'Be Smart' Facebook page by CCPSL is an ideal social media platform to promote health messages among the public, especially the youth.

All members are invited to share health-related Facebook posts from other public health campaigns in it. Please find the link below:

https://www.facebook.com/BeSmartCCPSL/

Office bearers and the council of the College of Community Physicians of Sri Lanka 2019/2020

President: Dr. Sapumal Dhanapala
President Elect: Dr. Nihal Abeysinghe
Vice President: Prof. Kumudu Wijewardena
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Dr. Lakshmi Somathunga
Dr. H. S. R. Perera
Dr. Paba Palihawadana
Dr. Chithramalee De Silva
Prof. Carukshi Arambepola
Dr. Kapila Jayaratne
Dr. Saveen Semage
Dr. Supun Wijesinghe
Dr. K. Kasthuriarachchi

Co-opted members
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Dr. Hathshya Munasinghe
Dr. Athula Liyanapathirana
Dr. Ishanka Talagala
Dr. Dushyanthi Alagiyawanne
Dr. Sinha De Silva
Dr. Chatura Wijesundara
Dr. Malith Kumarasinge
Dr. P. V. H. D. K. Wijayathilake
Dr. Gopalamoorthy Rajeev

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Presidential Induction and Theme for 2020

The Annual General Meeting (AGM) of the College of Community Physicians of Sri Lanka was held on 27th of September 2019 and Dr. Sapumal Dhanapala was elected as the 25th President of the College. He was inducted as the President on the 28th of October 2019.

The theme of the Presidential address was ‘Safe and Nutritious Food: Everyone’s Business’. During his induction the President highlighted the importance of a comprehensive food system with multiple strategies identified at different levels. He summarized these with a call out to the membership and the gathering to: ‘Ensure its safe’, ‘Grow it safe’, ‘Keep it safe’, ‘Check its safe’ and ‘Team up for safety’.

Professor Sujeewa Amarasena, Vice Chancellor and Senior Professor in Paediatrics of the University of Ruhuna was the Chief Guest.

Ms. Brenda Barton, the Country Director of the World Food Programme, was the Guest of Honour.

The Council of the College of Community Physicians of Sri Lanka for 2019/2020:
Sub-Committees of the CCPSL Council 2019/2020

The following sub-committees have been established to carry out various duties for 2019/2020. These sub-committees have been given full autonomy to carry out their tasks and they report directly to the Council during every council meeting regarding the status of their activities.

1. Committee on Promoting Public Health Concepts in the Field
2. Research Cell
3. Committee on Post Graduate Student Mentoring and Career Development
4. Fund-Raising Committee
5. Media Committee
6. Super Eight Committee
7. Committee on the Smart Youth Initiative
8. Continuous Professional Development Committee
9. Constitution and Legal Committee
10. Committee for Promotion of Sports and Healthy Lifestyle
11. Committee on Transfers and Placements
12. Committee on Technical issues in Public health including exploring need for External Review of the Public Health system
13. Committee on Revival of the Public Health to Meet future Challenges
14. Committee on Public Health Services
15. Committee on Provincial Chapter Joint Activities
16. Fellowship Committee
17. Committee on Quality of Care and Patient Safety
18. Web Management Committee
19. Committee on ‘Safe and Nutritious Food: Everyone’s Business’

Sri Lanka to Host the International Conference on Birth Defects (ICBD) in February 2020

Recognizing the need to build capacity in lower-income countries for the prevention of birth defects and preterm birth and care of those affected, the goal of the biennial ICBD conferences has been to provide specific practical tools and approaches that developing country participants can use to implement and strengthen surveillance and health care delivery and influence policy and funding in support when they return to their respective countries.

The Conference Chair is Dr Kapila Jayaratne, Consultant Community Physician, Council Member of CCPSL and the Immediate Past Secretary of the Sri Lanka Medical Association. CCPSL is a partner organisation for ICBD conference this year.

CPD Sub-committee:

Young Community Physicians Forum 1: Developing SBCC (Social Behaviour Change Communication) Strategies as Public Health Interventions: A Practical Approach

The first Young Community Physicians Forum was conducted by Dr. Supun Wijesinghe, Consultant Community Physician, Head of the Family Health & Nutrition Communication Unit of the Health Promotion Bureau. The topic of the forum was “Developing SBCC (Social Behaviour Change Communication) Strategies as Public Health Interventions: A Practical Approach”. This was held on the 26th of November 2019 at the Office of the College of Community Physicians of Sri Lanka at Wijerama House and was organized by the Continuous Professional Development (CPD)
Social Behaviour Change Communication is the strategic use of communication approaches to promote changes in knowledge, attitudes, norms, beliefs and behaviours. SBCC is grounded in theory and is evidence-based. SBCC programmes are designed on the basis of existing data and they follow a systematic process, analyzing the problem in order to define barriers and motivators to change and design a comprehensive set of tailored interventions that promote the desired behaviours.

He emphasized about the three strategic pillars of the Basic Framework for National Nutrition Communication Strategy:

1. Protecting the first 1000 days
2. Promotion of healthy and nutritious diet
3. Promotion of positive role models

These pillars support an integrative framework that will focus on behaviour change communications, social mobilization and advocacy.

CPD Sub-Committee:

Young Community Physicians Forum 2: Responsiveness analysis for patient reported outcome measures

The second Young Community Physicians Forum, a lecture discussion on “Responsiveness analysis for patient reported outcome measures” was conducted by Dr. Chinthana Perera, Consultant Community Physician of the National Dengue Control Unit. It was held on the 27th of December 2019 at the Auditorium.
of the Health Promotion Bureau & was organized by the CPD Subcommittee of College of Community Physicians of Sri Lanka.

Dr. Perera discussed extensively about distributional & anchor-based methods for responsiveness analysis. The term responsiveness is used as an indicator of the instrument’s sensitivity to change or as an indicator of the magnitude of intervention-related change over time in pre and post-analysis. Responsiveness can be assessed using distributional and anchor-based methods. Distributional methods use data gathered from the questionnaire itself to assess the responsiveness. In anchor methods, external criteria are used (e.g. another questionnaire) to calculate the responsiveness of the desired questionnaire.

In distributional methods, analysis can be done at group or individual level. The most commonly used distributional methods are: effect size, standardized response mean and standard error of measurement. Correlation method, receiver operating characteristic (ROC) curve and regression models are a few methods of analyses used in anchor based methods.

Prepared by Dr. Anuruddhika Rathnayake

**CCPSL won joint 3rd place at Anti Malaria cricket Sixes**

A six-a-side cricket tournament was organized by the Welfare Society of the Anti Malaria Campaign at Shalika Grounds, Narahenpita on the 14th December 2019. A total of 32 teams from the health department participated in the tournament. The CCPSL team led by Dr. Saveen Semage became joint 3rd place in the tournament. Our team was able to successfully beat the teams from Teaching Hospital (TH) Ampara, National Institute of Mental Health (NIMH) B team, and TH Jaffna to qualify for the semi finals.

After a very tense and exciting semi final match, the CCPSL team unfortunately lost to the NIMH-A team who went on to become the champions of the tournament.

The talented CCPSL team comprised of Dr. Mahesh Kumbukage, Dr. Pushpika Abeysekara, Dr. Amila Suranga, Dr. Gayan Ariyadasa, Dr. Darshitha Jothipala and Mr. Angelo Ravindren while Dr. Saveen Semage was the capable Captain who guided and supported
Media Sub-committee:

Appreciation Awards to CCPSL and Dr. Sashiprabha Nawarathne from Yeheli

It is with pleasure that the Newsletter Committee of the CCPSL inform its readership of the award presented to CCPSL for their contribution to the Yeheli Project.

Yeheli.lk is a free service which offers women a safe and trusted platform to voice their concerns and to discuss their personal problems and receive relevant advice and information. The questions are answered by a panel of qualified and experienced doctors, lawyers and counsellors, who are able to respond with suitable answers within a few hours.

Dr. Sashipraba Nawarathne, Registrar in Community Medicine and the Assistant Secretary of the 2018/2019 Council of CCPSL was also presented a special token of appreciation for her contribution to yeheli.lk in providing the highest number of answers to the public for their questions.

Both tokens were presented on the 9th of November 2019 at the Kingsbury Hotel.

Official Facebook page of the CCPSL

The official Facebook page for the CCPSL has been launched with Dr. Sinha De Silva, Registrar in
Community Medicine, as the administrator. Its web address is as follows: https://www.facebook.com/College-of-Community-Physicians-of-Sri-Lanka-101484174599709/ The Facebook group page of CCPSL, which was earlier maintained, is also continued to update the membership about important news.

Prepared by Dr. Ruwanika Seneviratne

Committee on PG Student mentoring and career development:

Mentorship Programme launched by CCPSL

Prof. Carukshi Arambepola is the Chairperson of this Sub-committee and she, along with her team, have identified several mentoring teams for the different tiers of post graduate (PG) trainees currently enrolled in MD and MSc programmes.

To facilitate the task of mentoring, a database of PG trainees who entered the MD and MSc programmes from 2017 onwards has been compiled in order to organize the mentoring programme to capture all students including those who have not been successful in MSc and MD part I examinations.

An invitation was circulated via email on the 7th of January 2020 to the members to become mentors and the sub-committee has received a considerable number of requests from members, including those from overseas.

A mentor training programme was conducted on 23rd and 24th of January 2020 at the Auditorium of the Health Promotion Bureau to train those who volunteered to become mentors. Dr. Enoka Wicramasinghe, Dr. Ruwan Ferdinando, Prof. Piyanjali de Zoysa, Mr. Roshan Dampapala, Mr Nivendra Uduman contributed as resource persons. This programme was coordinated by Prof. Carukshi Arambepola and Dr. Sumudu Hewage. More details of this programme will appear in the next issue of the CCPSL News.

The agenda for the workshop was as follows:

Prepared by Dr. Ruwanika Seneviratne

Super 8 Committee:

Nutrition Awareness for MAS Employees

In line with the Super 8 theme, the CCPSL organised a programme on the 14th of January 2020 to improve awareness on proper nutrition at MAS Holdings Ratmalana.

Three interactive sessions were conducted where the workers were given an opportunity to ask questions regarding nutrition related issues. The programme was conducted by Prof. Carukshi Arambepola, Professor in Community Medicine of the Faculty of Medicine, Colombo. Dr. Rimaza Niyaz, Registrar in Community Medicine also participated in the programme.
Web Management Committee:

All JCCPSL issues from 1999 are online on the official CCPSL website: [www.ccpsl.org](http://www.ccpsl.org)

Following a very tedious process which included collecting of journals, scanning them, checking for accuracy, compressing them to reduce volume using new software, several members of the Website Management Committee were able to upload all the journals of the CCPSL from 1999 to 2019 on to the official website page, under the guidance of the Editor Dr. Ruwan Ferdinando.

On behalf of the Web Management Committee, the Newsletter Committee wishes to thank the following for their contribution in this important task: Dr. Sapumal Dhanapala, Dr. Janaki Vidanapathirana, Professor Carukshi Arambepola and Professor Shamini Prathapan and the Journal Editorial Committee.

Dr. Chithramali Rodrigo Senior Registrar and Registrars in Community Medicine, Dr. Niludi Ranwanee, Dr. Vidura Jayasignhe and Dr. Sinha De Silva contributed to ensure availability of journals in the website.

The past journals are accessible through the link given below:

[https://jccpsl.ccpsl.org/past-journals/](https://jccpsl.ccpsl.org/past-journals/)

Special Guest Lecture: Epidemiology in a Changing World by Professor Neil Pearce

**Professor Neil Pearce** BSc DipSci DipORS PhD DSc FRSNZ FMedSci FFPH, Professor of Epidemiology and Biostatistics of the London School of Hygiene and Tropical Medicine (LSHTM) delivered a lecture on Epidemiology of the Changing World on the 22nd of January at the PGIM Academic Centre. Professor Pearce teaches epidemiology, biostatistics and public health courses at the LSHTM. He has been engaged in a wide range of public health research activities and co-founded the Wellington Asthma Research Group (WARG) at the Wellington School of Medicine and...
established the Massey University Centre for Public Health Research.

This lecture was jointly organised by the CCPSL and WHO Country Office for Sri Lanka. More details will follow in our next issue.

Orations:

The applications are now called for the prestigious Dr. A. V. K. V. De Silva oration (to be held on the 20th of March 2020) and Dr. F. A. Wickremasinghe oration (to be held on the 16th of May 2020).

Please forward your applications via email to the Editor (Dr. Ruwan Ferdinando ruwanferdinando@gmail.com) and the Assistant Editor (Dr. Ruwanika Seneviratne - ruwanikas@gmail.com) of the College Council.

Deadline: 10th February 2020