



# PSSSL QUARTERLY

NEWSLETTER OF PERINATAL SOCIETY OF SRI LANKA



## *Induction of the* **22<sup>ND</sup> PRESIDENT** **OF THE PERINATAL SOCIETY OF SRI LANKA**

*See pages 04 & 05 for more details...*



**“Respectful Perinatal Care with Good Governance, Clinical Quality and Support for Better Parenting”**

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“Respectful Perinatal Care with Good Governance, Clinical Quality and Support for Better Parenting”

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### Message from the President



**Dr. Susie Perera**  
President, 2023

The Council of 2023 has supported me immensely to deliver along the intentions presented at my Induction. We are going through an economic crisis, and the shortages of medicines and supplies are increasingly felt. The services are further suffering due to professional migration out of the country. However, we have taken a concerted effort to making the best out of what is there for us.

The membership will get to know that more strategic developments are being focused, and we are supporting our national program in several ways. The Low-Birth-Weight study, reflective audits to improve parental understanding by Field staff and neonatal intensive care training are some of these which are showcased.

To take forward the agenda for this year, the council is working through several subcommittees and all the subcommittees are now activated and moving forward. From time to time, we have given brief reports on the website on our progress. We hope to bring out more on the subcommittee activities in the next issue. Showcasing a collective response, we are happy to present this newsletter.

Thank you,  
**Dr. Susie Perera**  
President, PSSSL  
Deputy Director General  
(Public Health Services) II  
Consultant Community Physician

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# Perinatal Society of Sri Lanka Council Members - 2023



*Standing from Left to Right - Dr Chandana Jayasundara, Dr Nimesha Gamhewage, Dr Himali Herath, Dr.Dilusha Atukorale (Immediate Past Secretary),  
Dr. Deepal Nawarathne, Professor Sachith Mettananda, Dr Prabath Rاندombage, Dr Harendra Dassanayake (Assistant Treasurer),  
Dr Nimali Wijegoonewardene (Assistant Secretary), Dr Dilani Denigama, Dr Amila Chandrasiri, Dr Sandya Doluweera,  
Professor Sampatha Gunawardena (Editor)*

*Seated from Left to Right - Dr. Ruwan Silva (Treasurer), Dr Nishani Lucas, Dr Kaushalya Kasturiarachchi, Dr Surantha Perera (SLJPM Managing Editor),  
Dr L.P.C Saman Kumara (Immediate Past President), Dr Susie Perera (President), Professor Dulani Gunasekera (SLJPM Editor in Chief),  
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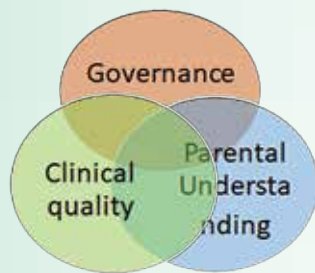
*Absent - Dr Kapilani Withanarachchi, Dr Indunil Piyadigama,*



# Induction of the 22<sup>nd</sup> President of the Perinatal Society of Sri Lanka



From conceptual Framework to Action – wheels in harmony make the clock keep ticking



Dr. Susie Perera was inducted as the 22<sup>nd</sup> President of the Perinatal Society of Sri Lanka at the induction ceremony held on the 2<sup>nd</sup> of February 2023 at Hotel Galadari. Mr. Dhananath Fernando, Chief Executive Officer of Advocata Institute, graced the event as the Chief Guest, and the Guest of Honour was Dr. Vinya Ariyaratne, President of the Sri Lanka Medical Association.

In her presidential address, Dr. Susie Perera emphasized the importance of a collective response for respectful perinatal care through governance, clinical quality and parental understanding, going in line with the theme of the PSSL for the year. It was explained that financing for maternal and child health is the foun-

ation for health for Sri Lankans. She mentioned that it is important for the Government to give priority to preserve the maternal and childcare components, so that the Sri Lankan population is preserved with a foundation to be healthy, productive and able to lead a reasonably happy family life. Dr. Susie Perera stressed that the mothers should have a good birth experience, the path to which is paved by adequate instruction, receiving pain relief, being treated with dignity, accommodating a birth companion during the delivery and avoiding unnecessary cesarean section. Dr. Perera proposed a framework with three-pronged Health System levers: Improving parental understanding; Use of clinical guidelines that contribute to quality care; Good Governance. The wheels are turned by different entities, and therefore it is a framework of working together in a more cohesive and strong way.

The occasion was attended by Ministry of Health Officials, development Partners, Past Presidents, Council and members of the Perinatal Society and other delegates, and the family members of the inducting president. As a token to celebrate new beginnings, a plant was gifted to each of the invitees who attended the Induction Ceremony.







Induction of the  
22<sup>nd</sup> President of the Perinatal  
Society of Sri Lanka





# PSSL Commences Training

## *for Medical Officers and Nursing Officers on Neonatal Intensive Care*

Neonatal intensive care is a highly specialized and complex area of paediatric intensive care. Training the staff in these neonatal intensive care units and making them familiar with the ideal management of the patients is of much importance for ensuring delivery of quality care.

Identifying the need to train the Medical and Nursing Officers who are starting work in Neonatal Units or Special Care Baby Units in the country, the first ever National Intensive Care Training for Medical officers and Nursing Officers was inaugurated. This was a collaborative venture of the Perinatal Society of Sri Lanka and the Ministry of Health. This course will be very useful for the staff who have been newly recruited to the to the NICU settings, while being a continuous medical education activity for the staff who are already working in these settings.

The trainings are based on the 'Introductory Guide to Neonatal Intensive Care for Medical and nursing staff of Neonatal Intensive Care Units' launched by the Perinatal Society of Sri Lanka in 2022. Prof. Dulani Gunasekara is the current Course Director of this NICU Orientation Course.

The first two-day training focusing on staff in the Western Province was conducted on the 22nd of March 2023 at the Castle Street Hospital for Women, and it was attended by many Medical and Nursing Officers. Director Castle Street Hospital for Women and many council members of the PSSL including Dr. Susie Perera, Dr. Saman Kumara, Dr. Asiri Hewamalage, Prof. Dulani Gunasekara, Dr. Surantha Perera and Dr. Himali Herath participated at the inauguration training. Prof. Dulani Gunasekara, Dr. Shyama Basnayake, Dr. Nishani Lucas, Dr. Saman Kumara, Dr. Medha Weerasekara, Dr. Nalin Gamaathige, Dr. Surantha Perera, Dr. Sujatha Seneviratne and Dr. Nimesha Gamhewage were among the resource persons who delivered sessions in the workshop. Pre-and post-tests were conducted, and participation certificates were awarded to the attendees.







# Promoting Reflective Writing Among PHMS in Galle District

Fulfilling one of the key objectives of the PSSSL for the year 2023, a programme was launched to introduce reflective writing to public health staff. The first programme was conducted in the Bope-Poddala MOH area in the Galle district, and it was held on the 11th of April 2023 at Hotel Hasara, Galle, with the participation of the president of PSSSL, Dr Susie Perera and RDHS-Galle, Dr K. Somarathna. All the Public Health Midwives (PHMs) and other supervising staff of the MOH were given a formal training. The module was prepared by Dr. Amila Chandrasiri, and it was based on Gibbs reflective model. The lecture session was followed by groupwork. A lecture on 'developing parenting skills' was also done by Dr Praneeth Thommadura, MOH-Karandeniya. Each PHM was requested to start a 'reflective journal', reflecting current practices and interventions in promoting parenting among a selected client family.



**Save a Baby**  
Be their first breath

## PSSL response during the economic downturn

During 2022, the PSSSL initiated the "Save a baby" project to raise donations to respond to urgent needs of neonatal care under the Immediate Past President Dr Saman Kumara. The PSSSL notes that, in this downturn, the perinatal care needs to be supported further. The PSSSL council under the current President Dr Susie Perera, also believes that as a society we need to support the government in obtaining support in an urgent way to prevent any adverse outcomes.

Five multipara Monitors from Castle Street Hospital NICU were repaired and replaced with new probes and donated to Mahamodara and Karapitiya Hospitals with the financial support from PSSSL.





## Building research capacity among Nursing Officers through audits in respectful care

All newborns have the right to be cared for respectfully. Respectful maternal care and neonatal care can vastly contribute to improving the quality of care provided. A workshop on ‘Promoting Respectful Maternity and Neonatal Care through Research and Audit among Nurses’ was organized by the Subcommittee on ‘Research and Audit Practice for Nurses’ of the Perinatal Society of Sri Lanka on the 27th of April 2023. It was held at the Auditorium of the Family Health Bureau, with the participation of thirty-two nursing officers attached to the labour rooms, post-natal wards and neonatal intensive care units from six hospitals in the Western Province: De Soysa Maternity Hospital, Castle Street Hospital for Women, Teaching Hospital Kalutara, Colombo South Teaching Hospital, Colombo North Teaching Hospital and Lady Ridgeway Hospital.

This workshop was planned to go in line with the theme of the Perinatal Society of Sri Lanka for 2023: ‘Respectful perinatal care with good governance, clinical quality and support for better parenting’, with the expectation of creating awareness on respectful care among the nursing officers, while encouraging them to involve in related audits through awareness on the importance of research and audits, and how to conduct them. Dr. Susie Perera, Dr. Asiri Hewamalage, Prof. Dulani Gunasekara, Dr. Nishani Lucas, Dr. Amila Chandrasiri, Dr. Nimali Wijegoonewardene and Dr. Nimesha Gamhewage participated in the event representing the council of PSSL. Prof. Hemantha Senanayake, Emeritus Professor of Obstetrics and Gynaecology, Prof. Dulani Gunasekara, Professor of Paediatrics, Dr. Mohammad Rishard, Senior Lecturer in Obstetrics and Gynaecology, Dr. Nishani Lucas, Senior Lecturer in Paediatrics and Dr. Amila Chandrasiri, Consultant Community Physician conducted sessions on respectful care and research. The sessions were followed by group discussions. Pre-tests and post-tests were conducted, and participation certificates were awarded to the attendees.



## Support extended to Neonatal Intensive Care Unit - Mahamodara

Following an inspection carried out by Dr Susie Perera & some members of the council and a detailed request sent by Dr. Dilani Dehigama – Neonatologist, Mahamodara Hospital & Council Member, a detailed discussion took place with the Council Members regarding the needs at the Teaching Hospital Mahamodara. Identifying the issues with the medical gas system, Dr. Saman Kumara, Neonatologist Castle Street Hospital for Women, was able to obtain urgent support to rectify the medical gas system through philanthropic contribution.



### 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:

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