



PSSSL

QUARTERLY

NEWSLETTER OF PERINATAL SOCIETY OF SRI LANKA

Induction of the 21st President of Perinatal Society of Sri Lanka

Page 05...

**Annual General
Meeting PSSSL 2021**

Page 03...

**Annual Academic
Sessions PSSSL 2021**

Page 08...

**Save A Baby -
Be Their First Breath**

Page 11...

Edited by Dr. Deepal Nawarathne

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

Published by Perinatal Society of Sri Lanka

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

SLCOG House, No.112, Model Farm Rd, Colombo, Sri Lanka.

TP : 0094 71 3227200

Email : psslsrilanka@gmail.com Website : www.perinatalsociety.lk

PSSL Council 2022

PRESIDENT

Dr. L. P. C. Saman Kumara

PRESIDENT ELECT

Dr. Susie Perera

IMMEDIATE PAST PRESIDENT

Dr. Sanath Lanerolle

SECRETARY

Dr. Dilusha Atukorale

ASSISTANT SECRETARY

Dr. Nimesha Gamhewage

TREASURER

Dr. Ruwan Silva

ASSISTANT TREASURER

Dr. Dilani Dehigama

EDITOR

Dr. Deepal Nawarathne

JOURNAL EDITOR

Prof. Dulani Gunasekara

MANAGING EDITOR

Dr. Surantha Perera

COUNCIL MEMBERS

Dr. Sandya Bandara
Dr. Kapilani Vithanarachchi
Dr. Sandya Doluweera
Dr. Kapila Hemantha
Kankanamge
Dr. Nishani Lucas
Dr. Sanjeewa Thennakoon
Dr. Nalin Gamathige
Dr. Shyama Basnayaka
Dr. Priyanga Dematawa
Dr. U.D.P.Rathnasiri
Dr. Prabodhana Ranaweera
Prof. Rasika Herath
Dr. Kaushalya Kasturiarachchi
Dr. Harendra Dassanayake
Dr. Asiri Hewamalage
Dr. Himali Herath
Dr. Medhani Hewagama



Dr. L. P. C. Saman Kumara
President 2022

Message from the President

I warmly welcome all of you to the New Year 2022 of the PSSL calendar. I would like to make use of this opportunity to thank the respected members of the PSSL for electing me as the president for the year 2022. I am determined to pay back for the trust you all have vested in me to hold this responsible position of the most reputed professional organization in perinatal care in the country.

We are now getting used to the “new normal life” concept. My understanding is that though Omicron is hitting us hard we are not going back a step in our day-to-day business. Therefore, not like in the last year, now we have more opportunities to carry out

our activities physically especially in the peripheries.

This year we have a nice blend of young and senior consultants in the council. Everyone in the council is very active and enthusiastic to do some groundbreaking changes in perinatal care in Sri Lanka. I am blessed and privileged to work with such an energetic council, and I am sure it's not a huge challenge to fulfill my targets this year.

The main focus of PSSL this year is to address issues related to prematurity. As prematurity contributes to a major portion of the neonatal mortality rate in our country, one feasible way of bringing down neonatal mortality is to reduce deaths due to prematurity. There is a large proportion of preventable deaths taking place among premature babies in our country. We have a solid program planned to rollout in each province to address these issues and I am very confident that it will surely improve overall neonatal care and reduce mortality due to prematurity in Sri Lanka.

Thank you,

Dr. L. P. C. Saman Kumara

Consultant Neonatologist

President, PSSL

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. Deepal Nawarathne
Editor,
Perinatal Society of Sri Lanka.
Email –
Deepalnaw@gmail.com

Message from the President Elect



Dr. Susie Perera
*Deputy Director General
Public Health Services*

The strengths of the perinatal society which encompass the key health professionals committed to the cause of ensuring safe and quality services during the perinatal period, which must be fully mainstreamed with the aim of ensuring good outcomes and a positive health experience for mother, baby and family. The health delivery system reorganization into the cluster model which is built on better linkages between primary care and specialized health services must be better understood for opportunities that need to be captured for improvement of perinatal outcomes. Responsibilities need to be understood, made accountable and monitored. Contributing towards a good governance system that captures this would be a key contribution that the society can take forward through its membership to influence the system in keeping with the reforms. It is important for the Society to have a strategic plan to which over the next five years this professional body can focus on under the leadership of the successive Presidents to come.

Such strategic plans can complement the National Strategic plans for achievement of better perinatal outcomes and build greater understanding among multi disciplinary professionals, supportive partnerships and innovative capacity building to do so.

Message from the Secretary

I am greatly honoured to be appointed the role of secretary of Perinatal Society for the second consecutive year in 2022. I am also proud to be a part of the society with its eminent group of consultants from three specialties namely Paediatrics, Obstetrics and Community Medicine. We are unique as a medical society because of the great display of teamwork seen between specialties for the enhancement of maternal and childcare. We have addressed certain critical issues that affect patients at grass root level. The Perinatal Society of Sri Lanka is the best example of how an organisation had ventured beyond the walls of a conference hall out in to the open. I wish the newly appointed president and council members of our society all the strength to complete the tasks at hand during turbulent pandemic times.



Dr. Dilusha Atukorale
*Consultant Paediatrician,
Secretary
Perinatal Society of Sri Lanka*

Message from the Editor



**Dr. M. V. Deepal
Nawarathne**
*Consultant Neonatologist
Editor
Perinatal Society of Sri Lanka*

It is a great honour and pleasure for me to be appointed as PSSSL editor for the year 2022. I'm proud to be a part of the PSSSL under the guidance of Dr. Saman Kumara (President- PSSSL) and the team. Currently, PSSSL is doing its best to serve the society at the level of scientific research publications, recommendations, guidelines, training courses, webinars, and annual scientific congresses. However, In the year 2022, We hope to extend our activity at the national and provincial levels to upgrade further perinatal care and standards.

PSSSL Newsletter is the platform to convey those activities done by the Perinatal Society of Sri Lanka at the national level and institutional level to the membership of the society and medical community. I believe all our members will use this platform to get awareness for upcoming new events, programs, and publications. We are really happy to hear from you regarding your views, thoughts, and suggestions to improve our upcoming programs and to plan future events. If you have any suggestions please forward them to www.perinatal-society.lk official email.

I would like to thank PSSSL president Dr. L.P.C. Saman Kumara (Consultant Neonatologist) and all the council members for their guidance and support to make the newsletter successfully. Furthermore, I would like to thank A.Baurs & company (Pvt) Ltd (apex Laboratories) for giving sponsorship to publish the newsletter.

Perinatal Society of Sri Lanka - Council 2022



Standing from Left to Right - Dr. Prabodhana Ranaweera (Consultant Obstetrician and Gynecologist), Dr. Sanjeewa Thennakoon (Consultant Neonatologist), Dr. U. D. P. Rathnasiri (Consultant Obstetrician and Gynecologist), Dr. Himali Herath (Consultant Community Physician), Dr. Medhani Hewagama (Consultant Psychiatrist), Dr. Asiri Hewamalage (Consultant Community Physician), Dr. Harendra Dassanayake (Consultant Community Physician), Dr. Deepal Nawarathna - Editor (Consultant Neonatologist), Dr. Dilani Dehigama - Assistant Treasurer (Consultant Neonatologist), Dr. Priyanga Dematawa (Consultant Neonatologist), Dr. Shyama Basnayaka (Consultant Neonatologist), Dr. Nalin Gamathige (Consultant Neonatologist) *Activities and Development - Treasurer*

Seated from Left to Right - Dr. Dilusha Atukorale - Secretary (Consultant Paediatrician), Dr. Sandya Doluweera (Consultant Paediatrician), Dr. Kapila Hemantha Kankanamge (Consultant Paediatrician), Dr. Kapilani Withanarachchi (Consultant Paediatrician), Dr. Nimesha Gamhewage - Assistant Secretary (Consultant Neonatologist), Prof. Sanath Lanarolle - Immediate Past President (Consultant Obstetrician and Gynaecologist), Dr. L. P. C. Saman Kumara - President (Consultant Neonatologist), Prof. Dulani Gunasekara - Journal Editor (Professor in Paediatrics), Dr. Surantha Perera - Managing Editor (Consultant Paediatrician), Dr. Susie Petera - President Elect (Consultant Community Physician), Dr. Kaushalya Kasturiarachchi (Consultant Community Physician), Prof. Rasika Herath (Professor in Obstetrics and Gynaecology), Dr. Ruwan Silva - Treasurer (Consultant Obstetrician and Gynaecologist)

Absent - Dr. Nishani Lucas (Consultant Neonatologist)

Annual General Meeting of PSSL 2021



The membership of the Perinatal Society of Sri Lanka gathered on 10th December 2021 at the Sri Lanka College of Obstetricians and Gynaecologists Meeting Room for its Annual General Meeting (AGM). Dr. Sanath Lanerolle, President PSSL welcomed all the members present at the AGM.

Secretary, Dr. Dilusha Atukorale read out the AGM minutes of the year 2020. The minutes were proposed to be in order by Prof. Dulani Gunasekara and seconded by Dr. Surantha Perera. Then-President Dr. Sanath Lanerolle discussed the matters arising from the minutes and other suggestions.

All the members congratulated Dr. Sanath Lanerolle and the team for the efforts and hard work during the COVID pandemic, to improve the perinatal outcome in Sri Lanka. The next item on the agenda was confirmation of new members of the PSSL who joined in 2021. Dr. Dilusha Atukorale, read out the names of the new members and Dr. Surantha Perera added a few more members who have registered through him. The members of the PSSL agreed to continue with the colour-coded E-card issuing for new members. Two new resolutions related to the Sri Lanka Journal of Perinatal Medicine were highlighted by Dr. Dilusha Atukorale. These were forwarded by the Editor in chief, Prof. Dulani Gunasekara, under Article 12.1.8.

The resolutions were:

1. Tenure of Editorial Board members - the Board members will be appointed for 3 years
2. Termination of membership - if any member is absent for 3 consecutive Board meetings or has not contributed in any manner to the continuance of the journal, the Editor in Chief will have the right to terminate their membership in the Board, by informing the member concerned.

The membership of the PSSL agreed to the above resolutions.

1. Dr. Sanath Lanerolle in his president's address stated the activities successfully concluded by the PSSL during the year 2021 amidst the COVID 19 pandemic and the lockdown. The following points were highlighted.

2. Obtaining of new office premises at the SLCOG office
3. Launching of the new website of PSSL
4. Regional workshop and NLS program
5. COVID 19 related media conference and webinars

Dr. Sanath Lanerolle thanked Prof. Dulani Gunasekara for all the hard work of the Sri Lanka Journal of Perinatal Medicine. Special thank was also given to Dr. Dilusha Atukorale, secretary, Dr. Surantha Perera, Dr. Ruwan Silva, Prof. Rasika Herath, Dr. Sharada Jayalath, Dr. Kaushalya Kasthuruarachchi, and Dr. Asiri Hewamalage. Dr. Sanath Lanerolle also thanked the sponsors, especially Zydus Company and Mr. Rajith, for providing the zoom facilities throughout the year. Miss Sandali and the staff of SLCOG were also thanked. As the next 2 items in the agenda, Dr. Dilusha Atukorale read the Secretary's Report, and Dr. Ruwan Silva read the Treasurer's Report for 2021.

The next agenda item was to appoint the PSSL Council for the year 2021. Before AGM applications were called for all the posts other than the post of President and President-elect. Election Committee appointed by the Council was headed by Prof. Dulanie Gunasekera. The new Council was appointed according to the nominations, and all were elected uncontested. Dr. Sanath Lanerolle wished the very best for the newly appointed Council and he extended his fullest support for all the future activities of the Society.

Dr. Saman Kumara, making his presidential address thanked the members for honoring him with this task. He stated that he will continue some of the activities done in the previous year and that he will maintain the high standards achieved by the previous Council. Dr. Saman Kumara highlighted the proposed activities during the year 2022, mainly concentrating on reducing neonatal mortality rates and problems related to prematurity. He also requested new suggestions and support from the Council. He stated that the date of Presidential induction and the 1st council meeting would be announced in due course, in accordance with the current pandemic situation. The membership congratulated Dr. Saman Kumara for being the 1st neonatologist to be elected as a president of the PSSL, and wished the council a successful year.



Induction of the 21st President of the Perinatal Society of Sri Lanka



The ceremonial induction of Dr. L.P.C. Saman Kumara as the 21st President of the Perinatal Society of Sri Lanka (PSSL) was held at the Lotus Ballroom of Shangri-La Hotel, Colombo on the 30th of January 2022. Dr. Saman Kumara, Consultant Neonatologist at Castle Street Hospital for Women is also the 1st Neonatologist to be appointed as a President of this prestigious society.

The ceremony was graced by the chief guest, Dr. Asela Gunawardena, Director General of Health Services, Ministry of Health Sri Lanka, Guest of honor Dr. Pushpa Punchihewa, senior consultant paediatrician and Special virtual guest Dr. Amit Gupta, Consultant Neonatologist from Oxford, United Kingdom. Venerable Aludeniye Subodhi Thero, the chief incumbent of Seruwila Mangala Rajamaha Viharaya, also graced the occasion on invitation by the newly elected president.

Many distinguished guests added colors 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 in the event. WHO, UNICEF, World Bank, and UNFPA representatives also participated as special invitees.

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 Prof Sanath Lanerolle. The President medal was awarded to new president Dr. Saman Kumara by outgoing president Prof. Sanath Lanerolle.

As the first speaker, Ven. Aludeniye Subodhi Thero, chief incumbent of Seruwila Mangala Rajamaha Viharaya congratulated Dr. Saman Kumara for being elected as the President of PSSL. Venerable Thero, then introduced the "Save a Baby" fundraising project which was a massive





collaborative project of the Seuwila Mangala Rajamah Viharaya and the PSSSL. This project was to purchase special resuscitation machines, which will provide warm, humidified, blended gas to resuscitate premature newborns.

Following this introduction “Save a Baby” fundraising project was officially launched by Ven Aludeniye Subodhi Thero and Dr.Saman Kumara, amidst the prestigious gathering.

Dr.Pushpa Punchihewa, the guest of honour and also a mentor of Dr.Saman Kumara, addressing the gathering, expressed her heartiest congratulations to the newly elected president and the council. Dr.Punchihewa recalled the memories of Dr.Saman Kumara as one of her best trainees, giving examples of how he used his skills and expertise in managing critically ill children.

Then Dr.Amit Gupta, consultant neonatologist from Oxford, United Kingdom, speaking virtually, wished all the best for Dr.Saman Kumara and the council and stated that he will provide whatever support needed for the newly elected president to carry out his goals during the year 2022.

The chief guest Dr. Asela Gunawardena, Director General of Health Services, addressed the gathering and highlighted the collaborative work done by the Perinatal Society of Sri Lanka with the Ministry of Health, to uplift perinatal care in Sri Lanka.

New President Dr. Saman Kumara delivered the Presidential Address. He thanked all the council members including the outgoing president Prof. Sanath Lanerolle, all past presidents, and past council members, for their great work instrumental in bringing the PSSSL up to its current status.

Dr.Saman enlightened the audience on the actual neonatal mortality of Sri Lanka, according to the island-wide survey that was carried out in 2021. As a significant percentage of this mortality was



attributed to prematurity and its complications, Dr. Saman Kumara said during this year most of the activities of the PSSSL will be focused on effectively managing premature infants. He highlighted the major projects and activities that the society has planned for the year 2022, stating that he would be able to carry out these with the support of the new council.

The Vote of thanks was given by Dr. Dilusha Atukorale, Secretary of Perinatal Society of Sri Lanka. She thanked the members of the PSSSL, for electing her as the secretary for the 2nd consecutive year. The Grand Ceremony was brought to a close as the procession left the hall and was followed by a reception.





Annual **SCIENTIFIC CONGRESS** OF THE PSSSL

12th & 13th November 2021

This year the Annual Scientific Congress of Perinatal society was held from 12th and 13th November at Hotel Shangri-La, Colombo. Due to the pandemic situation, we had to limit the in-person participation to 100 per day. The total number of participants both physically and virtually was over 300. Some eminent speakers joined locally and internationally, and Dr. Amit Gupta from Oxford UK joined physically, The UNICEF session on parent crafting and the UNFPA session on Teenage Pregnancy was successfully attended by many and were quite interactive sessions.





MOMENTS OF *scientific session*



Annual Scientific Congress PSSL 2021



Oration of the Perinatal Society of Sri Lanka on “Challenges of Prematurity - The Obstetrician’s Role” was done by Professor Deepal Weerasekara, chair professor of Obstetrics and Gynecology, General Kothalawala Defense University, on 11th November 2021 at the inauguration ceremony of the Annual Scientific Congress of Perinatal Society of Sri Lanka 2021. Prof Indrajee Amarasinghe Oration on: “Lifetime consequences of Prematurity” was delivered by Professor Neil Marlow, Emeritus Professor of Neonatal Medicine of University College London, at the Annual Scientific Congress of Perinatal Society of Sri Lanka 2021. This was delivered virtually, and the Oration medal was couriered to the Orator.



PRE-CONGRESS SCIENTIFIC SESSION for Nursing officers and Public Health Midwives

11th November 2021

In parallel to the Annual Scientific Congress, Pre-congress scientific session for Nursing Officers and Public Health Midwives was organized at the same venue on 11th November 2021 and it was well attended with more than 125 participants from around the country both from the government and private sector.

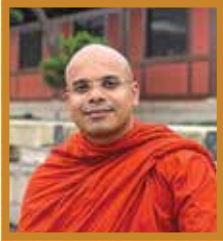




**Save
a Baby**
Be their first breath



Message from the chief incumbent of Seruvila Mangala Rajamaha Viharaya Ven. Aludeniye Subohi thero.



Human life is extremely rare. From the moment of conception until the birth of this world, a small child has to wage a great struggle for that rare human life. More than a thousand children are born prematurely in Sri Lanka every year due to various reasons. Many of those children could not breathe alone at first. Such children are also our children. The aim of the 'SAVE A BABY' charity project is to save the lives of hundreds of babies who die due to respiratory complications at birth. May that noble goal be successful! This is their first breath. Then they will be able to breathe alone for the rest of their lives.

Rev. Aludeniye Subodhi Thero

Chief incumbent of Seruwila Mangala Raja Maha Viharaya & Honorary Patron of Shraddha Rupavahini

Message of Dr. L. P. C. Saman Kumara



About 320,000 babies are born in our country every year. About 3,000 babies die at an early age due to various reasons. The majority of those premature babies are healthy children. With the help of advanced respiratory apparatus and other facilities available in developed countries, those children are able to lead healthy lives. Although the knowledge and experience of our doctors are as good as in developed countries, it is a painful experience to see thousands of premature babies die before our very eyes due to lack of necessary equipment. To save the lives of these premature babies, join us in donating 'Save a baby', a charitable project to provide them with respirators to give their first breath.

Dr. L. P. C. Saman Kumara

Consultant Neonatologist

MBBS (Sri Lanka), Diploma in Child Health (Sri Lanka), MD (Paediatrics.Neonatology)

Moments of

FUNDRAISING EVENT



SAVE A BABY

Project achieved its fundraising goal.

The Seruwila Mangala Rajamaha Viharaya and the Perinatal Society of Sri Lanka launched the 'SAVE A BABY' Charity Project to save the lives of thousands of premature babies. We rejoice in the merit of all the donors who helped to achieve that goal in a very short period of time and to all those who helped by spreading the word on social media! This fully meets the national requirement for these devices. The purchase of the equipment is being worked out by a committee of experts and it will be possible to bring the equipment here in a few months. The equipment will then save the lives of thousands of infants each year and give them their first breath of life. **Be their first breath - SAVE A BABY**

Paper cuts of SAVE A BABY



Save a Baby Endeavour to protect lives of newborns. VALENTINE'S DAY 2022. GRAB Special Holiday Packages this Valentine's. YOU ARE MY HEART, MY LIFE, MY ONE AND ONLY THOUGHT. Includes a contact form and WhatsApp number.



'Save a Baby' charity project launched. ISHARA MUDUGAMURUA. Under the supervision of the Health Ministry, the Seruwila Mangala Rajamaha Viharaya and the Perinatal Society of Sri Lanka have jointly implemented a charity project named 'Save a Baby' with the intention of saving the lives of thousands of babies who die due to respiratory complications at birth. Includes contact information for further information.

CME program – Lectures on Neonatal Clinical Updates

Perinatal Society of Sri Lanka in collaboration with Ceylon Association of Neonatologist commenced a CME program to update and share the knowledge on neonatal care among Neonatologist, Paediatricians, Neonatal doctors, Nurses and Midwives. Two lectures are scheduled monthly, focusing the doctors and the other medical staff separately. Already, four lectures were successfully conducted during January and February 2022 with excellent participation. An e-certificate with CME points will be granted to all the participants.

Ceylon Association of Neonatologists (CAN)
in collaboration with
Perinatal society of Sri Lanka (PSSL)

Monthly Neonatal update

Overcoming challenges of Breastfeeding in Neonatal units




Dr. Nishani Lucas
MBBS (COLL), DCH (COLL), MD (PAED), MRCPCH (UK), IBCLC
Consultant Neonatologist
Senior Lecturer, Department of Paediatrics,
Faculty of Medicine, University of Colombo.

Saturday 15th January 2022 @ 08.00 pm

VIA ZOOM

Ceylon Association of Neonatologists (CAN)
in collaboration with
Perinatal society of Sri Lanka (PSSL)

Monthly Neonatal update for Neonatal Doctors, Nurses and Midwives

Overcoming challenges of Breastfeeding




Dr. M.Y. Nibras Mohammed
MBBS, DCH, MD
Acting Consultant Neonatologist
Teaching Hospital Jaffna

Zoom link: <https://bit.ly/3GZu0Fn>



Saturday 29th January 2022 @ 08.00 pm

Ceylon Association of Neonatologists
in collaboration with
Perinatal society of Sri Lanka (PSSL)

Monthly Neonatal Clinical Update

Approach to a newborn who underwent resuscitation at birth
Case based discussion




Dr. Nimesha Gamhewage
MBBS (COLL), DCH (COLL), MD (Paed)
Consultant Neonatologist
Senior Lecturer, Department of Paediatrics
University of Sri Jaywardenapura

Saturday 12th February 2022 @ 08.00 pm

Link to connect: <https://zoom.us/j/6587395840?pwd=dyZkZWVhbnR0eU00eUJhVlR0MDE1UT09>

Sponsored by: 

Ceylon Association of Neonatologists
in collaboration with
Perinatal society of Sri Lanka (PSSL)


Monthly Neonatal Clinical Update for Neonatal Doctors, Nurses and Midwives

New Approach to an extreme Preterm baby

"Birth to Discharge"




Dr. L.P.C. Saman Kumara
MBBS, DCH, MD (Paediatrics)
President - PSSL
Consultant Neonatologist
Castle Street Hospital for Women
Colombo

Moderator:  **Dr. Priyanga Dematawa**
Consultant Neonatologist, Senior Lecturer
Department of Paediatrics,
University of Peradenya

Saturday 26th February 2022 @ 08.00 pm

Zoom Link: <https://zoom.us/j/4792827297?pwd=STk1dUJhbnR0eU00eUJhVlR0MDE1UT09>



Sponsored by: 

Overview of the activities planned for 2022

Perinatal excellence through a new evidence-based approach to premature labour and the baby

Our focus for this year is an evidence-based approach to the management of premature labour and the baby to reduce neonatal mortality due to prematurity. A recent survey carried out by the PSSL demonstrated that many premature deaths are not centrally reported, and this makes our national neonatal mortality rate inaccurate. Until the present time, no one knew the gestation-specific mortality rate in our country. The survey demonstrated that we are losing almost 100% of 23 weeks babies. The most pathetic finding was that in this 21st century, we are still losing nearly 25% of 28 weeks babies. This is highly unacceptable. Almost all healthy 28 weekers should survive. Even most of 26 weekers can be managed and saved with available facilities in the country. The PSSL, under my presidency, decided to address this issue at the national level.

The first activity of the year was initiated during the induction ceremony and was witnessed by all of you. In Sri Lanka, we are still resuscitating our newborn babies in a very preliminary way which is bag and mask resuscitation. Science has advanced fast but unfortunately for the past decade, we have not moved with the rest of the world. Even a tiny micro-preemie is resuscitated or stabilized using an ordinary bag and mask ventilation with 100% oxygen. This not only damages very delicate lungs but also makes the baby hypothermic due to clod gas directly from a cylinder. In almost all the high-income counties, this is done with a T-piece resuscitator which gives blended gas with controlled pressure. The humidification of the gas flow is not done even in many rich countries like the UK, Australia but it's popular in the USA.

The PSSL has taken an important initiative to provide 100 such sophisticated resuscitation units to a selected group of hospitals all over the country.





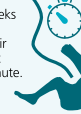






These machines are provided completely through a charity project conducted by the "Seruwila Mangala Rajamaha

Viharaya" in collaboration with the PSSL. We are almost completing the charity project within 3 weeks of its launching and the total budget is nearly 110 million. This latest intervention will have no burden on the Ministry of Health at all.

At this point, I would like to thank Ven.Aludeniye Subodhi Thero, the Chief incumbent of Seruwila Mangala Rajamaha Viharaya for tirelessly working towards this project and all who have contributed in many ways to make it successful. This will make a significant change in the outcome of premature babies in Sri Lanka.

Our next step is to provide a care package for mothers with threatened premature labour and premature baby. We have identified 11 interventions that should be offered to the mother and the baby. We have replicated these interventions from a successful project carried out in the UK to reduce mortality and morbidity due to prematurity (PERIPrem project). Most of these interventions are feasible even in our setup. These interventions will surely contribute to reducing mortality and morbidity in preterm babies in Sri Lanka.

We are planning provincial workshops to carry out all these activities. With the help of MOH we will conduct 9 workshops to cover all the 9 provinces of the country. I am planning to identify provincial leaders for each province to facilitate this training. These workshops will have an additional segment of perinatal mental health which will be conducted by psychiatrists and community consultants. We are planning our first workshop in the Southern province on 18th March 2022. I strongly believe this program will save thousands of premature babies in Sri Lanka.

<p>Place of Birth</p>  <p>Babies delivered at less than 27 weeks or with an expected birth weight of under 800 grams (less than 28 weeks for multiple births) should be born in a maternity service on the same site as a designated NICU.</p> <p>[Ref: 1,2,3,4,]</p>	<p>Antenatal Steroids</p>  <p>Mothers who give birth at less than 34 weeks gestational age should receive the correctly timed, full course of antenatal steroids.</p> <p>[Ref: 2,4,5,6]</p>	<p>Antenatal Magnesium Sulphate</p>  <p>Mothers who give birth at less than 30 weeks gestational age should receive antenatal Magnesium Sulphate.</p> <p>[Ref: 2,4,5,6]</p>	<p>Intrapartum Antibiotic Prophylaxis</p>  <p>95% of women in established preterm labour (less than 34 weeks gestation) to receive Intrapartum Antibiotic Prophylaxis at least 4 hours prior to birth.</p> <p>[Ref: 12]</p>	<p>Optimal Cord Management</p>  <p>Babies born at less than 34 weeks gestational age should have their cord clamped at or after one minute.</p> <p>[Ref: 2,4,7]</p>	<p>Normothermia</p>  <p>Babies born at less than 34 weeks gestational age should have a temperature on admission which is both between 36.5-37.5°C and measured within one hour of birth.</p> <p>[Ref: 2,4]</p>
<p>Early Maternal Breast Milk (MBM)</p>  <p>Babies born at less than 34 weeks gestational age should receive MBM within 6 hours of birth.</p> <p>Units should monitor (and aim to increase) rates of first MBM within 6 hours of birth for babies born at less than 34 weeks gestational age.</p> <p>MBM feeding at 14 days - Units should monitor (and aim to increase) rates of babies born at less than 34 weeks gestational age receiving MBM at 14 days of age.</p> <p>[Ref: 2,8]</p>	<p>Caffeine</p>  <p>Babies should be started on caffeine as soon as possible (aim within the first 6 hours... NICE says: "starting it as early as possible and ideally before 3 days of age") in all babies.</p> <ul style="list-style-type: none"> • Less than 30 weeks gestation (consider 32 - 34 weeks) • Birth weight less than 1500g <p>[Ref 9,10]</p>	<p>Probiotics</p>  <p>Babies (less than 32 weeks, less than 1500g birth weight) should be commenced on a multi strain probiotic of choice on the first day of life.</p> <p>[Ref 11]</p>	<p>Volume Guarantee (VG) or Volume Targeted Ventilation (VT)</p>  <p>For babies who need invasive ventilation, use volume-targeted ventilation (VT) in combination with synchronised ventilation as the primary mode of respiratory support.</p> <p>[Ref 10]</p>	<p>Prophylactic Hydrocortisone</p>  <p>Babies born <28 weeks gestation should receive prophylactic hydrocortisone from day 0 of life.</p> <p>[Ref 10]</p>	

From Secretary's Diary.....

(December 01st, 2021 – March 01st, 2022)

The new council of the Perinatal Society of Sri Lanka, for the year 2022, was appointed at the Annual General Meeting held on the 10th of December 2021.

The official Presidential Induction Ceremony was held on the 30th of January 2022, under the patronage of the DGHS Dr. Asela Gunawardene, at the Lotus Ballroom, Hotel Shangrila. It was attended by more than 200 distinguished invitees including Past Presidents, Presidents of other Professional bodies, representatives of the Ministry of Health, WHO, UNFPA, and World Bank, friends, and colleagues.

“Save a Baby” fundraising project was launched at the Seruwila Mangala Rajamaha Viharaya, under the guidance of Venerable Aludeniye Subhodhi Thero, the chief incumbent of the temple, in collaboration with the Perinatal Society of Sri Lanka. This is a project to obtain 100 respiratory machines + inbuilt saturation monitor that deliver humidified, warm, and blended gas to resuscitate premature babies.

4 webinars each were held during January and February in collaboration with the Ceylon Association of Neonatologists.

The president along with a few council members met the DGHS a, Dr.Asela Gunawardene on February 21st at the ministry of health. This was a combined meeting with the Family Health Bureau, to discuss the projects and activities planned by the PSSL for 2022.

The 2nd council meeting was held on February 24th, 2022.

Upcoming events

Regional Workshops in all 9 provinces, out of which the 1st program will be held on March 18th, 2022, at the University of Ruhuna, in Southern Province

A technical committee for the “Save a baby” project would be formed with the experts involved

A sponsorship meeting will be held on the 26th of March to provide an insight to the sponsors of the activities planned by the PSSL to improve perinatal care in the country.

Twice a month Webinars are planned for March and April under neonatal and obstetric topics.

A meeting with the minister of health will be held within the 1st two weeks of March to discuss the PSSL projects and activities planned, in collaboration with the ministry of health.

Zincovit

Tablets

Zincovit-S

Syrup

Zincovit-D

Drops

Zincovit-B

Syrup

Improves
Growth¹, Appetite² &
Weight Gain³

Improves
Humoral & Cellular
Immunity⁴ and
Brain Development⁵

With Zinc,
Lysine &
Selenium



Health Supplement
for **Immunity, Growth & Development**