



**COMMITMENT
AND
CARE WITH
RESILIENCE**



2024 ANNUAL REPORT

CEYLON COLLEGE OF CRITICAL CARE SPECIALISTS

Contents

1	Vision of the College	3
2	Strategic Aims and Objectives	3
3	Governance of Ceylon College of Critical Care Specialists 2023/2024	4
3.1	Annual General Meetings	4
3.2	Council.....	4
3.3	Office Bearers for the year 2023/2024	4
3.4	Council members for the sub-committees of the Council – Year 2023-2024.....	5
3.5	Council meetings - Year 2023/2024	6
4	Ceylon College of Critical Care Specialists: Year 2023/2024.....	7
4.1	Postgraduate Training: Activities of the college for the year 2023/2024	7
4.1.1	Standalone curriculum and prospectus for MD and board certification in Critical Care Medicine	7
4.1.2	Diploma in Critical Care Medicine.....	8
4.1.3	Representing the College at Specialty Board in Critical Care Medicine	8
4.2	Academic Programs: Activities of the College for the year 2023/2024	9
4.2.1	Critical Care Monthly Update	9
4.2.2	4CS Grand Rounds and Journal Club	9
4.2.3	Webinars and clinical symposia	9
4.2.4	Guest / Invited Lectures	10
4.2.5	Mock MCQ and OSCE sessions for Critical Care Diploma Trainees	12
4.2.6	Opening of post-ICU clinic at Colombo South Teaching Hospital – Csth-PULSE	13
4.2.7	Sepsis Forum India – The international experts meet on difficult airway management & pulmonary care	13
4.2.8	A glimpse of the inaugural scientific session of the College 2024	14
4.3	Dissemination of Scientific Knowledge: Scientific Literature of the College 2023/24	15
4.3.1	Newsletter of Ceylon College of Critical Care Specialists	15
4.3.2	Scientific Literature	15
4.3.3	Presentation of scientific literature	16
4.4	Professional Relationships: Collaborations with national organizations for the year 2023/2024.....	17
4.5	International relationships: Collaborations with International Organizations for the year 2023/2024.....	20
4.6	Workshops: Introducing novel strategies to enhance skill training 2022/2023	22
4.6.1	CREST CRRT (Competency Related Essential Skills Training in Continuous Renal Replacement Therapy) – 5 th Course.....	22
4.6.2	Tracheostomy care – 1 st Course.....	22
4.7	Online Presence of Ceylon College of Critical Care Specialists for the year 2023/24	23
5	The way forward.....	24



Ceylon College of Critical Care Specialists

Critical care medicine is the specialty which encompasses the knowledge and practice concerned with the treatment of patients who have, or at risk of having, or recovering from, potentially life-threatening failure of one or more of organ systems of the body. Specialists in critical care medicine, therefore, possess expertise in,

1. Resuscitation of critically ill patients
2. Advanced physiological monitoring
3. Provision of advanced organ support
4. Diagnosis and disease management in the context of the critical illness
5. Provision of symptom control of such patients
6. Management and support of the family of the critically ill patient
7. End of life care
8. Leading the intensive care team
9. Coordination of multi-specialty input to complicated clinical cases in the unique context of critical care

The management of critically ill patients in intensive care units by full time dedicated specialists in critical care medicine has demonstrated a significant improvement in the outcome of such patients with regards to the reduction in mortality and in the rate of complications.

Further, the provision of care for patients in intensive care units by dedicated specialists in critical care medicine has been recognized as an international standard of care by professional and academic bodies across the world.

Additionally, the ministry of health in Sri Lanka has recognized the requirement of specialists in critical care medicine in order to upgrade the delivery of care towards critically ill patients.

Therefore, in order to strengthen the field of critical care medicine in Sri Lanka, Ceylon College of Critical Care Specialists was incorporated under the companies act no. 07 of 2007 on 10th May 2021 and inaugural general meeting was held on 29th July 2021.



1 Vision of the College

The Ceylon College of Critical Care Specialists is committed to uplift the field of intensive care medicine in Sri Lanka as an independent, patient centered professional organization comprises of specialists in critical care medicine.

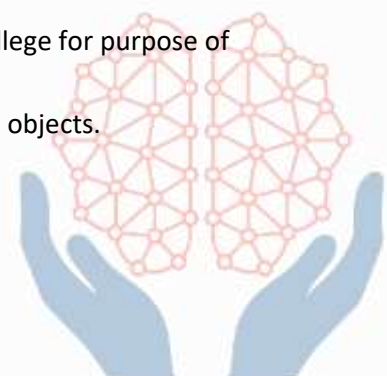
The college holds the vision of “Commitment and Care”. It signifies the role of the college of supporting committed professionals aiming at delivery of passionate care towards critically ill patients. Further the strategic plans and objectives of the college are all centered on above two aspects which we highly value.

2 Strategic Aims and Objectives

Ceylon College of Critical Care Specialists is a patient centered professional organization which aims at the enhancement of the field of critical care medicine in Sri Lanka.

Following are the specific objectives of the college.

1. To promote excellence in healthcare services, and cultivate and encourage high principles of practice, ethics and professional integrity in relation to intensive care medicine uplifting the practice, education, assessment, training and research in the specified field.
2. To promote and facilitate delivery of standards of care in the field of intensive care medicine and allied fields within and outside Sri Lanka.
3. To plan and organize teaching and arrange training programs, lectures, seminars, workshops in the field of intensive care medicine and allied fields.
4. To facilitate training of specialists in critical care medicine with the idea of promoting knowledge and awareness in subjects relevant to intensive care medicine.
5. To organize and promote research in this field and to undertake studies and research projects in affiliation with government, private sector, international agencies and other Institutions.
6. To promote understanding, co-operation and friendship with similar associations within and outside Sri Lanka.
7. To undertake, promote and conduct on its own initiative or in collaboration with local or foreign associations in order to uplift the field of intensive care medicine.
8. To promote fellowship and understanding among members of the association.
9. To offer scholarships or any other awards encouraging trainees or members with regards to training and research in accordance of the objectives of the association.
10. To affiliate with any national, regional or international associations in related fields and with cognate aims.
11. To promote and safeguard the common interests of the professional members.
12. To provide a forum for discussion of matters of professional and academic interest to members.
13. To become advocates for the authorities in view of uplifting the delivery of care in the field of intensive care medicine.
14. To invest with the funds of the college not immediately required by the college for purpose of its academic or promotional activities.
15. To engage in any other activities connected with or incidental to the above objects.



3 Governance of Ceylon College of Critical Care Specialists 2023/2024

Ceylon College of Critical Care Specialists was incorporated under the companies act no. 07 of 2007 in Sri Lanka on 10th May 2021 as a non-profit organization.

3.1 Annual General Meetings

- ✓ The Inaugural Annual General Meeting which is the primary legislative and governing body of the college, was held on 29th July 2021 at Waters Edge, Battaramulla, Sri Lanka for the administrative year of 2021/2022.
- ✓ The 2nd Annual General Meeting was held at the Council Room, Sri Lanka Medical Association, No. 06, Wijerama Mawatha, Colombo 07, Sri Lanka and the Council was appointed as the executive body of the college for the administrative year of 2022/2023.
- ✓ The 3rd Annual General Meeting was held at Maniumpathy, 129, Kynsey Road, Colombo 07, Sri Lanka and the Council was appointed as the executive body of the college for the administrative year of 2023/2024.

3.2 Council

The Council and the office bearers for the year 2023/2024 were appointed to implement decisions, to carry out proceedings and to promote the aims of the college.

3.3 Office Bearers for the year 2023/2024

- | | |
|--|---------------------------|
| ✓ President | - Dr Dilshan Priyankara |
| ✓ Vice President (President Elect) | - Dr Chamali Aluwihare |
| ✓ Immediate Past President | - Not applicable |
| ✓ General Secretary | - Dr Lilanthi Subasinghe |
| ✓ Treasurer | - Dr Eranda Sanjeeva |
| ✓ Secretary Education | - Dr Waruni Samaranayake |
| ✓ Secretary Scientific Affairs | - Dr Anushka Mudalige |
| ✓ Secretary Legal Affairs | - Dr Anthony Mendis |
| ✓ Secretary International Collaborations | - Dr Manoj Edirisooriya |
| ✓ Secretary Information Technology | - Dr Sankalpa Vithanage |
| ✓ Secretary Post-Graduate Affairs | - Dr Rasanee Wanigasuriya |
| ✓ Editor | - Dr Chamin Weerasekara |
| ✓ Coopted members | |
| ▪ Dr Nuwan Ranawaka | |
| ▪ Dr Ruvini Walimanna | |
| ▪ Dr Esa Lebbe Asfir | |
| ▪ Dr Udyia Rodrigo | |
| ▪ Dr Himanga Benaragama | |



Membership of the College now stands at 81 which includes 38 full members, 41 associate members and 02 honorary members.

3.4 Council members for the sub-committees of the Council – Year 2023-2024

Sub-committee	Main objectives	Members
Academic	Academic activities related to college	<ul style="list-style-type: none"> • Dr Waruni Samaranayaka • Dr Anushka Mudalige • Dr Lilanthi Subasinghe
Financial	Financial statements and membership fees	<ul style="list-style-type: none"> • Dr Eranda Sanjeeva • Dr Dilshan Priyankara
International Affiliations	Establishment of affiliations with international bodies	<ul style="list-style-type: none"> • Dr Manoj Edirisooriya (Aus) • Dr Ruvini Walimanna (UK) • Dr Chamali Aluwihare (UK)
Journal	Establishment of official journal of college	<ul style="list-style-type: none"> • Dr Anushka Mudalige • Dr Chamin Weerasekara • Dr Lilanthi Subasinghe
Ministerial activities	Activities related to MOH/ trade unions	<ul style="list-style-type: none"> • Dr Anthony Mendis
Online activities	Website and social media activities	<ul style="list-style-type: none"> • Dr Sankalpa Vithanage • Dr Lilanthi Subasinghe
PGIM	Activities related to PGIM study boards	<ul style="list-style-type: none"> • Dr Dilshan Priyankara • Dr Waruni Samaranayake
Professional Affiliations	Establishment of relationships with professional bodies	<ul style="list-style-type: none"> • Dr Waruni Samaranayaka • Dr Anushka Mudalige
Workshop activities	Establishment of workshops	<ul style="list-style-type: none"> • Dr Dilshan Priyankara • Dr Anushka Mudalige • Dr Waruni Samaranayake



3.5 Council meetings - Year 2023/2024

Council member	27/09	30/10	23/11	Dec	24/01	27/02	27/03	24/04	29/05	28/06	01/08
Dr Dilshan Priyankara											
Dr Lilanthi Subasinghe											
Dr Chamali Aluwihare											
Dr Anushka Mudalige											
Dr Waruni Samaranayake											
Dr Sankalpa Vithanage											
Dr Eranda Sanjeeva											
Dr Rasanee Wanigasuriya											
Dr Anthony Mendis											
Dr Chamin Weerasekara											
Dr Manoj Edirisooriya											
Dr Esa Lebbe Asfir											
Dr Ruvini Kosgollawaththa											
Dr Himanga Benaragama											
Dr Udaya Rodrigo											
Dr Nuwan Ranawaka											

Attended	
Excused	
Absent	
Meeting not held	



4 Ceylon College of Critical Care Specialists: Year 2023/2024

Ceylon College of Critical Care Specialists continued in its victorious journey in uplifting the field of critical care medicine, supporting the professionals and caring for the critically ill patients during the last year. Not forgetting the fact that the college had to face the continued emigration of colleagues, it could serve the field in its best capacity, with the help of all its members.

Over the year as a professional body, the Council continued its commitment and engagement by refining the strategies to focus on strengthening the capacity of the college to safeguard its primary objectives. Needless to say, the prime motive of the college which is to ensure that all Sri Lankans have quality healthcare and best clinical outcomes have remained the driving force behind the capacity building efforts undertaken by the Council. As per our strategic map, the council continued to prioritize on academic activities, training in critical care and on providing advocacy to uplift the field, especially surfacing its long-awaited dream, the inaugural scientific conference, a reality. During the year the Council and the membership have shown their versatility and potential, taking critical care in Sri Lanka to much higher standards globally, through excellent professionalism, team dynamics, organizational skills and international affiliations.

This report amalgamates the activities and programmes that were conducted by the Council and the college for the year 2023/2024 comprehensively.

4.1 Postgraduate Training: Activities of the college for the year 2023/2024

4.1.1 Standalone curriculum and prospectus for MD and board certification in Critical Care Medicine

Ceylon college of critical care specialists was instrumental in developing a standalone curriculum and prospectus for MD and Board Certification in critical care medicine in collaboration with postgraduate institute of medicine (PGIM). Members of the college participated in curriculum development committee of PGIM and contributed immensely to the development of the prospectus.

The prospectus describes the standalone training program leading to MD and Board Certification in critical care medicine, for which the trainees are selected for postgraduate training by a selection examination. It aims to fulfill the national service requirement of producing specialists in critical care medicine in adequacy. The prospectus provides the detailed description of full-time postgraduate training which extends across six years and comprises of three stages.

Further, MD (Critical care medicine) degree conferred by the university of Colombo and the board certification in critical care medicine corresponds to Level 12 in the Sri Lanka Qualification Framework (SLQF) of the ministry of higher education published in 2012 by the university grants commission (UGC). The process of approval from the relevant authorities is currently at its final stages. Additionally, the college has taken steps to continue the ongoing discussions with the faculty of intensive care medicine (FICM), United Kingdom, paving the way towards British accreditation in critical care education and training for the course. The Council and the college like to extend its gratitude and thanks to the Honorary member, retired consultant Dr (Mrs) Shirani Hapuarachchi for her continuous guidance, encouragement and mentorship through this process.



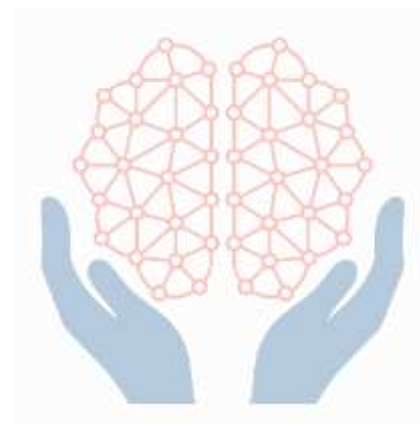
4.1.2 Diploma in Critical Care Medicine

The college continued empowering and refining the critical care diploma programme by organizing practice examinations at the selection exams, both MCQ (August 2023) and OSCE (November 2023), conducting lectures through PGIM and training the diploma trainees in skills at bedside. Almost all the academic events which spanned the events calendar of the college for the year 2023-2024 assisted the development of the diploma trainees in an enormous way. This was clearly depicted on the feedback summaries the college gained after each academic and training activity.

4.1.3 Representing the College at Specialty Board in Critical Care Medicine

The academic supervision of the current training programmes leading to board certification in critical care medicine and diploma in critical care medicine are executed by the Specialty Board in critical care medicine of board of studies in multidisciplinary study courses of postgraduate institute of medicine.

The Specialty Board in critical care medicine is chaired by Dr Dilshan Priyankara (President, Ceylon college of critical care specialists (4CS). The representatives of 4CS in the Specialty Board contribute significantly to the development and supervision of the academic programmes in order to uplift the training and advancement of professional development of the trainees in the field, within and beyond the country.



4.2 Academic Programs: Activities of the College for the year 2023/2024

4.2.1 Critical Care Monthly Update

In order to upgrade the knowledge of intensive care professionals on advancements in critical care medicine, the college conducted monthly updates virtually on selected topics. The college is grateful to Dr Lilanthi Subasinghe for coordinating the sessions.

1. August 2023 – Acute on chronic liver failure - management in the ICU – Dr Tharuka Kalhari (UK)
2. October 2023 – Thrombosis and Bleeding in critical care – Prof Roopen Arya (UK)
3. February 2024 - Critical Appraisal skills for clinicians - Dr Thiwanka Wijeratne (CAN)
4. March 2024– Beyond tidal volume ventilation – Prof Eddy Fan (CAN)

4.2.2 4CS Grand Rounds and Journal Club

Ceylon college of critical care specialists is grateful to Dr Lilanthi Subasinghe and Dr Eranda Sanjeeva for the organization of monthly grand rounds to discuss management of clinical cases and journal club to obtain academic inputs from up-to-date scientific literature. These activities supported the postgraduate training immensely. We could organize 03 sessions of GR and JC for this year.

Month	Grand round	Journal club	Supervisor
August 2023	Dr Nivethini Venoden	Dr N A A Weerasinghe	Dr Esa Lebbe Asfir
September 2023	Dr Himanga Benaragama	Dr Nalika Karunaratne	Dr Chamin Weerasekara
January 2024	Dr Namal Wimalasiri	--	Dr Waruni Samaranayake

4.2.3 Webinars and clinical symposia

Webinars and clinical symposia were conducted to disseminate contemporary knowledge among medical professionals related to intensive care medicine. Most of them were in collaboration with other professional colleges.

Month	Topic	Resource persons
August 2023	SLMA Monthly Clinical Meeting – Critical care medicine	Dr Anthony Mendis Dr Sankalpa Vithanage Dr Sunali Nanayakkara
December 2023	Pre-congress workshop on critical care – Academic sessions of Ruhunu Clinical Society	Dr Sankalpa Vithanage Dr Dilshan Priyankara Dr Rasanee Wanigasuriya Dr Waruni Samaranayake Dr Anushka Mudalige Dr Chamin Weerasekara Dr Makarim Mohamed Dr Dinesha Punchihewa



May 2024	Pulmo CritCare 2024 – A conference on Respiratory Critical Care – Jointly organized by Sri Lanka College of Pulmonologists and Ceylon College of Critical Care Specialists – Inaugural congress	Dr Dilshan Priyankara Dr Anushka Mudalige Dr Waruni Samaranayake Dr Nalika Karunaratne Dr Amanda Ranweera
July 2024	Inaugural Scientific Congress of Ceylon College of Critical Care Specialists CRISL 2024 – 3 pre-congress workshops and one post-congress workshop (24-30 th July 2024)	Council and members

4.2.4 Guest / Invited Lectures

College members were invited to deliver lectures at local as well as international symposia through the year, in order to upgrade the knowledge of medical professionals on topics in critical care.

Month	Topic	Collaboration	Resource person
May 2023	▪ Oxygen as a medicine	Mechanical Ventilation and Haemodynamic Monitoring training programme organized by the Intensive and Critical Care Society of Nigeria	Dr Anushka Mudalige
September 2023	▪ Ventilating the CoVID patient – Sri Lankan experience	3rd World Conference in Comprehensive Critical Care in Jaipur, India, organized by the Critical Care Foundation, India	Dr Lilanthi Subasinghe
September 2023	▪ Neuroprotective ventilation in TBI, Principles, management targets, Monitoring techniques and practice	Ceylon College of Surgeons - Annual Scientific Sessions - 2023	Dr Sankalpa Vithanage
September 2023	▪ “Don’t be late – Deteriorating patient”	Ceylon College of Physicians – Annual Academic Sessions - 2023	Dr Waruni Samaranayake
September 2023	▪ Tropical infections in the ICU	2023 World Critical Care & Anesthesiology Conference	Dr Dilshan Priyankara
October 2023	▪ Trauma critical care – Airway and ventilation/Blood and product transfusion and complications/sepsis following trauma/TBI and traumatic spinal injury	Pre-congress workshop for nurses and doctors – National Trauma Conference 2023 – Organised by the Trauma Secretariat and Clinical Society of Accident Service NHSL	Dr Eranda Sanjeeva Dr Sankalpa Vithanage



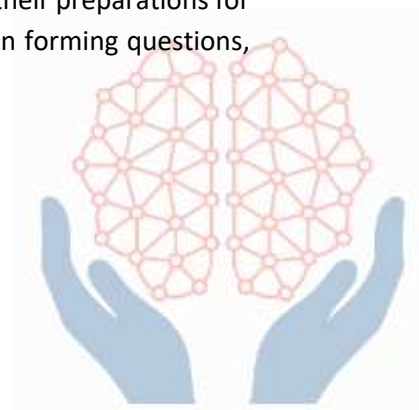
October 2023	▪ Managing a patient with TBI	National Trauma Conference 2023 – Organised by the Trauma Secretariat and Clinical Society of Accident Service NHSL	Dr Sankalpa Vithanage
October 2023	▪ Ethical issues in end-of-life care in trauma	National Trauma Conference 2023 – Organised by the Trauma Secretariat and Clinical Society of Accident Service NHSL	Dr Waruni Samaranayake
October 2023	▪ Prevention of CLABSI	Workshop organized by Sri Lanka College of Microbiologists and Sri Lanka College of Nutrition Physicians	Dr Dilshan Priyankara Dr Sankalpa Vithanage
December 2023	▪ Tropical infections presenting to ICU	2nd International Conference on Critical Care 2023, organized by Bangladesh Society of Anaesthesiologists, Critical Care and Pain Physicians (BSA-CCPP)	Dr Anushka Mudalige
December 2023	▪ Difficult airway management and pulmonary care	International expert meet conducted by Sepsis Forum India	Dr Anushka Mudalige
2023	▪ Antimicrobial stewardship in ICU	Antimicrobial stewardship programme conducted by Colombo North Teaching Hospital in collaboration with World Health Organization	Dr Anushka Mudalige
February 2024	▪ Critical care management of leptospirosis	Symposium on leptospirosis – minimizing the disease burden – Anuradhapura Clinical Society	Dr Dinesha Punchihewa
February 2024	▪ Introduction to CRBSI and methods to prevent	Workshop for nurses – CRBSI – TH Anuradhapura and Anuradhapura Clinical Society	Dr Dinesha Punchihewa
February 2024	▪ Life threatening member of the hypersensitivity family	Biennial scientific sessions of the Allergy and Immunology society of Sri Lanka	Dr Anushka Mudalige
February 2024	▪ ARDS Update	RESPIRE 2024 Annual Academic Sessions of College of Pulmonologists	Dr Dilshan Priyankara
March 2024	▪ Basic mechanical ventilation – Modes and graphics	Workshop on ventilation - TH Anuradhapura and Anuradhapura Clinical Society	Dr Dinesha Punchihewa
March 2024	▪ Haemoadsorbent therapy	CRITICARE 2024 – International Faculty – Kolkata, India	Dr Dilshan Priyankara
April 2024	▪ Ward-based management of neutropenic sepsis	Lecture series - Ceylon College of Physicians//Sri Lanka College of	Dr Lilanthi Subasinghe



		Oncologists/Sri Lanka College of Internal Medicine	
April 2024	▪ Panel discussion on parenteral nutrition in critical care	23 rd Fresenius Kabi Advanced Nutrition Course Asia (FRANC Asia 2024)	Dr Lilanthi Subasinghe
April 2024	▪ Expert panel discussion	Nephro-critical care: India Lifeline NephroCritical Care Webinar Series 5	Dr Dilshan Priyankara
May 2024	▪ Decision making in major trauma	Advanced Trauma Course	Dr Waruni Samaranayake
June 2024	▪ Nutrition in critical care - Contemporary strategies	Joint Clinical Nutrition Academic Sessions 2024	Dr Dilshan Priyankara
July 2024	▪ Critical care ventilation	Final FRCA Study Day – Respiratory Forum – Gloucestershire Hospital NHS Foundation Trust	Dr Rasangi Suraweera
July 2024	▪ Rational prescribing in ICU	Post-congress workshop on Rational and Cost-Effective Prescribing	Dr Nalika Karunaratne
July 2024	▪ Non-invasive ventilation in an emergency setting	Allied Health Professionals' programme at the Annual Academic Sessions of the Sri Lanka College of Cardiology	Dr Nalika Karunaratne
Through 2023-2024	▪ Basic life support and air and ground transport of the critically ill for medical officers, nursing officers and health care assistants	Relevant courses at NHSL	Dr Anthony Mendis
Through 2023-2024	▪ ILS/BLS/ALS Instructor	European Resuscitation Council Courses	Dr Waruni Samaranayake

4.2.5 Mock MCQ and OSCE sessions for Critical Care Diploma Trainees

The second mock MCQ session was organized by Ceylon College of Critical Care Specialists in August 2023 in order to upgrade the standards of trainees of Diploma in Critical Care Medicine. The second mock OSCE was successfully held in November 2023 for the same batch to assist their preparations for the exit examination. Members of the council and college participated actively in forming questions, scrutiny and as examiners/resource persons.



4.2.6 Opening of post-ICU clinic at Colombo South Teaching Hospital – CSTH-PULSE

Ceylon College of Critical Care Specialists is honored to be involved in the historical day in Colombo South Teaching Hospital (CSTH) as the first 'Post ICU Life Support and Evaluation - PULSE clinic' was established on 21st of May 2024 by the Department of Anaesthesiologists and Intensivists. It was a day of celebration of the ICU survivors who survived due to the hard work and dedication of the ICU staff in managing and caring for the complex critically ill patients. The PULSE clinic opening ceremony was graced by the presence of Honorable Health Secretary Dr. P. G. Maheepala and Director General of Health Services Dr. Asela Gunawardena. With the establishment of the first Intensive Care Unit in 1950s in Copenhagen, Denmark during the Polio epidemic, critical care medicine has expanded and grown into a highly specialized, sophisticated and technologically advanced field of medicine with invasive therapies for organ support. However, these therapies along with critical illness ultimately leads to adverse outcomes such as the Post Intensive Care Syndrome (PICS). This long-lasting impairment of physical, cognitive and psychological function affects the quality of life of the patients and their families. The concept of post ICU follow up clinics has evolved to recognize clinical impairments, provide therapeutic interventions and support to patients and their families to ensure a smooth rehabilitation back to normal life following critical illness. It is with this intension that the PULSE Clinic was established in CSTH. The opening of the clinic was followed by a ceremony where the Guest of Honour was Consultant Anaesthesiologist Dr. Shirani Hapuarachchi who highlighted the importance of establishing a Post ICU follow up clinic and thereby improving the quality of health care services and the lives of patients.

4.2.7 Sepsis Forum India – The international experts meet on difficult airway management & pulmonary care

Ceylon College of Critical Care Specialists collaborated with the Sepsis Forum India to hold the international experts meet on difficult airway management & pulmonary care from 1st – 3rd December 2023 at the Cinnamon Lakeside Hotel. It was a great collaborative effort to create awareness about sepsis in the medical domain, to improve patient outcomes & reduce the burden of the disease along with the selected specific topics of airway management and pulmonary care. The objectives were to promote an improved understanding of sepsis, to educate clinicians on various aspects of sepsis management and dissemination of knowledge related to sepsis among healthcare providers. A number of critical care trainees, postgraduate doctors and consultants from Sri Lanka and India participated in the event and the feedback was excellent.



4.2.8 A glimpse of the inaugural scientific session of the College 2024

A long-awaited dream came true for the 4CS last July with the commencement of the inaugural scientific session from 24th to 30th July 2024 at Colombo. It was accessorized with many educational and entertaining events that kept every participant standing on their toes from start to end.

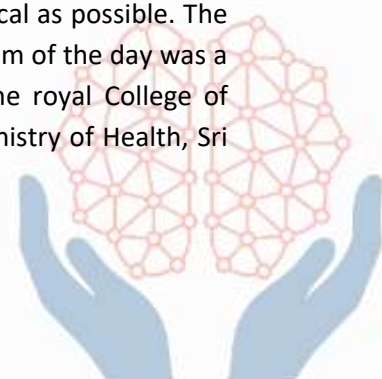
Four didactic workshops were conducted aiming at doctors and nurses working in intensive care units. The nurses 1 day workshop, “critical care nursing” coordinated by Dr. Sankalpa Vithange, was on the 24th of July at the neurotrauma auditorium, National hospital of Sri Lanka with the participation of 50 nurses. On 25th July, “Beyond SIMV” was an advanced ventilation training 1 day program held at the neuro trauma auditorium targeted at post graduate trainees in ICU and anaesthesia. Coordinated by Dr. Makarim Mohomed and Dr. Sankalpa Vithanage, it was well received by 46 participants. The 1 day “Haemodynamic workshop” Coordinated by Dr. Rasani Wanigasooriya was held on the 26th of July at the neurotrauma auditorium with 50 participants mainly in post graduate training. The post congress work shop “Critically ill surgical patient” coordinated by Dr. Waruni Samaranayake and Dr. Chamali Aluwihare was a collaborative project with the College of Surgeons of Sri Lanka. It was held on 30th of July at the neurotrauma auditorium with 48 participants.

All workshops were equipped with up-to-date information delivered by means of lectures, group discussions, hands-on workshops, demonstrations and quizzes. Both local as well as overseas faculty contributed with their invaluable time and effort to bring out the maximum to these educational forums. The workshops were accredited by the Royal College of Anaesthetists UK and by Ministry of Health, Sri Lanka, Continuous Professional Development program.

The presidential night was on the 26th of July at the Nelum Hall, Water’s Edge hotel, Colombo. The fun filled night was graced by many distinguished guests both local and foreign. Music, singing, dancing, chatting, good food and drinks as well as quizzes on reminiscence kept the audience immersed in a hoopla mood late into the night.

The illuminative and most distinguished function of all, the inauguration night was on the 27th of July at the Grand ball room of the Hotal Galadari. Esteemed guests of many fields added colour to the already vibrant atmosphere. Following the ceremonial procession and traditional formalities, the guests were welcomed by the president of 4CS, Dr. Dilshan Priyankara. Dr. Palitha Maheepala, Secretary, Ministry of Health Sri Lanka, was the chief guest and Dr. Shirani Hapuarachchi, past consultant anaesthetist who pioneered the formation of the Ceylon College of Critical care specialists right from the outset in 2013, was the guest of honor. Honorary fellowships were awarded to Professor Anuja Abayadeera, Professor in Anaesthetics from the Faculty of Medicine, University of Colombo and Dr. Shirani Hapuarachchi, past consultant Anaesthetist from the National hospital of Sri Lanka. Professor Jean-Louis Toboul, from Paris-Saclay University, France, delivered the oration on “fluid responsiveness: what we have learnt over the past 25 years”. The formalities were followed by an elegant yet energetic traditional dance performance by the Channa, Upuli dance academy.

The scientific session commenced on the 28th of July at the Grand Ball room, hotel Galadari. Eminent speakers both local and overseas, enlightened the enthusiastic minds of the trainees throughout the day through plenaries, symposia and debates. The fact that online faculty joined live for the question-and-answer sessions, made a huge impact on keeping the forum as live and physical as possible. The free paper session and poster session were a huge success. The quiz as the last item of the day was a nail-biting experience for the participants. The congress was accredited by the royal College of Anaesthesiologists and Continuous Professional Development program by the Ministry of Health, Sri Lanka.



4.3 Dissemination of Scientific Knowledge: Scientific Literature of the College 2023/24

4.3.1 Newsletter of Ceylon College of Critical Care Specialists

The College published its inaugural newsletter in order to disseminate college work and critical care knowledge among the membership and beyond, which was launched in September 2023. It included several innovative topics including critical care cases of interest, an overseas perspective: Changing the paradigm of intensive care in Sri Lanka and the events hosted by 4CS from its inception. It was very well received by the viewers.

4.3.2 Scientific Literature

Members of the College contributed consistently disseminating scientific knowledge, especially in collaboration with the Indian Society of Critical Care Medicine (ISCCM). Dr Anushka Mudalige continued her service as member of the editorial Board of Critical Care Communications (A bi-monthly newsletter of ISCCM), taking 4CS onto further heights in professional success. Furthermore, the college has started compiling local ICU protocols book to be used in general ICUs and planned island-wide ICU audits related to antibiotic stewardship and local ICU outcome indicators.

Month	Publication	Author(s)
June 2023	Live donor profile in paediatric liver transplantation: a three-year experience Suchintha Tillakaratne ¹ , Meranthi Fernando ¹ , Bhagya Gunetilleke ¹ , Aruna Weerasooriya ¹ , Chinthaka Appuhamy ¹ , Chamila Liyanage ¹ , Anushka Mudalige ¹ , Hasantha Rosa ¹ , Rohan Siriwardana ¹ . Ceylon Medical Journal 2023; 68: 74-77	Co-author – Dr Anushka Mudalige
October 2023	Case Report: Chorea an unusual presentation of a patient with clinically isolated syndrome (multiple sclerosis) https://f1000research.com/articles/12-1301	Dr Rasangi Suraweera
January 2024	W D Dilshan Priyankara, D G N Samarutilake, Sameera Viswakula, E M Manoj, Ananda Wijewickrama, Nilanka Perera, J K P Wanigasuriya, A comparison of changes in venous lactate and haematocrit during fluid resuscitation of dengue haemorrhagic fever, Transactions of The Royal Society of Tropical Medicine and Hygiene, Volume 118, Issue 1, January 2024, Pages 44–50, https://doi.org/10.1093/trstmh/trad050	Dr Dilshan Priyankara
February 2024	Mechanical ventilation practices in Asian intensive care units: A multicenter cross-sectional study. Koh Y <i>et al</i> , Journal of Critical Care, Volume 79, 2024 https://doi.org/10.1016/j.jcrc.2023.154452	Co-author – Dr Dilshan Priyankara



Submitted in April 2024	Leptospirosis in Critical care - Tropical Infections and Parasitic Diseases in Critical Care: A Case-Based Guide. Springer Nature publications – In publication process	Dr Lilanthi Subasinghe
April 2024	Ogilvie syndrome due to Methicillin-sensitive <i>Staphylococcus aureus</i> – Annals of Clinical Case Reports – April 2024 https://www.anncaserep.com/open-access/ogilvie-syndrome-due-to-methicillin-sensitive-staphylococcus-aureus-9811.pdf	Dr Rasangi Suraweera
June 2024	What do we know about micronutrients in critically ill patients – a narrative review – Submitted, in the processes of publication – JPEN – Micronutrient working group – FREM section - ESICM	Co-author – Dr Lilanthi Subasinghe
July 2024	Dengue rhabdomyolysis successfully treated with hemoperfusion using CytoSorb® in combination with continuous renal replacement therapy: a case report. P Samarasingha, H Karunatilake, A Jayanaga, H Jayawardhana, D Priyankara. Journal of Medical Case Reports 18 (1), 329 https://link.springer.com/article/10.1186/s13256-024-04661-6	Co-author – Dr Dilshan Priyankara

4.3.3 Presentation of scientific literature

Month	Presentation	Author(s)
March 2024	A complex clinical odyssey: Pellet embolism in a teenager after an inadvertent air rifle injury - World Congress of Anaesthesia 2024 - Singapore	Dr Sankalpa Vithanage
June 2024	Multiorgan Dysfunction Following Gloriosa Superba Poisoning: A Case Report – Poster presentation at EUROASIA 2024 - India	Dr Sankalpa Vithanage



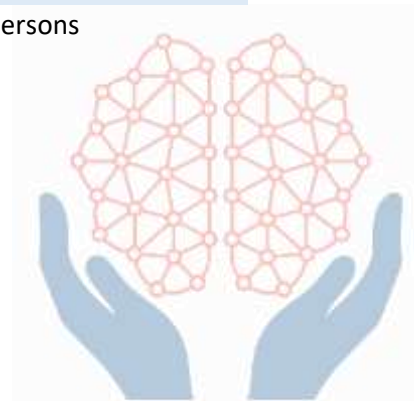
4.4 Professional Relationships: Collaborations with national organizations for the year 2023/2024

Collaboration with national organizations and professional bodies with the aim of uplifting the field of critical care medicine was one of the major objectives of the College. The recognition obtained from other professional organizations during the year 2023/2024 was excellent.

Organization	Form of collaboration	Activities
Ministry of Health – Sri Lanka	<ul style="list-style-type: none"> • Deceased donor programme • National PBM task force • Central CPD committee • MSD Formulary Revision for pharmaceuticals • National Oxygen guidelines committee • National ICU surveillance • National Waiting List for Kidney Transplants • Review of EoLC guideline 	<ul style="list-style-type: none"> • Stakeholder/Advocacy
Postgraduate Institute of Medicine – University of Colombo	<ul style="list-style-type: none"> • Training in critical care 	<ul style="list-style-type: none"> • Standalone programme leading to MD in Critical care – Final stages of approval • Diploma in Critical Care • Specialty Board in Critical Care • Representation in other specialty boards – Clinical Nutrition, Emergency medicine – Dr Dilshan Priyankara
Sri Lanka Medical Association	<ul style="list-style-type: none"> • SLMA 136th Anniversary International Medical Congress • SLMA 137th Anniversary International Medical Congress • Monthly Clinical Meeting — Critical care – August 2023 • Intercollegiate Committee 	<ul style="list-style-type: none"> • Expert lecture - ‘Achieving Excellence in Critical Care’ – Dr Dilshan Priyankara • Expert lecture – Critical Care: Don’t forget the patient - Dr Dilshan Priyankara • Expert lectures and quiz • Intercollegiate collaboration and advocacy - 2023-2024
Ceylon College of Physicians	<ul style="list-style-type: none"> • CCP Annual Academic Sessions – September 2023 • Joint lecture series with SLCIM and SLCO 	<ul style="list-style-type: none"> • Resource persons
Sri Lanka College of Internal Medicine	<ul style="list-style-type: none"> • ReSIM Respiratory Support workshop 	<ul style="list-style-type: none"> • Resource person



College of Surgeons – Sri Lanka	<ul style="list-style-type: none"> • ESTC (Emergency Sonography of Trauma Care) emergency ultrasound workshop • Advanced trauma course • Annual Scientific sessions 	<ul style="list-style-type: none"> • Resource persons
College of Anesthetists and Intensivists of Sri Lanka	<ul style="list-style-type: none"> • Advanced trauma course • National Patient Blood Management task force 	<ul style="list-style-type: none"> • Resource persons
Sri Lanka College of Cardiology	<ul style="list-style-type: none"> • Allied Health Professionals' programme at the Annual Academic Sessions 2024 	<ul style="list-style-type: none"> • Resource person
Sri Lanka College of Pulmonologists	<ul style="list-style-type: none"> • RESPIRE 2024 Annual Academic Sessions 	<ul style="list-style-type: none"> • Resource person
Sri Lanka College of Microbiologists	<ul style="list-style-type: none"> • Workshop on prevention of Central Line Associated Blood Stream Infections (CLABSI) • Guideline developing - Sepsis 	<ul style="list-style-type: none"> • Stakeholder/Resource persons
Sri Lanka College of Nutrition Physicians	<ul style="list-style-type: none"> • Council member – Dr Dilshan Priyankara • Joint Clinical Nutrition Academic Sessions 2024 • Workshop on prevention of Central Line Associated Blood Stream Infections (CLABSI) 	<ul style="list-style-type: none"> • Stakeholder • Resource persons
Sri Lanka College of Oncologists	<ul style="list-style-type: none"> • Lecture series with CCP and SLCIM 	<ul style="list-style-type: none"> • Resource person
Allergy and Immunology Society of Sri Lanka	<ul style="list-style-type: none"> • Biennial scientific sessions - 2024 	<ul style="list-style-type: none"> • Resource person
Sri Lanka Sepsis Alliance	<ul style="list-style-type: none"> • Nurses programme 	<ul style="list-style-type: none"> • Resource persons • Stakeholder/Advocacy
National Hospital of Sri Lanka	<ul style="list-style-type: none"> • Regular basic life support training for medical officers, nursing officers, health care assistants, PSM & Paramedical Staff • Air transport & ground transport of critically ill patient for Medical Officers and Nursing officers 	<ul style="list-style-type: none"> • Tri-weekly workshops for all categories of staff <ul style="list-style-type: none"> ○ Conducted by Dr Anthony Mendis
Trauma Secretariat and Clinical Society of Accident Service NHSL	<ul style="list-style-type: none"> • National Trauma Conference 2023 	<ul style="list-style-type: none"> • Resource persons



Colombo North Teaching Hospital	<ul style="list-style-type: none">• Antibiotic stewardship programme in collaboration with World Health Organization	<ul style="list-style-type: none">• Resource person
Ruhunu Clinical Society	<ul style="list-style-type: none">• Pre-congress workshop on critical care – Annual Academic Sessions of Ruhunu Clinical Society	<ul style="list-style-type: none">• Course direction and resource persons
Anuradhapura Clinical Society and TH Anuradhapura	<ul style="list-style-type: none">• Symposium on leptospirosis• Workshop for nurses – CRBSI• Workshop on ventilation	<ul style="list-style-type: none">• Resource person



4.5 International relationships: Collaborations with International Organizations for the year 2023/2024

Ceylon College of Critical Care Specialists is committed to the development of the field of intensive care in Sri Lanka in par with global standards. Thus, the establishment of international relationships are considered of paramount importance. During the year of 2023/2024, the College was extremely successful in strengthening a firm global network, continuing affiliations and representations.

International organization	Collaboration	Activities
Micronutrients Working Group – FREM Section - ESICM	Member	<ul style="list-style-type: none"> • Dr Lilanthi Subasinghe - Member of the working group developing ESICM position papers – Dr Lilanthi Subasinghe
Faculty of Intensive Care Medicine, UK (FICM)	Academic collaboration	<ul style="list-style-type: none"> • Speakers at CRISL – Dean Dr Daniele Bryden and Dr Sameer Patel • RCOA CPD points for all pregress workshops and main session
The 29th International Conference on Advances in Critical Care Nephrology – AKI and CRRT 2024, San Diego, California, USA	Participation	<ul style="list-style-type: none"> • Dr Dilshan Priyankara
Indian Society of Critical Care Medicine (ISCCM)	Academic collaboration	<ul style="list-style-type: none"> • Speaker at CRISL – Dr Srinivas Samavedam (President Elect – ISCCM) • International faculty at CRITICARE 2024 <ul style="list-style-type: none"> ○ Dr Dilshan Priyankara • Publications of book chapters and scientific articles • Poster presentations and participation in EuroAsia 2023 and 2024
Critical Care Foundation, India and Institute of Respiratory Diseases, SMS Medical college Jaipur, India	Academic collaboration	<ul style="list-style-type: none"> • 3rd W4C - Faculty – Dr Lilanthi Subasinghe
Hyderabad Intensive Care Society - India	Academic collaboration	<ul style="list-style-type: none"> • 8th HICS Symposium – Faculty – Dr Anushka Mudalige
Sepsis Forum - India	Academic collaboration	<ul style="list-style-type: none"> • International Experts Meet – Faculty – Dr Anushka Mudalige



Nephro-critical care: India	Academic collaboration	<ul style="list-style-type: none"> Lifeline Nephro-Critical Care Webinar Series 5 – Expert panel discussion – Dr Dilshan Priyankara
Intensive and Critical Care Society of Nigeria	Academic collaboration	<ul style="list-style-type: none"> Mechanical Ventilation and Haemodynamic Monitoring training programme – Faculty – Dr Anushka Mudalige
Bangladesh Society of Anaesthesiologists, Critical Care and Pain Physicians (BSA-CCPP)	Academic collaboration	<ul style="list-style-type: none"> 2nd International Conference on Critical Care 2023 – Faculty – Dr Anushka Mudalige
2023 World Critical Care & Anesthesiology Conference - Singapore	Academic collaboration	<ul style="list-style-type: none"> Tropical infections in the ICU – Dr Dilshan Priyankara



4.6 Workshops: Introducing novel strategies to enhance skill training 2022/2023

Ceylon College of Critical Care Specialists continued its novel experience to the skills training platforms in Sri Lanka in par with international standards. The college continued the accreditation programmes for the development of skills of providers in the field of intensive care medicine in the country. The online learning management system (LMS) was used as an innovative experience to the program. The college is immensely grateful to Course Directors and all resource persons of below mentioned accreditation programs for their tireless work to enhance the quality of the programmes.

4.6.1 CREST CRRT (Competency Related Essential Skills Training in Continuous Renal Replacement Therapy) – 5th Course

Course Director: Dr Dilshan Priyankara	One day training module	February 2024 – Colombo:
	Lectures and skills stations	Doctors
	CRRT course manual	February 2024 – Colombo:
	Online support with LMS	Nurses
	CRRT training log book	
	Ongoing review of competencies	
	Certificate of completion	

4.6.2 Tracheostomy care – 1st Course

Course Director: Dr Sankalpa Vithanage	One day training module	October 2024 –
	Lectures and hands-on skills stations	Colombo: Doctors
	Training in tracheostomy care	
	Training in percutaneous tracheostomy	
	Certificate of accreditation	



4.7 Online Presence of Ceylon College of Critical Care Specialists for the year 2023/24

Official Website of the College

<https://criticalcaremedicine.lk> The college immensely appreciates 4CS member, Dr Anuradha Weerasinghe (UK) for his efforts in optimizing the official webpages.

It is a pleasure to state that it has the highest ranking of search engine optimization when searched with keywords of “Critical Care”, “Intensive Care” “College Critical Sri Lanka” etc. Further, currently the site carries a total SEO score of 66%.

Social Media

Facebook page: <https://www.facebook.com/Ceylon-College-of-Critical-Care-Specialists-102755738695420>

The page has 2700 followers currently and it is one of the main media the college disseminates its messages to the public.

Twitter: <https://twitter.com/CriticalcareSL>

Linked In: <https://www.linkedin.com/company/ceylon-college-of-critical-carespecialists/>

Instagram: <https://www.instagram.com/criticalcaresl/>

You Tube channel: <https://www.youtube.com/channel/UCCUO26j4lxz1v4q3aStnukw>

Official you tube channel of the college is the platform to disseminate the knowledge gathered in webinars and other symposia.

Video Conferencing Platform

Zoom platform The official zoom platform of the College was extremely useful to connect with experts, professionals and members nationally and internationally leading to the enhanced performance of the College.

Online Learning Management System (LMS)

Moodle platform The council is proud to announce that Ceylon College of Critical Care Specialists is the first professional organization other than educational institutions to incorporate online LMS for its academic activities in Sri Lanka.



5 The way forward

The College has planned a number of events spanning next year to uplift the delivery of critical care as well as to strengthen the involvement and professional improvement of its members. The following are few amongst them.

1. ICU Quality Improve Project (QIP) – Proposal for national audit process on ICU quality measurement and improvement, in collaboration with Ministry of Health, Sri Lanka
2. National ICU guidelines – Universal ICU housekeeping protocol for the country
3. Inaugural critical care ultrasound workshop – to enhance the skills of ICU professionals
4. 4th Focused Intensive Care Sonography (FICS) Echocardiography course – To enhance critical care focused echocardiography skills of ICU professionals
5. Workshop on insertion of peripherally inserted central catheter (PICC) insertion and management
6. Continuous medical education programme for critical care nurses – to improve the knowledge and skills of ICU nurses and for accreditation
7. 2nd CRISL – Annual Academic Sessions of 4CS

The prime mission of Ceylon College of Critical Care Specialists is to drive the growth and improvement in the field of critical care medicine in Sri Lanka through education, training, research and advocacy. As an independent, patient-centered professional organization which aims at enhancement of the specialty within and beyond the boundaries of Sri Lanka, the college wishes to continue to augment the delivery of care towards critically ill patients in years to come.

Dr Lilanthi Subasinghe
General Secretary
Ceylon College of Critical Care Specialists

27th August 2024

