The Foundation sessions of the Kandy society of Medicine were held on the 11th of August 2016, at the Plant genetic and resources center, Gannoruwa.

Professor Upul B Dissanayake, the Vice Chancellor of the University of Peradeniya, graced the occasion as the chief guest and many other distinguished guests comprising of senior academics, hospital directors and senior clinicians attended the inaugural ceremony.

Professor Samath Dharmarathne, (professor in community medicine, faculty of Medicine, university of Peradeniya) delivered the Kandy Society of Medicine Health Research prize Oration, the main event of the programme. The topic for the oration was "Epidemic of Road Traffic Crashes in Sri Lanka".

The scientific programme of the foundation sessions was centered on disseminating knowledge using panel discussions and plenary lectures on a variety of topics related to the four main disciplines of clinical medicine. These include updates on Diabetes and hypertension, care of surgical wounds of different origin, management of childhood emergencies and medical conditions complicating pregnancy. The organizing committee of the KSM foundation session sincerely hope that the attendees of various clinical fields were able to update their knowledge during the sessions.
The epidemic of road traffic crashes in Sri Lanka

Road Traffic Crashes (RTCs) are a major public health problem in Sri Lanka causing death and injury in epidemic proportions. The majority killed and injured are young people needed for the development of the country. A prediction made in 2004 stated that "If no urgent action is taken, within the next 20 years, 50,000 will die, 400,000 will be injured and more than Rs. 20 x 5,047,158,558 will be lost as a result of RTCs. Traffic police data, from 2000 to 2013 revealed that 26,593 road users died from RTCs and another 229,789 were injured, 27.7% seriously, which justifies the usability of the prediction model”.

However, the available main data system on road traffic crashes (traffic police data) is reliable and valid for fatal crashes but underestimate other types of crashes. Despite this, the predicted trends of road deaths, injuries and crashes are not favourable for the future. RTCs and associated injuries and deaths are an important public health problem which may remain at epidemic proportions in the future unless authorities and policy makers direct attention towards its prevention and control.

RTCs and associated injuries and deaths can be prevented. However, direct application of strategies designed for developed countries might not work as the Sri Lankan situation is different. Therefore, identifying local risk factors for RTC and strategizing solutions through local research is a need of the hour. This presentation provides some insight into this public health problem and draws attention to some recommendations. The key recommendations are as follows; improve the available surveillance system/s, improve public transport systems, educate and make the 'drivers', whose profession is driving to be safe drivers. In addition, strictly ensure that motorcyclists wear the helmet in order to prevent injuries, especially in children.

Establishing a National Injury Prevention Centre could help in the prevention and control of RTCs and injuries through facilitating collaborations between different ministries and their individualized preventive programs.
The Role of Advanced Cognitive Assessment in Clinical Practice

Profr Tharaka Dassanayake
Consultant in neurophysiology and cognition
University of Peradeniya

Numerous neurological and neuropsychiatric conditions lead to brain damage and subsequent cognitive impairment. Routine clinical examination and commonly used screening tools often fail to detect and quantify such impairment. In contrast, advanced cognitive assessment methods objectively and quantitatively investigate specific cognitive functions related to different brain areas / neural circuits. In clinical settings, the assessments are conducted for multiple purposes: 1) to diagnose distinct patterns of deficits (e.g. different types of dementias and mild cognitive impairment), 2) to monitor response to treatment (e.g. dementia, ADHD) and rehabilitation (e.g. post-stroke), 3) to trace the recovery and fitness to return (e.g. post-concussion athletes), 4) to determine the strengths of the patient and 5) to rule out healthy individuals with subjective cognitive complaints. These assessments thus are an integral component of cognitive rehabilitation which in turn would improve the quality of life of the patients and reduce carer burden.

The advanced cognitive assessment procedures performed at the Clinical Neurophysiology and Cognitive Neurosciences (CLINCON) Laboratory of the Faculty of Medicine Peradeniya employ neuropsychological and neurophysiological methods. The test results are interpreted against age-, sex-, education- and IQ-adjusted norms created for the Sri Lankan population. Established only 2 years ago to cater to the referrals from TH Peradeniya, the Memory and Cognition Clinic conducted in the Laboratory now provides advanced cognitive assessment services to referrals from other hospitals as well.
UPCOMING EVENTS

THE KANDY SOCIETY OF MEDICINE
CME LECTURE FOR DOCTORS

Cerebral palsy in children - Identification and Management
By
Dr. Jagath Munasinghe
MBBS MD DCH,
Consultant Paediatric, Neurologist,
SBSCH Peradeniya

DATE : 14th September (WEDNESDAY) 2016
TIME : 11.30 A.M.
VENUE : PMCK AUDITORIUM, TEACHING HOSPITAL, KANDY

This lecture will have a live webcast to the
OLD AUDITORIUM, TEACHING HOSPITAL - PERADENIYA GENERAL
HOSPITAL - KEGALLE
DGH - NAWALAPITIYA
DGH - MATALE
DGH-NUWARAELIYA

Additional parking is available at Bogambara stadium premises for
Rs.100/- per day.