

CPMSL NEWSLETTER

COLLEGE OF PALLIATIVE
MEDICINE OF SRI LANKA



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E M W Jayasuriya Oration 2025

The E.M.W. Jayasuriya Oration for the year 2025 was delivered by Dr. Densil Gunasekara, Consultant Radiologist and Assistant Secretary of the College of Palliative Medicine of Sri Lanka. The oration took place on 28th February 2025 at the Sri Lanka Medical Association Auditorium and was attended by healthcare professionals, researchers, and advocates dedicated to improving palliative care.

Dr. Gunasekara's oration, titled "Radiopalliation: Enhancing Comfort through Radiological Interventions," explored the vital role of radiotherapy in palliative care. He highlighted how radiopalliation, which involves the use of radiation therapy to relieve symptoms rather than cure disease, can significantly improve the

Top News

E M W Jayasuriya Oration 2025

Activities by CPMSL

Visits By CPMSL

Webinars

Media campaigns



Dr. Gunasekara underscored the importance of integrating radiopalliation into comprehensive palliative care and stressed the need for close collaboration between oncologists, radiologists, and palliative care specialists. He highlighted that timely radiotherapy interventions can enhance patient comfort while maintaining dignity and quality of life, making it a crucial aspect of holistic palliative care.

The E.M.W. Jayasuriya Oration continues to be a significant platform for advancing knowledge and fostering discussion on key issues in palliative medicine. The College of Palliative Medicine of Sri Lanka expresses its sincere appreciation to Dr. Gunasekara for his insightful presentation and his dedication to improving palliative care services in the country.

quality of life for patients with advanced cancer and other serious conditions. The oration emphasized the effectiveness of radiotherapy in managing pain associated with bone metastases, reducing the risk of fractures, and preserving mobility, thereby enhancing patients' daily functioning.

He also discussed the role of radiotherapy in treating spinal cord compression caused by tumor pressure, demonstrating how timely intervention can alleviate symptoms and prevent permanent neurological damage. Additionally, he addressed the use of radiotherapy in shrinking tumors that obstruct airways, cause bleeding, or create swallowing difficulties, thereby improving overall patient comfort and reducing distressing symptoms. Advancements in radiological interventions, such as stereotactic body radiotherapy (SBRT) and image-guided radiotherapy (IGRT), were also explored, showcasing how modern techniques allow for precise treatment with minimal side effects.

An event poster for the E.M.W. Jayasuriya Oration 2025. The poster features the logo of the College of Palliative Medicine of Sri Lanka on the left. The main text reads: "E M W Jayasuriya Oration 2025", "College of Palliative Medicine of Sri Lanka", and "Dr Densil Gunasekara MBBS, MD Consultant Radiologist". Below this is a portrait of Dr. Gunasekara and the title of his oration: "Radiopalliation: Enhancing Comfort Through Radiological Interventions". A "Join Us" button is present. At the bottom, it states: "28th of February 2025 at 5.30 pm" and "Sri Lanka Medical Association Auditorium 06, Wijerama House, Wijerama Mawatha Colombo 07".

Home Caregivers Training Given by Professors and the Nursing College Principal



Prof. Samadhi Rajapaksa



Prof. Kandasamy Arulanandem



Prof. MKD Lalitha Meegoda



Mrs. Himali Peiris



The College of Palliative Medicine of Sri Lanka organized a workshop led by experts, covering topics such as colostomy care, infection control, cancer prevention, hypertension care, drug usage in home care, nasogastric tube feeding, wound care, palliative nursing, and more. Free meals and lodging ensured an inclusive experience. Subsequently, a two-day program on home-based palliative care for caregivers was held in collaboration with Eastern Cancer Care Hospice in Batticaloa. This initiative aimed to enhance caregiver skills, with college members visiting the hospice to understand palliative care challenges in the Eastern Province, reinforcing commitment to patient-centered care.

Activities by CPMSL

EASCCA Home Caregivers Training Programme

The 100th Batch of the EASCCA Home Caregivers Training Programme, organized by the College of Palliative Medicine of Sri Lanka, in collaboration with the Eastern Cancer Care Hospice was successfully conducted on the 1st and 2nd of February 2025 at the EASCCA Home Caregivers Training Unit.

This two-day intensive workshop aimed to equip caregivers with essential skills to enhance the quality of life for patients requiring long-term or end-of-life care.



Eastern Cancer Care Hospice (Guarantee)Limited

College of Palliative Medicine of Sri Lanka



100th BATCH

Two Days Training Programme for Home Caregivers
By

Eastern Cancer Care Hospice

in Collaboration with

College of Palliative Medicine of Sri Lanka

VENUE:
EASCCA Home Caregivers Training Unit

DATE
01-02 / 02 / 2025 Saturday -Sunday

TIME
8.00 AM - 5.00 PM



Insights into Palliative Care" An International Workshop for Nurses and Allied Health Professionals

On December 10, 2024, the Faculty of Allied Health Sciences at General Sir John Kotelawala Defence University, in collaboration with the College of Palliative Medicine of Sri Lanka, successfully conducted the "Insights into Palliative Care" workshop. Held at the University Hospital KDU Werahera's auditorium, this international event catered specifically to nurses and allied health professionals, focusing on the latest trends and practices in palliative care.



The workshop featured a lineup of distinguished speakers who provided valuable insights into various aspects of palliative care. Professor Samadhi Rajapaksha discussed educational strategies and research in palliative care, enhancing the attendees' learning experience. Ms. Eva Paoletti spoke on the importance of dignity and comfort in palliative care nursing, while Ms. Marie Cooper offered her expertise on integrative pain management techniques. Professor Heather Richardson highlighted the role of strategic leadership in hospice care, and Professor Lalitha Meegoda shared her extensive clinical experience, enriching the participants' understanding of patient care. Surg. Capt. Ranga Perera added a unique

perspective by discussing the integration of military and civilian palliative care practices.

The format of the workshop included interactive lectures, case studies, and Q&A sessions, which facilitated an engaging and informative exchange among participants. The feedback from attendees was overwhelmingly positive, with many highlighting the practical applications of the knowledge gained and their plans to integrate these new insights into their professional practices. The event not only served as a platform for learning and networking but also highlighted the growing importance of palliative care in healthcare settings. At the end of the programme the 'Allied Health Wing' of the CPMSL was established.



Building Bridges in Palliative Care: Regional Capacity Building Workshop

A two-pronged palliative care training initiative, conducted on 19th December 2024 in Rathnapura, brought together community and hospital-based health professionals in a concerted effort to enhance palliative care services in Sri Lanka. Organized by the College of Palliative Medicine of Sri Lanka (CPMSL), the programme was a significant success, drawing the participation of 75

medical officers, 105 nursing officers, and allied health professionals.

The initiative comprised two parallel programmes: one held at the RDHS Office Rathnapura, focusing on the preventive and community aspects of palliative care, and the other at Teaching Hospital Rathnapura, emphasizing the curative side of palliative medicine.

Preventive Approach: Empowering Community Field Staff

The morning session at the RDHS Office Rathnapura aimed to empower community healthcare workers, including public health nursing sisters, inspectors, and midwives, to address palliative care needs early. It began with addresses from the PDHS and RDHS, followed by technical sessions led by experts. Prof. Lalitha Meegoda introduced community-based palliative care, Dr. Thusitha Kahaduwa discussed bedsore management, and Prof. Samadhi Rajapaksa addressed common challenges. Dr. Disala Welgama and Dr. Kethmina provided guidance on caregiving and psychological support,

respectively. The session concluded with a physiotherapy demonstration, certificate distribution, and a group discussion.

Curative Focus: Advancing Hospital-Based Palliative Care

Meanwhile, the Teaching Hospital Rathnapura hosted a session on hospital-based palliative care for doctors and clinical staff. Dr. Hilary Fernando emphasized integrating palliative principles in curative practice. Highlights included talks by Prof. Samadhi Rajapaksa, Drs. Senarathna, Bulathsinhala, Kahaduwa, and Pathirathna. The programme concluded with a panel discussion by CPMSL faculty, highlighting Sri Lanka's commitment to patient-centered palliative care.





International Workshop on 'Research in Palliative Care'

The Allied Health Professionals Wing of the College of Palliative Medicine of Sri Lanka, in collaboration with the Faculty of Allied Health Sciences - KDU, successfully conducted a two-day international workshop on "Research in Palliative Care" for Allied Health Professionals. The event held on the 29th and 30th of March 2025 at the Auditorium, University Hospital KDU, brought together a diverse group of healthcare professionals committed to advancing research in palliative care.

The workshop provided an engaging platform for participants to deepen their understanding of research methodologies, evidence-based practices, and emerging trends in palliative care. Experts in the field delivered insightful sessions, covering key aspects such as study design, data analysis, ethical considerations, and the practical application of research findings in patient care. Interactive discussions and case study presentations allowed attendees to apply their learning to real-world scenarios, fostering a hands-on approach to research.

Participants also benefited from networking opportunities, engaging with peers and experienced researchers to exchange ideas and collaborate on future projects. The event was well received, with attendees appreciating the structured yet practical approach to research training. Upon completion, all participants were awarded a certificate of participation and earned points

towards the upcoming fellowship programme in palliative medicine.

The success of this workshop highlights the growing interest in palliative care research and the need for continuous professional development in the field. The organizers express their gratitude to the speakers, participants, and supporting institutions for their contributions in making this event a resounding success. With the enthusiasm and dedication demonstrated by attendees, we look forward to hosting more initiatives that drive progress in palliative care research.





Training Programme on Basic Palliative Care for Private Sector Nursing Officers

The College of Palliative Medicine of Sri Lanka conducted its first one-day training programme on basic palliative care for private sector nursing officers on 31st March 2025 at Pannipitiya Nursing Home. This initiative aimed to enhance the knowledge and skills of nursing officers in providing compassionate and effective palliative care within private healthcare settings.

The programme covered essential aspects of palliative care, including pain and symptom management, communication skills, and holistic patient support. Through interactive sessions and practical demonstrations, participants gained valuable insights into improving the quality of life for patients with life-limiting illnesses.

The training was successfully coordinated by Dr. Chamini Senathunga, a council member of the College, and was well-received by the attendees. This marks the beginning of a series of training programmes designed to strengthen palliative care services across all healthcare sectors in Sri Lanka.

Visits By CPMSL

The College of Palliative Medicine of Sri Lanka recently conducted a site visits as part of its ongoing efforts to support and strengthen palliative care services in the country.

On 20th January 2025, members of the College visited CANE – Cancer Aid North & East, Sri Lanka, engaging with the team and assessing the support provided to cancer patients in the region. The visit highlighted the essential role of community-based palliative care in improving the quality of life for patients and their families.

Webinars

Quarterly International Webinar was conducted in December 2024 by Dr. Farwa Rizvi, a post-doctoral research fellow of the Deakin University, Australia by the invitation of College of Palliative Medicine of Sri Lanka. She conducted an insightful lecture on “Bridging the Gap: Exploring the role of qualitative research in enhancing clinical practice and palliative care”. The webinar saw lively participation from both local and international attendees, fostering meaningful and insightful interactions.



The College of Palliative Medicine of Sri Lanka
Quarterly International webinar

Bridging the Gap: Exploring the role of qualitative research in enhancing clinical practice and palliative care

Dr FARWA RIZVI
MBBS (PU), MPH (UHS), PhD Public Health (Deakin University)
Research Fellow,
Monash University, Australia

DATE: 14th December
2024

TIME: 10.30 a.m. onwards
(Sri Lanka time)

[Click here to join](#)



The College of Palliative Medicine of Sri Lanka
Monthly webinar

End of life care and organ donation

23rd January 2025 at 8.30 pm



Dr Niroshan Seneviratne
Consultant Urological and Transplant Surgeon
Sri Jayawardenepura General Hospital

Dr. Niroshan Seneviratne, Consultant Urological and Transplant Surgeon at Sri Jayawardenapura Hospital (SJGH), served as the resource person for a webinar held on January 23, 2025. He shared invaluable insights on the crucial topics of ‘End-of-Life Care’ and ‘Organ Donation.’ The session was interactive, with the audience actively engaging in meaningful discussions and thoughtful queries.

The College of Palliative Medicine in Sri Lanka organized its monthly webinar on February 20, 2025. The event was honored by the presence of Dr. Dilushi Wijayarathne, a Senior Lecturer and Honorary Consultant Nephrologist affiliated with the Department of Clinical Medicine, University of Colombo on “Renal Supportive Care in Sri Lanka-where do we begin?”. The session drew a diverse audience who actively engaged with thought-provoking questions and discussions.



The College of Palliative Medicine of Sri Lanka
Monthly webinar

Renal Supportive Care in Sri Lanka – where do we begin?

20th February 2025 at 8.30 pm



Dr Dilushi Wijayarathne
Senior Lecturer and Honorary Consultant Nephrologist
Department of Clinical Medicine
University of Colombo

The Quarterly International Webinar, organized by the College of Palliative Medicine of Sri Lanka, took place on March 3, 2025, focusing on the topic 'Managing Your Palliative Patient.' The session was conducted by Dr. Nicholas Herodotou, a Palliative Medicine Consultant and former Honorary Clinical Lecturer at UCLMS (2010–2024), Bedfordshire Hospitals NHSFT (Luton site). The event attracted an actively engaging audience from both local and international communities

The College of Palliative Medicine of Sri Lanka
Quarterly International webinar

'Managing your Palliative patient'

Dr Nicholas Herodotou
BSc, MB,BS, DGM, DRCOG, DPM, MRCP, FRCP, FHEA
Palliative Medicine Consultant
Former Honorary Clinical Lecturer UCLMS (2010-24)
Bedfordshire Hospitals NHSFT (Luton site)

DATE: Monday, 03rd March 2025
TIME: 8.30 p.m. to 9.30 p.m. (Sri Lanka time)
(3.00 p.m. to 4.00 p.m. UK time)

The College of Palliative Medicine of Sri Lanka
Monthly webinar

Enhancing Quality of Life in People Living with HIV

Monday 24th March 2025 at 8.30 pm

Dr Iruka Rajapaksa
Consultant Venereologist
National STD/ AIDS Control Program

The College of Palliative Medicine in Sri Lanka organized its monthly webinar on March 24, 2025. The event was conducted by Dr. Iruka Rajapaksa, Consultant Venereologist at the National STD/AIDS Control Program on “Enhancing Quality of Life in People Living with HIV”. The session drew a diverse audience who actively engaged with thought-provoking questions and discussions.

Media Campaigns

Consultant Psychiatrist Dr. Danuja Mahesh discussed 'Mental Health in Palliative Care' on Siyatha TV's 'Aadaraneeya Jeewithaya'. He defined palliative care, emphasized its relevance to terminal conditions like incurable cancers, and highlighted the importance of addressing mental health

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needs of patients facing death. Dr. Danuja stressed the role of family in supporting patients, advocating for open communication and peer connections. He discussed the interplay between mental and physical health, the role of spirituality, and collaboration with healthcare teams. He acknowledged the contributions of the College of Palliative Medicine and Prof. Samadhi Rajapaksha to palliative care in Sri Lanka.

On 17th February 2025, Dr. Thusitha Kahaduwa, representing the College of Palliative Medicine of Sri Lanka, highlighted the issue of non-healing wounds on Adaraneeya Jeewithaya on Siyatha TV. Dr. Kahaduwa identified key causes of these wounds, including poor circulation, diabetes, infection, repeated trauma and poor nutrition, noting their



prevalence in palliative care due to patients' limited mobility and multiple conditions. Emphasizing a holistic, individualized care approach, he stressed the importance of addressing both systemic and local factors. Dr. Kahaduwa also advocated for a multidisciplinary team and introduced modern wound care methods such as moisture balance, advanced dressings, and topical antimicrobials. Crucially, he highlighted the role of emotional support and patient education in promoting healing and preserving dignity. His appearance underscored the mission of palliative medicine: improving symptom management and overall quality of life.



On 25th March 2025, Dr. Rangana Perera, President of the College of Palliative Medicine of Sri Lanka, appeared on the television show Adaraneeya Jeewithaya on Siyatha TV to discuss the serious health risks associated with the consumption of processed foods and insufficient water intake. Dr. Perera emphasized that processed foods, which are high

in preservatives, unhealthy fats, and salt, but lack essential fiber, greatly contribute to poor gut health and an increased risk of colorectal cancer. He stressed that proper hydration is crucial to prevent constipation and reduce cancer risk, recommending the intake of 2-3 liters of water daily. Additionally, Dr. Perera advocated for a diet rich in fruits, vegetables, and whole grains to mitigate these risks, highlighting the critical need for balanced nutrition and adequate hydration. His insights aim to raise public awareness about dietary choices and their profound impact on colon health, underscoring the importance of making informed food and drink choices to safeguard one's health.

Feature Writers Dr. Aathirayan Sivanantharajah
Dr. Dineshan Ranasinghe
Dr. Kasuni Attapattu
Dr. Malmee Dharmawardane
Dr. Oshini Liyanarchchi
Dr. Ruwanthi Ananda
Dr. Shanaz Thasleem
Dr. Supipi Gunawardane

Edited by Dr. Dakshila Galappatti (Assistant Editor CPMSL)

**College of Palliative
Medicine of Sri Lanka**

**E-mail:
officecpmsl@gmail.com**

