



Published by the Peradeniya Medical School Alumni Association UK

COVID-19

The COVID-19 situation in UK and other countries is unprecedented. In an evolving situation, it is very difficult to predict what would be the best action to take other than to comply with national advice and guidance. However, the sheer determination, selfless commitment, and dedication by a very large number of health care professionals to serve the gravely ill patients need great appreciation and recognition.

We would also like to offer our heartfelt thanks to all our alumni and other Sri Lankan postgraduate trainees for volunteering to work in the frontline during this crisis. We thank every one of you for your brave and unwavering commitment to heal the sick.



We salute you!

From the President

PeMSAA-UK is a young association inaugurated in 2017 to reignite the passion and share in the memories of our time at Peradeniya Medical School (PMS). We are eternally grateful to our School and the University of Peradeniya for laying strong foundations and nurturing us, to reach the positions we hold in the medical profession and in the society today.

Now it is our turn to payback. The great Nelson Mandela famously said: ***“There is no greater gift than that of giving one’s time and energy to helping others without expecting anything in return.”***

There are many ways to give back, from career and academic mentoring to volunteering time at alumni events, to simply attending academic and social events. Please think of other ways to help.

It has been a great pleasure serving this prestigious association and hope that we can go from strength to strength.

Joining the PeMSAA encourages continued success for the students and support for the School. We want to reach out and connect with you, no matter where you may be. Thank you for your support for the PeMSAA UK.

Krish

Dr. Krish T Radhakrishnan

Activities and Projects of PeMSAA-UK

- **Inaugural Ball** with Prof. T Varagunam as the Chief Guest: 17 June 2017
- **First International Academic Conference** 9 June 2018
- **Inauguration Professor Varagunam Memorial Lecture** 9 June 2018
- **Residential hilarious activities** 8 & 10 June 2018
- **Felicitations June 2018**
 - Prof. RG Panabokke, Professor of Pathology, and former Dean
 - Mr. N Ramachandran, Surgeon, Kandy
 - Dr. P Samarawickrama, Pharmacology
 - Prof. L Karaliedde, Anaesthesiology
- **Subscription to International Journals of Medicine & Surgery**
- **Sponsorship of “PeMSAA Studentship” & “Stethoscopes Prizes”**
- **Prize for published Research, Audit, or Quality Improvement Project**
- **Orientation & Mentoring Programme**
- **Assisting with preparation of Family Medicine undergraduate curriculum**

Edited by:
Dr. PG Samarawickrama
Prof. DYD Samarawickrama

We encourage the young alumni to apply for PeMSAA-UK Award for the best published Research / Audit / Quality Improvement Project in Sri Lanka. Please visit www.pemsaa.uk for details.

Obituaries

Dr. Anton Sebastianpillai



Peradeniya Medical School alumni Association UK, the Executive Committee and the Association's members are profoundly saddened by the loss of one of our alumni Dr. Anton Sebastianpillai who volunteered to look after COVID-19 patients in the front line at Kingston Hospital, Kingston Upon Thames, Surrey, UK where he contracted the illness himself.

Dr. Sebastianpillai was a retired career Consultant Physician but decided to return to work from retirement following the call for volunteers from the General Medical Council UK to assist in the current unprecedented COVID-19 crisis. It is a testament to his dedication and commitment for caring for people that he put himself selflessly in the frontline caring for these gravely ill patients.

Please read the full obituary at: <http://www.pemsaa.uk>

PeMSAA-UK would like to update the Obituary Section of its website to pay our respects to all those alumni who have passed away. We welcome friends and family of alumni to forward a short obituary notice with alumnus' passport size photo to pemsaa.uk@gmail.com

Please visit the PeMSAA website to view the Obituary Notices received so far.

Providing Expertise



Induction for Integration: Preparing for Training in Western Countries

A presentation for Postgraduate trainees, and some of the Heads of Schools was delivered by Dr. Krish T Radhakrishnan on 13th December 2019. The presentation was aimed to benefit the visitors to plan, support and better their experience during their stay in the western countries. The discussion covered pre-visit planning, cultural competencies, communication skills, motivation, resilience, leadership development, clinical governance, infection control, mandatory online training, reflective learning/writing, horizon scanning for opportunities and preventing being a learner in difficulties. The feedback was encouraging, and an annual delivery was requested by the participants.

Emerging Therapeutic Interventions and Novel Management Strategies in Cardiovascular Diseases

A lecture on the above topic was delivered by Dr. Ashan Gunaratne on the 19th of December 2019. This was organised in collaboration with the Kandy Society of Medicine (KSM) and catered to postgraduate trainees, general physicians, and cardiologists. The lecture was well attended, and the feedback was satisfactory.

Membership Drive

PeMSAA-UK brings together the largest group of alumni outside Sri Lanka, united by the common values of the PMS. Becoming a member will provide an unmissable opportunity to network and meet fellow alumni in a variety of settings. Furthermore, becoming a member would also facilitate discounts at future events, eligibility to become an executive committee member and help PeMSAA-UK to raise funds that can be used for supporting undergraduates and developing projects at the PMS. We would kindly request all the UK alumni to register as annual or life-members to succeed in our endeavours.

Please visit the www.pemsaa.uk website for details. It is mandatory to complete the application form for registration, acknowledgement, and future communications. PeMSAA-UK needs you and your support. **Please join today!**

Be a Mentor!

We invite you to be a mentor for new PeMSAA trainees who come to the UK. As you are aware, initial settling period in the UK could be daunting. The help could include advice, mentoring support, local expertise (housing, shopping, advice on schooling etc.) or any other professional help.

If you are happy to be part of this, please let PeMSAA-UK Secretary know:

udithajayatunga@ntlworld.com

Appeal to Share Your Specialist Expertise

PeMSAA – UK has commenced a programme to share our expertise with the PMS, postgraduates and fellow colleagues in Peradeniya and Kandy. Some of the expert topics received **so far** are as follows: Cancer and Screening for Cancer; Cancer Pathology; Long Term Management of Spinal and Traumatic Brain Injury; Chronic Fatigue Syndrome; Rehabilitation Medicine; Anaesthesia for a variety of patients from neonates to adult; Pain Management; Management of Coronary Heart Disease & Valvular Heart Disease; Management of Charcot Foot and Ankle Deformities; Ultrasound; Disorders of metabolism; Osteoporosis; Medical Education; Statistics for medics; Communication and Consultation Skills and many more. In fact, most disciplines can be covered.

We will inform PeMSAA Sri Lanka every 3 months of pending visits by our members so that if they are interested in the topics, they may invite the alumni to give lectures at Peradeniya or Kandy. **We are very keen to add your specialist expertise to this list.** Please consider giving 1-2 hrs of your holiday and have the satisfaction of giving back something to your alma mater!

Please contact PeMSAA secretary:
udithajayatunga@ntlworld.com

Visit us at: www.pemsaa.uk

Twitter link: @pemsaaU