

**Welcome**

**To**

**The Department of Clinical Medicine**

**Faculty of Medicine  
University of Colombo  
Sri Lanka**

The information in this publication was correct at the time of printing  
The Department reserves the right to make changes as appropriate

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# Contents

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Message from the Professor of Medicine.....	1
Organization of the Health Services.....	2
Faculty of Medicine Colombo.....	4
Medical Faculty Student's Activities .....	5
Department of Clinical Medicine .....	6
The National Hospital of Sri Lanka (NHSL).....	7
Elective Programme in Clinical Medicine .....	8
General Information .....	9
Our Staff ~ your teachers.....	12
Teaching Programme .....	13
Team Routines.....	14
Clinics you can visit.....	15
Sri Lanka - the Paradise Island.....	16
Comments from Elective Students.....	18
How to contact us? .....	19
Map of the Faculty of Medicine - Colombo.....	20
Map of the National Hospital of Sri Lanka.....	21
Notes .....	22
Contact Person .....	23

# Message from the Professor of Medicine

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Dear Elective Student,

On behalf of the Department of Clinical Medicine of the Colombo Medical Faculty, let me warmly welcome you to our unit as an elective student. We hope that the few days you spend with us will be fruitful, profitable, as well as memorable, and we are sure that it will be mutually pleasant. You will find your interaction with our faculty academics and our extended faculty colleagues valuable and adding to your experience.



Please do not hesitate to talk to me or to any other academics if you need any clarification or assistance. We also welcome your comments and constructive criticism, so that we can continue to improve our programme for future students like you.

We have also included information that would be helpful for undergraduates who wish to join our electives programme in future.

During your leisure time, you can take the opportunity to travel and explore our beautiful country.

All the best, and have fun!

Professor Rezvi Sheriff MD, FRCP (Lond), FCCP, FRACP (Hon), FRCP (Edin)  
Professor of Medicine,  
Department of Clinical Medicine,  
Faculty of Medicine,  
University of Colombo.

March 2005

# Organization of the health Services

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Healthcare in Sri Lanka is provided by both the public and private sectors. The public sector provides for nearly 60% of the total population. The Ministry of Health and the Provincial Health sector are responsible for providing preventive, curative and rehabilitative health services in the entire island.

Half of the island's outpatient care is provided by the private sector and the services are mainly concentrated in the urban and sub urban populace.

Apart from the Western practice of medicine there are many forms of alternative medicine that are practised in Sri Lanka. These forms of alternative medicine include Ayurveda, Unani, Siddha, Acupuncture and Homeopathy, all of which are provided by both the public and private sectors. Thus, people have a wide array of services to choose from.

In Sri Lanka, on average, health care is within one's grasp, health centres being available within a 1.4 km radius from one's home. Free government health services are available within a radius of 4.8km.

The network of curative care institutions ranges from sophisticated Teaching Hospitals with specialized consultative services to small Central Dispensaries, which provide only outpatient services. The distinction between hospitals is basically made on the size and the range of facilities provided. There are three levels of curative care institutions administrated by the Ministry of health.

- The Central Dispensaries, Maternity Hospitals, Rural Hospitals, Peripheral Units, and District Hospitals are **primary health care institutions**.
- The Base and Provincial Hospitals are **secondary care institutions**.
- The Teaching and special hospitals are **tertiary care institutions**.

## Organization of the health services

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There are 15 teaching hospitals in Sri Lanka with a bed strength of nearly 14,000. There are specialized hospitals which are dedicated for the treatment of tuberculosis, leprosy, mental illness, cancer and infectious disease.

Many private hospitals and nursing homes are scattered all over the country catering to the needs of the population with a few being sophisticated enough to provide tertiary healthcare.

Despite being a developing country, Sri Lanka, with its highest literacy rate and the lowest mortality rate in South East Asia, possesses a health system that tries to keep abreast with standards of health care in developed countries and also keeps up with the advance in technology in modern medicine.

# Faculty of Medicine Colombo

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*Our mission is to develop a graduate who will contribute to fulfil the health needs of the individual and of the community with **competence, compassion and care***

The Faculty of Medicine is the second oldest medical school in South Asia and the forerunner of university education in this country. For nearly a century it was the only medical school in the island, and its contribution to the health of the nation by way of providing health services, medical education and medical research is difficult to measure.



The Colombo Medical School was opened in 1870 in the General Hospital Colombo, with 3 teachers and 25 students. In 1942 the Colombo Medical School was affiliated to the University of Colombo, as its Faculty of Medicine. Since its inception, it has grown to be a leader among the six medical faculties in the country. At present we have a student population of nearly 1600, an academic staff of 130, 14 academic departments and 11 units.

In addition to training of undergraduates, the medical school offers a wide variety of post-graduate courses. A wide spectrum of clinical, laboratory, and consultative services, are offered to many institutions, nationally and internationally by the academic staff. The medical school has been in the forefront of research in the fields of malaria, organ transplantation, adolescence, ageing, drug abuse, filariasis, and human reproduction.

The Colombo Medical faculty, on the celebration of its 125th anniversary, has shown sensitivity and consideration for the changing health needs of the individual and the community. An integrated, learner-centered curriculum designed to promote self-learning and geared to produce a 'better' medical graduate who will fulfil the needs of a changing society with more care, more compassion and a higher level of competence, was introduced in September 1995.

The faculty of Medicine Colombo, renowned for producing medical graduates of quality, still continues to maintain high standards in the field of medical education.

# Medical Faculty Student's Activities

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Outside the day-to-day stresses of a busy student's life, various extracurricular activities take place throughout the year. The Medical Faculty Student's Union and about a dozen other societies take the lead in these. Our students have always excelled in sports at the inter-faculty and inter-university games.



The religious societies organize events such as *pirith* ceremonies, almsgivings & Christmas carols. The students engage themselves in music, drama and arts as well. Some of the most popular annual events of the Medical School are the Law Medical sports festival, the dinner dance 'Block Night' and the arts festival 'Ninnada'.

Student Scientific Sessions which is an annual faculty event provides the students with an opportunity to present research at a scientific forum thus encouraging research activities of undergraduates.

A cordial and a friendly atmosphere is always maintained in the school by the students promoting a sense of harmony which is conducive for learning activities.

## Department of Clinical Medicine

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Department of Clinical Medicine is among the first departments to be established in this faculty. Many internationally renowned doctors have served in this department in various capacities, and we take pride continuing the hallowed clinical traditions that they have set before us. We strive hard in maintaining the high standards of patient care and medical teaching that have existed in our department for long.

Each year, over 200 final year undergraduates are trained by us in clinical skills and hands on clinical care during the Professorial Medicine appointment. Students acquire skills and knowledge through bedside teaching, Integrated Ward Classes, Social Medicine Programme, tutorials and classroom teaching. Postgraduate training activities are also a major component of the responsibilities of the department staff. Many postgraduates compete for the few training slots in internal medicine and nephrology we offer.

At the same time, we also keep abreast in the ever-changing field of medicine. We have a strong commitment towards biomedical research, and work closely with several national and international collaborators.

- The OX-COL project in collaboration with the Nuffield Department of Clinical Medicine, Universities of Oxford and Liverpool has been a successful one. In this project we successfully developed a species specific anti venom against Sri Lankan snakes and an effective therapy for Kaneru [Yellow Oleander] poisoning.
- Post transplant infection study in collaboration with the Medical Research Institute, Colombo.

We take a leading role in the Faculty of Medicine Kidney Transplant Programme (FMKTP), which performed Sri Lanka's first successful kidney transplant in 1985. In collaboration with the Department of surgery and Ministry of health we have done over 500 transplants to date.

You will find that our Department has a multi faceted outlook, with a rich variety in both academic staff and functions. Our academic staff has a broad range of special interests, including Nephrology, Pulmonology, Snake Venom research, Toxicology, Critical care medicine, Cardiology, Infectious diseases, SLE and Diabetes and Endocrinology.

## The national hospital of Sri Lanka ↑NHSL↓

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The National Hospital of Sri Lanka (NHSL) is the premier teaching hospital with tertiary care facility providing a wide spectrum of services. The hospital is funded by the Ministry of Health. All services are rendered free of charge.

The NHSL, located in close proximity to the Medical Faculty, is one of the largest in the world, with 2950 patient beds and employs a staff of nearly 10000, including 80 Consultant staff and over 950 doctors. It is a multi specialty tertiary care centre which receives referrals from hospitals all over the country. It is also the preferred secondary care institution for those living in Colombo and its suburbs.

Along with the De Soyza Maternity Hospital, Castle Street Hospital for Women, Lady Ridgeway Hospital for Children, Institute of Cardiology and the Eye Hospital, the NHSL function as the main teaching facility for the Medical Faculty. You will have the opportunity to gain a vast and varied clinical experience during your elective appointment with our department.

This hospital provides a number of specialties and subspecialties. It has 12 general medical wards, 12 general surgical wards and separate units for subspecialties in medicine (psychiatry, neurology, nephrology, rheumatology, dermatology and cardiology) and surgery (gastroenterology, orthopaedics, cardiothoracic surgery, neurosurgery, vascular surgery and urology).

The out patient department of the National Hospital is a busy place in the hospital with an Emergency Treatment Unit, a surgical theatre and a number of clinics (medical, surgical, dermatology, diabetic, asthma, rheumatology, orthopaedics, etc). NHSL has a well equipped Accident Service and several Intensive Care Units. Diagnostic facilities are catered by the pathology laboratory and Radiology Unit equipped with modern diagnostic technologies.

You can visit these departments or spend a day in a clinic of your choice by prior arrangement to enrich your experience of tropical conditions.

## Elective Programme in Clinical Medicine

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The elective programme in Clinical Medicine is designed for medical undergraduates from other universities, both national and international. It is conducted by the Department of Clinical Medicine, Faculty of Medicine-Colombo. Our teaching unit is the **University Medical Unit** (Ward 41 & 48B) at the National Hospital of Sri Lanka. The Department of Clinical medicine offers attachments of 2-8 weeks.

We provide you with the unique opportunity of seeing a wide spectrum of tropical and non-tropical conditions and many clinical signs you have hitherto seen only in colour atlases and text books! You will have a first-hand experience in clinical decision making, participating in bed-side teaching sessions and in ward rounds.

You will also get an opportunity to interact with the students of the Colombo Medical Faculty and will find that the atmosphere is friendly and stimulating.

Please feel free to clarify any problems you have from our staff.



## general information

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### Admission requirements

Medical undergraduates from a recognized medical school or university; who have completed the basic sciences and the first year of the clinical programme may apply. The applicant's academic record must be documented by officially certified credentials and a letter of recommendation from a current professor. A good working knowledge of English is necessary.

Intending applicants who are uncertain about their eligibility should write to the Dean for information and advice.

### Application procedure

You may PRINT OUT THE APPLICATION FORM and fax or post it to the Registrar at the address below.

Please remember:

- To attach a passport size photograph.
- To enclose a letter from the Dean of your medical faculty confirming your student status.
- To provide documentary evidence of having commenced clinical work in your hospital.

### Acceptance of the Elective

Formal offer of admission will be conveyed by the Dean to successful applicants within 2-3 weeks of receipt of application. You need to reply by a letter confirming your elective.

## general information

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### Registration

Once you are accepted for an elective attachment, you are required to remit US\$ 55per week (subject to change) to the University of Colombo. On arrival, you are expected to report to the Registrar of the Faculty of Medicine. This fee includes class participation regardless of the number of sessions during the period.

### health Insurance

The applicant must be in good health physically, emotionally and psychologically to study abroad. Health insurance is not essential nevertheless in cases of ill health during the applicant's stay, costs incurred should be borne by the individual.

### health Information

For information regarding health please contact your travel agent. For further queries do not hesitate to contact the department of clinical medicine.

### Visa Requirements

Please contact the Sri Lankan embassy in your home country. Entry visa is also obtained at the airport. The government may request the elective students to produce evidence of adequate funds for maintenance during their stay in Sri Lanka. The University of Colombo can provide a letter of acceptance to facilitate the process of obtaining visa.

### Arrival

Many airlines service the Bandaranayke International Airport. Taxi services are available at the airport around the clock. The journey from the airport to the city of Colombo takes about 1 ½ hours by taxi. Please report to the Registrar of the faculty upon arrival to the faculty.

## general information

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### Climate

The climate is typically tropical with an average temperature of 27°C in Colombo and usually hot and humid. The south-west monsoon and north-east monsoon brings rain mainly from May to July and December to January. Humidity is around 78-80%

### Dress

Most of the time informal. However, in the hospitals and in the clinics, more formal attire with white overcoat is a necessity. Ours is a conservative society and the attire of doctors and student doctors is expected to be conservative.

### Accommodation

Hostel accommodation in the medical school is restricted. The registrar would guide you in finding suitable accommodation in the vicinity.

# Our Staff ~ your teachers

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## Permanent academic staff

Professor Rezvi Sheriff *MBBS, MD, FRCP Col, FRCP Edin, FCCP, FRACP*

Professor Shyam Fernando *MBBS, MD, PhD (Lond), FRCP*

Professor Saroj Jayasinghe *MBBS, MD, MD Bristol, FRCP*

Dr Ariarane Gnanathanan *MBBS, MD, MRCP, MPhil*

Dr Rushika Lanerolle *MBBS, MD, MPhil*

Dr Senaka Rajapakse *MBBS, MD, MRCP*

Dr G.R.Constantine *MBBS, MD*

Dr Panduka Karunanayake *MBBS, MD, MRCP*

Dr Thashi Chang *MBBS, MD, MRCP*

Dr Prasad Katulanda *MBBS, MD*

## Postgraduate and service staff

Senior Registrars and Registrars and Demonstrators in Medicine will also contribute to your teaching. Active and bright House Physicians whom you will see closely in action will be a rich resource for learning. The nursing sisters, technical staff, tutor sister will also take part in the teaching programme.

## Patients

Patients are the most important teaching/learning resource we have. Eliciting relevant history, patient listening and intelligent observation help you learn more from them than all text books put together. Only a few patients speak English and the majority speaks Sinhala or Tamil. We recommend you get the help of our students should problems in communication arise. Patients come from different cultural and religious backgrounds. We expect the elective student to be culturally sensitive

## Extended Faculty

Most senior specialist consultants attached to the National Hospital of Sri Lanka, Specialized Units and Hospitals in the vicinity will also be involved in Clinical teaching.

# Teaching Programme

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The Department of Clinical Medicine invites you to join the elective programme in Medicine which is integrated with the professorial appointment, setup for the final year medical students of our faculty. This programme consists of

- Interactive ward round teaching.
- Case presentation at ward rounds.
- Bedside teaching sessions.
- Lectures or small group discussions on topics relevant to patient management.
- Integrated Ward Class - case presentations by students.
- Social Medicine learning programme designed to help learning skills, attitudes and knowledge related to care and rehabilitation of patients who are discharged and have returned to the community.
- Learning in critical care settings which include Medical Intensive Care Unit, Dialysis Unit, and Medical Casualty nights.
- Renal biopsy meetings and Kidney transplant meetings.

We can provide you with an opportunity to visit clinics of many specialties which would be of interest to you. (e.g. - dermatology, renal, diabetic, asthma, leprosy, SLE, neurology, rheumatology and rehabilitation clinics at NHSL) Visits can also be arranged upon request to other specialized units such as Cardiology Unit, Chest Hospital, Cancer Hospital, Sexually Transmitted Disease, Infectious Disease Hospital, in and within a few miles of the city of Colombo.

Special arrangements to suit the requirements of an individual elective student can be made if prior requests are made.

## Facilities

- Elective students can use the faculty library, one of the oldest libraries in Sri Lanka. Library hours are from 8.30 – 20.00 hrs on weekdays and from 8.30- 18.00hrs on weekends and public holidays.
- The Computer Aided Learning (CAL) laboratory, with its own server giving access to Internet, lectures and other educational material can be used with prior permission.

# Team Routines

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## University Medical Unit Ward 41 & 48B \_Ward routine

1. Daily morning ward rounds in ward 41 & 48 B
2. During weekdays student teaching by a senior teacher.
3. Thursday morning professor's class.
4. Integrated Ward Class (students' case presentation) in ward 41 conference room once a week.
5. Every other Friday casualty nights at casualty ward (wd 14) from 8.00 pm to 7.00 am
6. Thursday morning renal biopsy meeting Pathology Department
7. Tuesday 12.30pm kidney transplant meeting Ward 41 conference room



## Clinics you can visit

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<b>Clinic</b>	<b>Consultant</b>	<b>Day</b>	<b>Time ( hrs)</b>	<b>Venue</b>
General Medicine	Prof Shyam Fernando	Wed	8.00-12.00	Room 26
	Dr Senaka Rajapakse			
	Dr G R Constantine			
General Medicine	Prof Saroj Jayasinghe	Thu	8.00-12.00	Room 26
	Dr P. Karunanayake			
	Dr A. Gnanathan			
Renal	Prof Rezvi Sheriff	Mon	8.00-12.00	Room 27
	Dr Rushika Lanerolle			
SLE	Dr P Galappaththi	Tue	14.00- 16.00	Room 26

# Sri Lanka - the Paradise Island

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Sri Lanka, the tear drop that falls from the southern tip of India is an island of extraordinary natural beauty, valuable culture and proud history.

The Sri Lankan population comprises a multi-ethnic society, the majority being Sinhalese (74%). Tamils, Muslims and Burghers being the other ethnic groups.

This paradise island consists of a mountainous mass enclosed in greenish tea plantations, surrounded by broad plains and white palm fringed beaches along the coast. In the lowlands the climate is typically tropical with an average temperature of 27<sup>0</sup> C. Bright, sunny warm days are the rule – climatically Sri Lanka has no off season.



A glorious variety of flora and fauna, the cool hill stations and the serene grace that permeates all aspects of the Sinhalese way of life, make a visit to this island kingdom an intriguing adventure. Most of the island is lush, tropical jungle broken occasionally by rivers and dramatic waterfalls. A major attraction for a nature lover would be the tropical rain forests, ‘patanas’-grass lands/plains and wildlife sanctuaries of the island contributing to an exotic system, which is the natural habitat of a variety of animal and plant species

# Sri Lanka - the Paradise Island

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The Buddhist temples and Dagabas, ancient monuments of architectural beauty, numerous great tanks – irrigation reservoirs in the ancient kingdoms of Anuradhapura and Polonnaruwa, and the magnificent rock fortress at Sigiriya, are some of the reflections of 2500 years of our proud history.

This sunny, exotic island paradise with a 2500 year old rich history, golden beaches, unique flora and fauna and colourful sub-marine life is the ideal back-drop to learn tropical medicine while relaxing. From the central location of the Colombo Medical Faculty, you will be able to relax on the beach, visit the ancient cities, enjoy the cool climate of the mountains amidst tea estates and taste the delicious Sri Lankan cuisine.



## Comments from Elective Students

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Please write your comments and constructive criticisms in the space provided in this hand book and send it to the department of clinical medicine (office). It will help us to improve the programme for future elective students.

## How to contact us ☎

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### **Professor of Medicine**

**E mail** : rsheriff@emed.lk

**Address** : Professor Rezvi Sheriff  
Professor of Medicine.  
Department of Clinical Medicine.  
Faculty of Medicine,  
Kynsey road,  
Colombo  
Sri Lanka

**Telephone** : (9411) 2682371, 2685413, 2696630

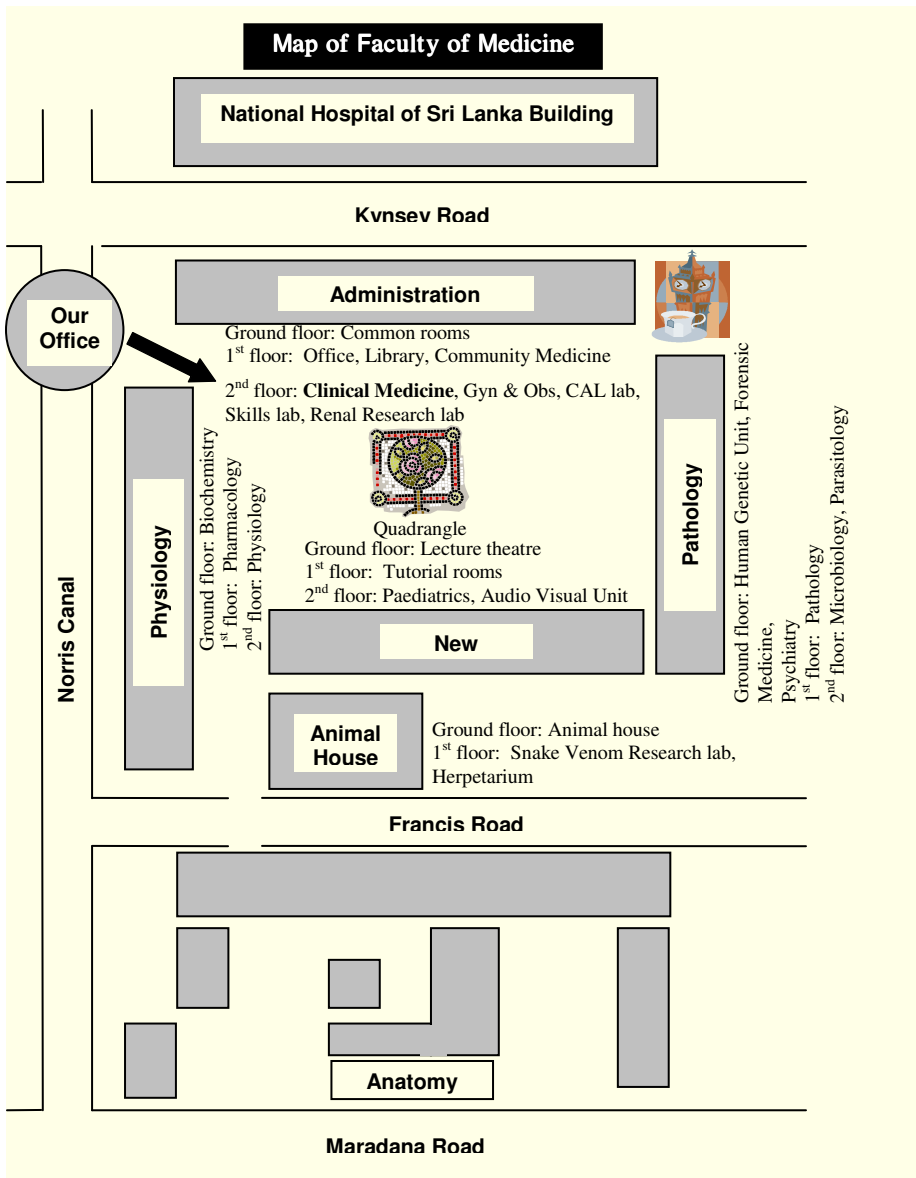
### **Department**

**E mail** : clinmed.ucfm@gmail.com

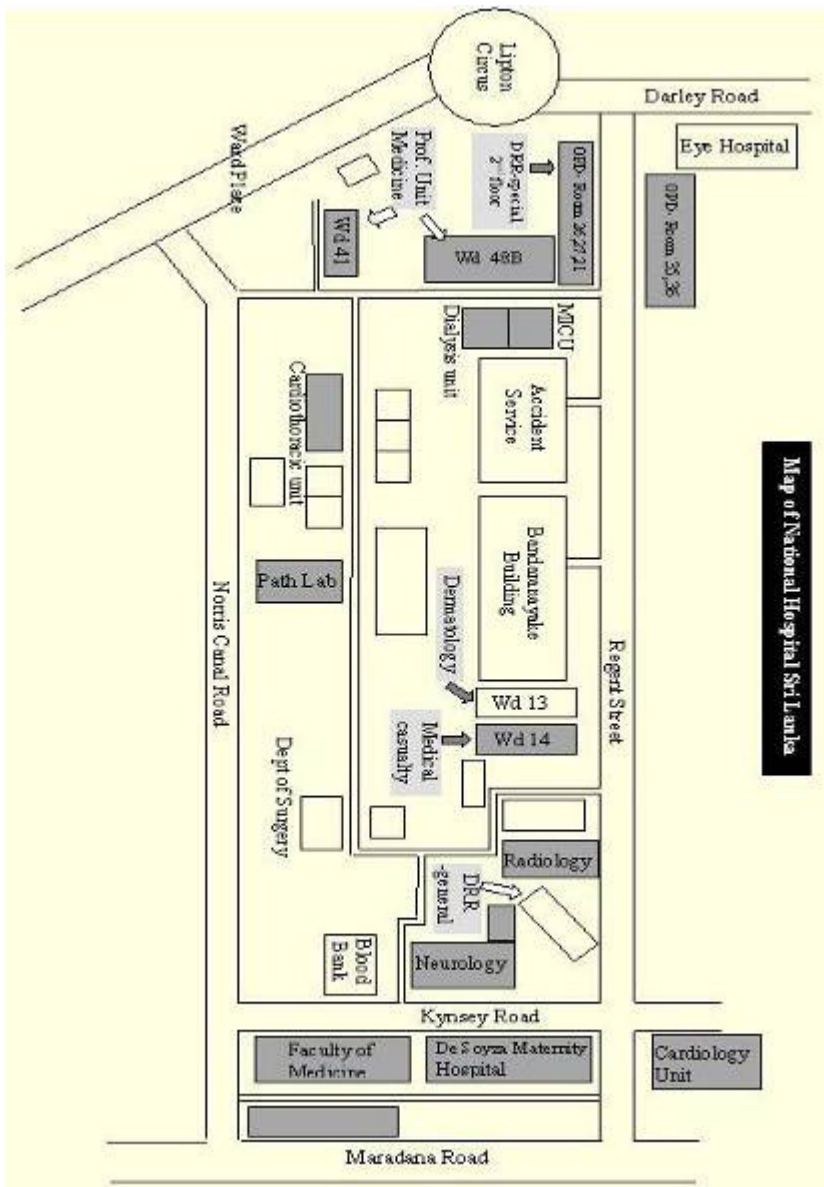
**Telephone** : Office : (9411) 2695300 Ext. 318  
Hospital : (9411) 2691111 Ext. 241, 248

**Fax** : (9411) 2689188

# Map of the Faculty of Medicine - Colombo



# Map of the national Hospital of Sri Lanka



## Notes

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## Contact Person

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### Contact Person in the Department

Name : \_\_\_\_\_

Telephone : \_\_\_\_\_

Email : \_\_\_\_\_

For any of your queries please feel free to contact the above person.