at Sri Lanka Medical Association (SLMA) Auditorium and Dr. Kaushalya Kasturiarachchi, immediate past president, Dr Sanath Lanerolle, new president, and member of the perinatal society including council members participated the event. Dr. Kaushalya Kasturiarachchi chaired the event and warmly welcomed all the members present.

Dr. Kaushalya Kasturiarachchi presented the briefing of the activities done under her presidency during year 2020. Dr. Kaushalya stated that under her presidency, PSSL was able to successfully conclude all the activities they planned to do, amidst the COVID 19 pandemic and lock down. She further stated that the Annual Scientific Congress of the PSSL was highly successful.

Dr. Asiri Hewamalage, the secretary of Menopause Society of Sri Lanka, addressed the gathering and presented the secretary's report. Dr. Asiri thanked all the council members for supporting her and specially thanked Dr. Kaushalya Kasturiarachchi for the guidance she has given during her period. Professor Dulani Gunasekara congratulated Dr. Kaushalya and the team for all the efforts and hard work they have done during the COVID pandemic, to improve the perinatal outcome in Sri Lanka.

Then the new council and office bearers for year 2021 were elected. Dr. Sanath Lanerolle, Consultant Obstetrician and Gynaecologist at Castle Street Hospital for Women, was elected as new president of Perinatal Society of Sri Lanka. Dr. Saman Kumara, Consultant Neonatologist at Castle Street Hospital for Women, was elected as president elect. Dr. Dilusha Athukorale, Consultant Community Physician, was elected as secretary and Dr. Gayan De Silva, Consultant Obstetrician and Gynaecologist, was

elected as assistant secretary. Dr. Ruwan Silva, Consultant Obstetrician Gynaecologist and Dr. Rajeeva Vithanage, Consultant Obstetrician and Gynaecologist, were elected as treasurer and assistant treasurer respectively. Dr. Sharada Jayalath was elected as editor of the Perinatal Society. Prof. Dulani Gunasekara, Professor in Paediatrics and Dr. Surantha Perera, Consultant Paediatrician, were elected as Journal Editor and Managing Editor respectively. New council members included Dr. Sandya Bandara (Consultant Paediatrician), Dr. Kapilani Vithanarachchi (Consultant Paediatrician), Dr. Srilal De Silva (Consultant Paediatrician), Dr. Sanjeewa Tennakoon (Consultant Neonatologist), Dr. Nalin Gamathige (Consultant Neonatologist), Dr. Shyama Basnayake (Consultant Neonatologist), Dr. U.D.P Rathnasiri (Consultant Obstetrician and Gynaecologist), Dr. Chaminda Mathota (Consultant Obstetrician and Gynaecologist), Dr. Prabodhana Ranaweera (Consultant Obstetrician and Gynaecologist), Pro. Rasika Herath (Professor in Obstetrics & Gynaecology), Dr. Kapila Jayaratna (Consultant Community Physician), Dr. Harendra Dassanayaka (Consultant Community Physician), Dr. Padmaka De Silva (Consultant Community Physician), Dr. Dhammika Rowell (Consultant Community Physician) and Dr. Medhani Hewagama (Consultant Psychiatrist). Dr. Kaushalya Kasturiarachchi wished very best for the newly appointed Council and she extended her fullest support for all the future activities of the Society.

Finally the gathering was addressed by new president Dr. Sanath Lanerolle. First he thanked the members of the PSSL for electing him as the new president. He extended his gratitude to the past presidents and council members and appealed for their continuing support during his term of office. Dr. Lanerolle briefly outlined his plans for upcoming year. Dr. Dilusha Athukorale, new secretary delivered the vote of thanks thanking all the members who attended the AGM 2020.

Induction of the 20th President of the Perinatal Society of Sri Lanka



The ceremonial induction of Dr. Sanath Lanerolle as the 20th President of the Perinatal Society of Sri Lanka (PSSL) was held at the Shangri-La Ballroom of Shangri-La Hotel, Colombo on the 19th March 2021. Dr. Sanath Lanerolle, Consultant Obstetrician and Gynaecologist at Castle Street Hospital for Woman is also the President Elect, Sri Lanka College of Obstetricians and Gynaecologists and Immediate Past President of the Menopause Society of Sri Lanka. The ceremony was graced by the chief guest Honorable speaker Mr. Mahinda Yapa Abeywardena, Guest of honor Madam Shiranthi Wickremasinghe Rajapaksa and guest of honor Dr. Asela Gunawardena, Director General of Health Services, Ministry of Health Sri Lanka.



Many distinguished guests added colours to this special occasion in the history of perinatal medicine in Sri Lanka. Leading medical professionals of the country including members of Sri Lanka College of Obstetricians and Gynaecologists (SLCOG), College of Community Physicians Sri Lanka (CCPSL) and Sri Lanka College of Paediatricians (SLCP) participated the event.



Following the ceremonial procession and lighting of the traditional oil lamp by distinguished guests and council members of the PSSL, the gathering was warmly welcomed by the outgoing president Dr. Kaushalya Kasthuriarachchi. The President medal was awarded to new president Dr. Sanath Lanerolle by outgoing president Dr. Kaushalya Kasthuriarachchi.

Then, Dr. Asela Gunawardena, Director General of Health Services, addressed the gathering, highlighting the collaborative work done by Perinatal Society of Sri Lanka with Ministry of Health, to uplift perinatal care in Sri Lanka. The chief guest, honorable Speaker Mr. Mahinda Yapa Abeywardena addressed the gathering, appreciating the tremendous work done by the PSSL towards a better perinatal outcome in Sri Lanka. He expressed his warm wishes towards the new president while





**Honorable Speaker of the Parliament
Mr. Mahinda Yapa Abeygunawardana
Addressing the Induction Ceremony**



Dr. Asela Gunawardana (Director General of Health Services) Addressing the Gathering





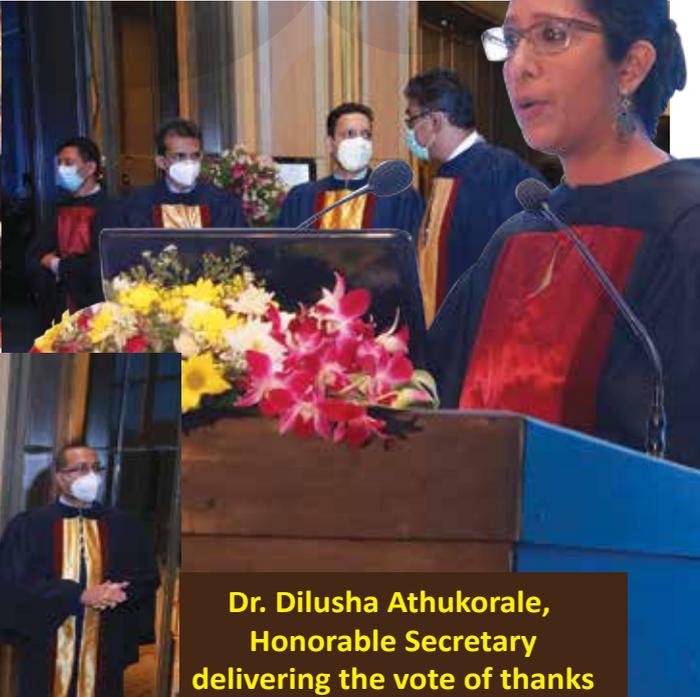
drawing attention to the fact that both of them were products of Rahula College, Matara.



New President Dr. Sanath Lanerolle delivered the Presidential Address. He thanked all the council members including outgoing president Dr. Kaushalya Kasthuriarachchi, all past presidents and past council members, for their great work instrumental in bringing the PSSS up to its current status. He briefed the audience on the work he planned to carry out within his term to further uplift perinatal care in Sri Lanka.



The Vote of thanks was given by Dr. Dilusha Athukorale, Secretary of Perinatal Society of Sri Lanka. The Grand Ceremony was brought to a close as the procession left the hall, and was followed by a reception.



**Dr. Dilusha Athukorale,
Honorable Secretary
delivering the vote of thanks**



Sri Lanka Journal of PERINATAL MEDICINE

The Sri Lanka Journal of Perinatal Medicine (SLJPM) was launched in 2019 as the official journal of the Perinatal Society of Sri Lanka. This journal is unique since it brings together three core specialties of perinatal medicine - obstetrics, neonatology and community medicine. It is an open access peer reviewed journal containing original research articles, expert reviews, current practices and other articles of interest to all involved in perinatal medicine.

The aim and scope of the journal is to contribute towards the progress of perinatology by disseminating and sharing important information among health care personnel, specially those involved in perinatal care. The journal also strives to update readers on new cutting edge processes of science related to perinatal care.



SLJPM also encourages articles from all areas of health or science relevant to maternal or neonatal health. This is a wide spectrum of expertise and will be an ideal platform to share information as well as being an ideal tool for disseminating and networking information among these important groups.

We invite local as well as international authors to submit their work to the journal. The SLJPM is published biannually in electronic and print media. The electronic version is currently found as a link on the PSSSL website www.perinatalsociety.lk. Soon it will be available on Sri Lanka Journals online, and I invite readers to submit their articles of interest to us.



Prof. Dulanie Guansekera
MBBS MD FRCP(Lon) FSLCP
Editor in Chief
Sri Lanka Journal of Perinatal
Medicine

Maternal Mental Health

The PSSL focused on Maternal Mental Health as a priority in their regional workshop in Anuradhapura. Improved mental health literacy in field public health midwives (PHMs), who is the main link between the public and maternal and child health care services, will in turn improve access to mental health care in antenatal and postnatal women.

One public health midwife and public health nursing sister from each MOH area in the district were invited to participate with the intent of disseminating knowledge to the entire district.

The workshop which was highly appreciated by the participants and the provincial health administration aimed to help PHMs identify common maternal mental health issues in both antepartum and postpartum, to assess risks and learn how to access available mental health services. Case based discussions with real life scenarios were used to help PHMs learn to understand and further enhance their clinical skills. A dedicated question and answer session at the end of the workshop was enthusiastically used by many of the participants to clarify mental health issues that they have come across in their practice.

The resource persons were Prof. Thilini Agampodi of the Medical Faculty of Rajarata University, Dr. Sumudu Rajapaksha, Consultant Psychiatrist, Teaching Hospital Anuradhapura, Dr. Kaushalya Kasthuriarachchi, Dr. Asiri Hewamalage and Dr. Harendra Dassanayake for the Family Health Bureau and Dr. Medhani Hewagama, Resident psychiatrist at National Hospital of Sri Lanka.

The trilingual booklet on Maternal Mental Health for PHMs prepared by the PSSL was distributed to the participating PHMs so that each MOH office will have access to this resource.

The PSSL has also started the process of creating an evidence based guideline for bereavement care in Sri Lanka. Bereavement care is a formal package of care which aims to effectively address the short and long-term psychological, physical, spiritual and practical support and needs of parents and other family members as they work through the grieving process after the loss of their baby. At the moment this service is offered by very few hospitals in Sri Lanka though it is widely available in other countries. The PSSL feels that a culturally sensitive and practical implementable bereavement care service should be established in all hospitals offering maternal health care in Sri Lanka.



Dr. Medhani Hewagama
Consultant Psychiatrist



Future of NEONATAL LIFE SUPPORT PROGRAMME

in Sri Lanka

The Neonatal Life Support (NLS) course was first launched in 1999 in the UK by Resuscitation Council UK. It teaches the knowledge and skills to:

- * Approach the management of a newborn infant requiring assistance during the first 10-20 minutes in a competent manner;
- * Understand the processes underlying apnoea, bradycardia and poor condition at birth;
- * Initiate resuscitation of the newborn infant;
- * Deliver practical airway management and ventilatory support.

The NLS course is designed for any healthcare professional involved in the delivery and care of the newborn infant. This includes both junior and senior medical and nursing staff, midwives, paramedics and resuscitation officers.

The first NLS Provider Course was held in Sri Lanka in September 2006 at the Lady Ridgeway Hospital (LRH) for Children under the guidance of Dr Babu Kumararatne Consultant Neonatologist at Royal Wolverhampton NHS Trust, Newcross, UK. It was organized in collaboration with the resuscitation council UK. I was fortunate to be involved heavily in organizing this very first NLS course under the guidance of Dr. Sri Lal De Silva. A total of 80 participants, including 65 Consultant Paediatricians, were trained. I was lucky to be one of the trainees in this first batch. The Efforts taken by Dr. Anoma

Jayathilake, Consultant Community Physician of the Family Health Bureau who liaised with us on this programme with the UNICEF is deeply appreciated.

Since then the course was run constantly by the PSSSL, SLCP with the support of FHB and MOH. Tens of thousands of participants were trained for the past 15 years and this has saved many lives and helped to reduce the incidence of Hypoxic Ischemic Encephalopathy significantly in our country.

We have to be thankful to Dr. Sri Lal De Silva, senior consultant paediatrician for his tireless effort to give life to this course for the past 15 years. What we now realized is that we need to have a proper platform to run this course with international standards.

A solid plan for island wide continuous training programs, allocating and managing resources including funding and human resources, continuous updating of the course materials, providing unique certificate and individual NLS badge are some of the major concerned areas. We are seeking permission from the MOH to have a permanent office space to coordinate NLS activities at national level in the future.

To make this task a reality, we have come to an agreement to have the NLS course under PSSSL umbrella. Our next step is to formulate a Neonatal resuscitation council under PSSSL to fulfil above requirements. I hope this will take the NLS course to next level in our country and we will be able to train our staff better and thereby save many more lives in the future.



Dr. L. P. C. Saman Kumara
*Consultant Neonatologist.
Caste Street Hospital for Women.
& President Elect PSSSL*

From Secretary's Diary.....



(January 01st, 2021 - March 31st, 2021)

The new council of the Perinatal Society of Sri Lanka, for the year 2021 was appointed at the Annual General Meeting held on the 23rd of December 2020.

At the 1st council meeting held on the 22nd of January 2021, the newly elected President Dr.Sanath Lanerolle presented the agenda and the objectives to be achieved in the year of 2021, by the society.

At the 2nd council meeting held on 22nd of February 2021, several subcommittees were formed under the Perinatal Society of Sri Lanka, to carry out the activities and programs planned for the year.

New office premises for the Perinatal Society of Sri Lanka was obtained at the Sri Lanka College of Obstetricians and Gynaecologists office situated at Model Farm road, Colombo 08.

The official Presidential Induction Ceremony was held on the 19th of March 2021, under the patronage of the Honorable Speaker of the Parliament Mr. Mahinda Yapa Abeywardene at Shangrila Ballroom, Hotel Shangrila. It was attended by more than 100 distinguished invitees including officials from the Ministry of Health, WHO, UNFPA and World Bank. Past Presidents of the Perinatal Society of Sri Lanka, Presidents of other professional bodies and collages, friends, colleagues and family of the newly elected president also graced the occasion.

The following activities have been planned by the Perinatal Society over the next few months.

- 1) Regional Workshop in collaboration with the Anuradhapura Clinical Society - planned to be held on 6th of April 2021 at Teaching Hospital Anuradhapura
- 2) A meeting with the Director General of Health Services has been planned on the 23rd of April at the ministry of health to discuss important aspects related to perinatology.

- 3) Activities related to management of "COVID 19 in Pregnancy and Newborn" have been planned.
- 4) Website of the PSSL will be upgraded and the activities, webinars and E-copy of the Journal of Perinatal Medicine will be attached to the new website



Introduction of Novel Therapies in Sri Lanka:

Therapeutic Hypothermia and Nitric Oxide Therapy for Sick Newborns

Although Sri Lanka has achieved a good health care coverage in Sri Lanka, gaps in the provision of quality of care exist in the field and institutional setting. As a result, further reduction of maternal and neonatal mortality has slowed down. In Sri Lanka 331 000 newborns were added to the population yearly and our newborn mortality rate is 6 per 1000 live births. We have 105 neonatal and intensive care and special care baby units. All most all births and related events are covered by specially trained mid wives, nurses and medical officers.

Despite all these efforts, birth asphyxia is one of the common causes of deaths among newborns (21%). It is associated with long term neuro-disability and cerebral palsy. Parents with cerebral palsy children may face numerous economic and social problems. Persistent Pulmonary Hypertension is another challenging problem and it can result from a variety of reasons which include meconium aspiration, neonatal sepsis and congenital heart disease. There are some after effects undoubtedly from the lack of oxygen to the brain during the illness and up to a quarter of newborns affected will have a certain degree of neurodisability when they grow older. The counselling and social welfare supports available for these patients are highly inadequate. It is a burden for the Health System in Sri Lanka which need to be addressed effectively and efficiently.

To address these issues, we successfully launched two innovative projects at the national level: Establishment of a therapeutic cooling treatment program for Hypoxic Ischaemic Encephalopathy (HIE) and Nitric Oxide therapy for Persistent Pulmonary Hypertension (PPHN) in sick newborns admitted to Level III and Level III Plus Neonatal Intensive Care Units in Sri Lanka. We distributed these machines to 16 hospitals and in addition we gave Nitric Oxide therapy machines to Paediatric cardiology units at Lady Ridgeway Hospital and Sirimavo Bandaranaike children's hospitals.

It was done in collaboration with the John Radcliffe University Hospital in Oxford, United Kingdom. We hope it will reorient our delivery care for sick newborns in Sri Lanka.

In the third phase we have planned to introduce a data base system to all these hospitals. It will help us to capture discharge summaries at a central level and analyse the data to assess outcomes. We would be able to assess the impact of above two programs statistically.

In the fourth phase, we will introduce early newborn intervention program and in this will facilitate newborns who underwent cooling therapy to be followed up properly. Their developments will be assessed and where necessary they would be provided support by therapist to achieve best possible recovery from development and neurological problems.



Dr. Surantha Perera,
*Consultant Paediatrician
& Past President, PSSL*

Introduction of Novel Therapies in Neonatal Care in Sri Lanka NO & Therapeutic Hypothermia



Maternal Mental Health: A neglected “M” in Maternal Health



The World Health Organization (WHO) defines maternal mental health as “a state of well-being in which a mother realizes her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her community”.

Prevention and treatment of maternal mental health conditions continue to lag behind other health interventions in many low- and middle-income countries including Sri Lanka. There are many psychological issues identified during pregnancy and postpartum period and they range from baby blues to perinatal depression to suicides. Available literature indicates that in low and middle income countries, an estimated 15-20% of females’ experience perinatal depression. Magnitude of the problem, varies from country to country and in a studies done in Sri Lanka, it was shown to be around 15-20% which is a considerable health burden. Suicides occupies, the one end of the spectrum of mental health disorders, during perinatal period. In Sri Lanka, around 25 deaths are reported annually with a rate of 8.3 per 100,000 LB in 2017.

Maternal depression in low and middle income countries is linked to a variety of risk factors including marital relations and discord, young age of the mother, mother’s education level and increased stressors in the environment including conflict, disasters and violence. There are mounting evidence to say that the impact of poor maternal mental health is not only on mothers but also on their children and the families. Mothers with perinatal depression are less likely to take care of themselves, have threatened relationships with their partners and demonstrate impaired ability to work. They are less likely to seek and receive antenatal care and also has a risk of committing suicides.

Perinatal mental disorders are associated with increased risk of psychological and developmental disturbances in children. These mothers with psychiatric disorders will find it difficult to bring up children and there by causing

physical, cognitive, social, behavioural and emotional developmental problems for their children. Higher rates of low birth weights, malnutrition, stunting and other diseases have also been observed among these children. Negative effects can extend up to adolescent period causing adolescent depression, depressive disorders and poor social competencies.

Improved social support, brief individual therapy, frequent home visits by field health care workers have been found to make a difference in addressing the issues. Improving mother-child interactions and mothers’ participation in interventions to improve children’s development show promising results in reducing maternal depression and improving children’s growth and development.

Perinatal Society of Sri Lanka identifies the importance of maternal mental health promotion and had contributed in various ways in uplifting the services to pregnant and postpartum mothers. Maternal Mental Health booklets published for mothers and their families and also the Android Application for the mothers are some of the work done in recent past.



Dr. Kaushalya Kasturiarachchi
[MBBS, MSc, MD]
Immediate Past President PSSSL
& Consultant Community
Physician Family Health Bureau,
Ministry of Health

Perinatal Society of Sri Lanka

Vision

To be actively committed towards achieving continuous improvement in the quality of health care for mothers and infants by promoting networking for providers of perinatal healthcare, supporting education for providers and consumers as well as improving availability, accessibility and continuity of preventive and primary perinatal healthcare services together with promoting initiatives toward improving health care of mothers and infants.

Mission

The Perinatal Society of Sri Lanka is a not-for-profit multidisciplinary organisation striving to promote continuing improvement in the quality of healthcare from pre-conception through birth of the baby and into infancy. It advocates ideal and ethical care through education and research to influence national policies and encourage strategic collaboration among health-care providers and stakeholders in order to ensure optimal pregnancy outcomes for mothers and babies.

Join us....

Our members receive quarterly newsletter and have access to our information service

To join us please contact:
Dr. Sharada Jayalath
Editor,
Perinatal Society of Sri Lanka.
Email –
sharadajayalath@yahoo.com



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Picture shown is not of actual patient and is for representational purpose only.

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Abbreviated Prescribing Information Lactulose Solution USP Duphalac® LABEL CLAIM: Each 5 ml contains: Lactulose Solution USP equivalent to Lactulose 3.335g. INDICATIONS: Constipation: regulation of the physiological rhythm of the colon, where a soft stool is considered of medical benefit (haemorrhoids, post colonic/anal surgery). Hepatic encephalopathy (HE): treatment and prevention of hepatic coma or precoma. DOSAGE AND ADMINISTRATION: Duphalac®: starting daily dose for constipation/soft stools: Adults & adolescents: 15-45ml, Children (7-14 yrs): 15ml, Children (1-6 yrs): 5-10ml, Infants under 1 yr: upto 5 ml. Maintenance dose daily for constipation/soft stools: Adults & adolescents: 15-30ml, Children (7-14 yrs): 10-15ml, Children (1-6 yrs): 5-10ml, Infants under 1 yr: upto 5 ml. Starting dose in HE: 3 to 4 times daily 30-45 ml. Maintenance dose in HE: This dose may be adjusted to the maintenance dose to achieve 2 to 3 soft stools per day. CONTRAINDICATIONS: Hypersensitivity to the active substance or to any of the ingredients, Galactosaemia. Gastrointestinal obstruction, digestive perforation or risk of digestive perforation. WARNINGS & PRECAUTIONS: Consult a physician in case of insufficient therapeutic effect after several days. Should be administered with care to patients who are intolerant to lactulose. The dose normally used in constipation should not pose a problem for diabetics. Dose used in the treatment of HE should be taken into consideration for diabetics. Should not be taken by patients with the rare hereditary problem of galactose or fructose intolerance, the Lapp lactose deficiency or glucose-galactose malabsorption. Should be used in children under medical supervision. PREGNANCY AND LACTATION: No effects during pregnancy are anticipated, since systemic exposure to lactulose is negligible. No effects on the breastfed newborn/infant are anticipated, since the systemic exposure of the breast-feeding woman to lactulose is negligible. ADVERSE REACTIONS: Flatulence may occur during the first few days of treatment. As a rule it disappears after a few days. When dosages higher than instructed are used, abdominal pain and diarrhoea may occur. If high doses (normally only associated with hepatic encephalopathy [HE]) are used for an extended period of time, the patient may experience an electrolyte imbalance due to diarrhoea. Issued on: 24th December 2014. Source: Prepared based on full prescribing information, version 1 dated 24th December 2014. For full prescribing information, please contact: Abbott India Limited, 3-4 Corporate Park, Sion-Trombay Road, Mumbai - 400071, India.



Health & Personal Care

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