



Colombo North Centre for Liver Diseases (CNCLD)
 Faculty of Medicine, University of Kelaniya
 Colombo North Teaching Hospital, Ragama



www.cnclد.kln.ac.lk

NEWSLETTER

January 2024 | Issue I



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ON THE COVER..

MDT MANAGES A CHILD WITH LIFE THREATENING UPPER GI BLEEDING DUE TO DUODENAL VARICES.



Patient Testimonials....

"Really appreciate the high quality service provided. Best place for Liver patients."
 - Shamali Pabasara

"Words can't express the amount of my gratitude to the incredible team at the CNCLD Paediatric Liver Unit for giving my little son, a second chance at life."
 - Senuja's mother

"Professor R.C.Siriwardana and the entire staff treated us with a smile on their faces, this is the secret to many patients coming for this clinic."
 - J. U. Hewage

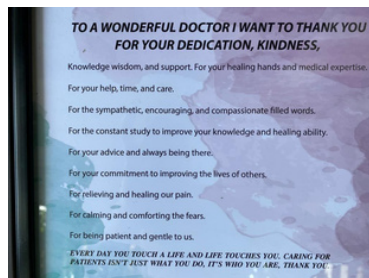
SUCCESS STORIES

“Defying the Odds: A Young Man’s Journey towards a successful recovery amidst the complexities of a Liver Surgery.”

A 16-year-old from Hettipola, underwent a 12-hour long surgery for a liver tumor. Despite complex surgery, he made a complete recovery and has now settled back into his daily routine.



Pictured above - Lucky gentlemen in the middle.
Pictured left - A note of Appreciation by the patient.



“A Miraculous Gift of Life: The Story of a Successful Liver Transplant.”

A 60-year-old man from Galle, with cirrhosis, recovered most favorably following his liver transplant. He along with his wife faced this picture on discharge sharing the happiness they were ready to take back home.



“Beyond Medication, Surgical Solace: Biliary Diversion as a lifeline for medically intractable itching in a Child with Alagille Syndrome”

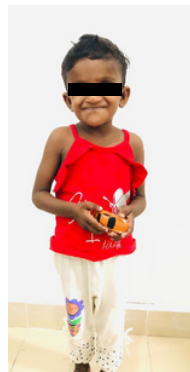


Before



After

A 4-year-old child from Mathugama, with Alagille Syndrome was burdened with itching despite maximum medical therapy. Instead of liver transplantation, biliary diversion, a novel surgical procedure was performed to improve her symptoms. She made a remarkable recovery and is now experiencing good quality of life.



ANNUAL STATISTICS

(January 2023 - December 2023)

Hepato-pancreatico-biliary clinic new referrals (Adult)	686
Hepatology and Liver transplant new referrals (Adult)	145
Hepatology and Liver Transplant new referrals (Paediatric)	131
Number of liver transplants (Adult and Paediatric)	8
Hepatobiliary Surgeries	55
Microwave Ablation of Liver Cancer	91

COVER STORY..

“United Minds, Beyond Specializations: A Multidisciplinary triumph over a life threatening upper GI bleeding.”

A 14-year-old boy, from Batticaloa, was referred to CNCLD due to an acute life threatening upper GI bleeding caused by duodenal varices.

With the timely intervention by the multidisciplinary team (MDT), child made a successful recovery .



Pictured left - MDT working together during the emergency.
Pictured above - The cheerful boy on discharge.



ACADEMIC ACTIVITIES

Guest Lectures



International Guest Lecture

A lecture on, "Tumor ablation: Modalities, Indications and Technique" was delivered by Dr. Chinthaka Appuhamy, on the 25th of November 2023 at the NSVIR 2023 International Conference held in Kathmandu, Nepal.

It was organized by the Nepalese Society of Vascular & Interventional Radiology (NSVIR) in collaboration with, the Indian Society of Vascular and Interventional Radiology (ISVIR).

A lecture on, "Diet in Liver Disease" was delivered by Professor Madunil Niriella, on the 26th of August 2023, at the 8th Clinical Nutrition Annual Academic Sessions held at Waters Edge, Battaramulla, organized by the Sri Lanka Medical Nutrition Association.



A Lecture on, "CRC Metastasis: The Sri Lankan Story" was delivered by Professor Rohan Siriwardana, on the 14th of September, at the Symposium on Hepatobiliary surgery for colorectal liver metastases for the Sri Lanka Surgical Congress 2023, organized by the The College of Surgeons of Sri Lanka, held at UCFM Tower, Faculty of Medicine, University of Colombo.

Workshops

Offline Workshop on Liver Transplantation For Nurses

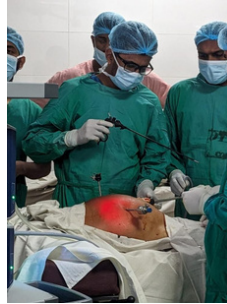
A workshop for nurses on liver transplantation, was held on the 21st of August at the auditorium of Department of Surgery, CNTH, Ragama with the participation of approximately 40 nurses attached to Surgical wards, Intensive care units and Operating theatres of Hospitals including CNTH, CSTH, TH Peradeniya and TH Badulla.



Liver Microwave Ablation & MWA Combined with Open Surgery - Offline Training Program



A two day workshop comprising of lectures, demonstrations, case discussions and practical sessions on microwave ablation using real time liver tumour ablations was held under the guidance of Consultant Radiologists, Dr. Chinthaka Appuhamy and Dr. Eranga Ganewatta at CNTH, Ragama on the 25th and 26th of September, 2023.



This workshop was endorsed by the Indian Society of Vascular and Interventional Radiology (ISVIR).

Indian Society of Vascular and Interventional Radiology
 Registered under Travancore - Cochin Literary Scientific and Charitable Societies Registration Act - 1955 (Act 12 of 1955)
 Registration Number T 353/1959

Registered Office:
 3, 302, ODA Building, V-S5 Mall
 Laxmi Nagar, East Delhi 110092

Date: 18.09.2023

To,
Prof. Rohan Siriwardena,
 Professor of gastroenterological and hepatobiliary Surgery, North Colombo Cancer for Liver Disease (CNCLD), Faculty of Medicine, University of Kelaniya, Sri Lanka.

Subject: Endorse and Collaborate on Liver Tumour Ablation Training Program in Sri Lanka

President: Dr. Jayathilaka
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Webinars

Bi-monthly CNCLD Webinars

Colombo North Centre for Liver Diseases
 www.cnclid.lk

Continuous Medical Education Lecture for Doctors
Management of Haemodynamics and Coagulopathy in Paediatric Liver Transplant

Dr. G.K. RATHNAVEL
 MBBS, MD, FRCA, EDRA, CCT (UK)
 Clinical Lecturer in Anaesthetics
 Senior Consultant, Liver Transplant
 Resuscitation
 and Intensive Care
 Dr Rela Institute and Medical Centre,
 Chennai

23rd Sunday, July 2023
 8:30 pm

Moderator:
 Dr. Eranga Ganewatta
 Consultant Radiologist
 CNCLD, Faculty of Medicine,
 University of Kelaniya,
 Sri Lanka

Zoom Details:
 Meeting ID - 412 1142 7497
 Passcode - V*BDJL55

Scan to join

“Management of Haemodynamics and Coagulopathy in Paediatric Liver Transplant” by Dr. G. K. Rathnavel, Senior consultant in liver transplant anaesthesia and intensive care at Dr. Rela Institute, Chennai, on the 23rd July, 2023.

PLAY

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Continuous Medical Education Lecture for Doctors
Surgical Management of Colorectal Liver Metastasis

Mr. Ravi Marudanayagam
 MRCS, MS (Gen Surgery), FRCS (Ed),
 FRCS (Colorectal), FRCS (Onco),
 Consultant Hepato-Biliary and Pancreatic Surgeon
 Queen Elizabeth Hospital Birmingham,
 University Hospitals of Birmingham NHS Trust.

24th Sunday, September, 2023
 8:30 pm

Moderator:
 Dr. Chinthaka Appuhamy
 Consultant Radiologist
 CNCLD, Faculty of Medicine,
 University of Kelaniya,
 Sri Lanka

Zoom Details:
 Meeting ID - 442 8422 1174
 Passcode - w*6y*8d6

Scan to join

“Surgical Management of Colorectal Liver Metastasis” by Dr. Ravi Marudanayagam, Consultant hepato-biliary and pancreatic surgeon at Queen Elizabeth Hospital, Birmingham, on the 24th September, 2023.

PLAY

Colombo North Centre for Liver Diseases
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Continuous Medical Education Lecture for Doctors
Caring for the potential organ donor

Dr. Anushka Mudalige
 MBBS, MD, FRCA, FRICM, EDIC
 Consultant Intensivist
 Colombo North Centre for Liver Diseases

Sunday, 19th of November
 2023
 @ 8:30 pm

Moderator:
 Dr. Aruna Weerasinghe
 Consultant Radiologist
 CNCLD, Faculty of Medicine,
 University of Kelaniya,
 Sri Lanka

Zoom Details:
 Meeting ID - 889 1292 1908
 Passcode - Pe\$kgH2+

Scan to join

“Caring for the potential organ donor” by Dr. Anushka Mudalige, Consultant intensivist at Colombo North Teaching Hospital (CNTH), Ragama, on the 19th November, 2023.

PLAY

Other Webinars




Publications

Publications in Peer reviewed Journals

- Singh V, De A, Mehtani R, Angeli P, Maiwall R, Satapathy S, Singal AK, Saraya A, Sharma BC, Eapen CE, Rao PN, Shukla A, Shalimar, Choudhary NS, Alcantara-Payawal D, Arora V, Aithal G, Kulkarni A, Roy A, Shrestha A, Mamun Al Mahtab, Niriella MA, Siam TS, Zhang CQ, Huei LG, Yu ML, Roberts SK, Peng CY, Chen T, George J, Wong V, Yilmaz Y, Treeprasertsuk S, Kurniawan J, Kim SU, Younossi ZM, Sarin SK; Asia-Pacific association for study of liver guidelines on management of ascites in liver disease. *Hepato Int* 17, 792–826 (2023). DOI: <https://doi.org/10.1007/s12072-023-10536-7>
- H Gunathunga, P Vishwajith, U A Buddhika, S Tillakaratne, R C Siriwardana, Massive spontaneous haematoma of the liver following laparoscopic cholecystectomy, *The Sri Lanka journal of surgery* 2023; 41 (1): 46-47; DOI: <http://doi.org/10.4038/sljs.v41i1.8805>
- Rohan Chaminda Siriwardana, Deleepa Senajith Ediriweera, Lakmali Paranaheva, Chanaka Sandharuwan Ekanayake, Suchintha Thilakaratne; Presence of fatty liver disease leads to unusual rise of liver enzymes in patients with common bile duct colic.; Preprint from Research Square, 08 Mar 2023; DOI: <https://doi.org/10.21203/rs.3.rs-2564037/v1>
- Saumya Madushani Samarasinghe, Asanka Sudeshini Hewage, Rohan Chaminda Siriwardana, Kamani Hemamala Tennekoon, Madunil Anuk Niriella, Sumadee De Silva; Genetic and metabolic aspects of non-alcoholic fatty liver disease (NAFLD) pathogenicity; *Egyptian Journal of Medical Human Genetics* 24, 53 (2023). DOI: <https://doi.org/10.1186/s43042-023-00433-x>
- Gnankanesh Rajeeth, Suchintha Tilakaratne, Rohan Chaminda Siriwardana; The hidden threat of uncontrollable bleeding from the gallbladder bed during laparoscopic cholecystectomy; *International Journal of Surgery Case Reports*, 112, 108957. DOI: <https://doi.org/10.1016/j.ijscr.2023.108957>
- R.C. Siriwardana; We report you decide; *The Sri Lanka Journal of Surgery* 2023; 41(3): 58-59; <https://orcid.org/0000-0002-6477-2072>. DOI: <https://doi.org/10.4038/sljs.v41i03.9098>
- De Silva AP, Niriella M, Nishad N, Samarawickrama VT, Ranawaka C, Jayasundara H, Dharshika S, De Silva HJ; "sa1531 is splenic stiffness measurement (ssm) better than baveno vii criteria to predict esophageal and cardio-fundal varices in patients with compensated advanced liver cell disease (CACLD)?." *Gastroenterology* 164.6 (2023): S-403. DOI: [https://doi.org/10.1016/S0016-5085\(23\)01932-7](https://doi.org/10.1016/S0016-5085(23)01932-7)
- Meranthi Fernando, Suchintha Tillakaratne, Bhagya Gunetilleke, Chamila Liyanage, Chinthaka Appuhamy, Aruna Weerasuriya, Janaki Dissanayake, Rohan Siriwardana; An ABO-incompatible living donor liver transplant in an infant with acute liver failure in the Sri Lankan setting; *Ceylon Medical Journal* 2023; 68: 25-28 DOI: <https://doi.org/10.4038/cmj.v68i1.9714>

Oral Presentations

- Jayasekera A, Gishanthan S, Tillakaratne S, Dassanayake U, Siriwardana RC; Impact on liver stiffness after hepaticojunostomy for major iatrogenic bile duct injury; Asian Pacific digestive week - Dec 2023, Thailand (OP 089)
- Chinthaka Appuhamy; Immediate post -microwave ablation evaluation practice for patients with hepatocellular carcinoma; 5th China Conference on microwave ablation 2023.
- Padeniya AGPM, Ediriweera D, Niriella MA, De Silva A, Premawardhena AP; Assessing reversibility of liver fibrosis in patients with transfusion-dependent beta thalassaemia following intensive chelation; 136th Anniversary International Medical Congress, Sri Lanka Medical Association, 25th-28th July 2023, Colombo, Sri Lanka (OP 015)
- AP de Silva, MA Niriella, AAN Nishad, VT Samarawickrama, H Jayasundara, CK Ranawaka, ST de Silva, M Withanage, D Ediriweera, HJ de Silva; Is splenic stiffness measurement(SSM) better than Baveno VII criteria to predict oesophageal and cardio- fundal varices in patients with compensated advanced liver cell disease (cACLD)?; 136th Anniversary International Medical Congress, Sri Lanka Medical Association, 25th-28th July 2023, Colombo, Sri Lanka (OP 012)

Poster Presentations

- Madunil Anuk Niriella, Anuradhani Kasturiratne, Dileepa Senajith Ediriweera, Shamila Thivanshi De Silva, Anuradha Supun Dassanayake, Arjuna Priyadrshin De Silva, Arunasalam Pathmeswaran, Ananda Rajitha Wickramasinghe, Norihiro Kato and Hithanadura Janaka De Silva; Uncovering the genetic link: association of pnpla3_rs738409 variant with metabolic-associated fatty liver disease in a Sri Lankan population; 2023 American Association for the Study of Liver Diseases- Boston, 2264-C
- Gishanthan S, Tillakaratne S, Bulathsinhala BSK, Uragoda B, Siriwardana RC, A prospective study on drain fluid amylase as an indicator of clinical outcome in patients undergoing Whipple surgery; 136th Anniversary International Medical Congress, Sri Lanka Medical Association, 25th-28th July 2023, Colombo, Sri Lanka (PP 126)
- Niriella, M.A.; de Silva, S.T.; Hapangama, A.; Baminiwatta, A.; Fernando, R.; Ediriweera, D.; Assessing motivation to lose weight: the psychometric properties of the Sinhala version of University of Rhode Island Change Assessment (URICA) scale; 136th Anniversary International Medical Congress, Sri Lanka Medical Association, 25th-28th July 2023, Colombo, Sri Lanka (PP 178)
- M Fernando, B Gunetilleke, S Tillakaratne, RC Siriwardana, WNDPC Appuhamy, UGM Padmasiri; Role of interventional radiology in paediatric liver transplantation; 136th Anniversary International Medical Congress, Sri Lanka Medical Association, 25th-28th July 2023, Colombo, Sri Lanka (PP 150)
- Wijenayake, W.; Pathiraja, H.; Thennakoon, R.; Fernando, M.; Bandara, D.; Mettananda, S.; Hepatic and renal status of paediatric patients with thalassaemia; 136th Anniversary International Medical Congress, Sri Lanka Medical Association, 25th-28th July 2023, Colombo, Sri Lanka (PP 071)
- Arabi Sooreakumar, Wasana wijenayake, Dilshan Dananjaya, Meranthi Fernando, Diabetic ketoacidosis in a liver transplant recipient with Wilson's disease; A case report; 25th Annual Scientific congress of Sri Lanka college of Paediatricians; 13th -16th May 2023 at Galadari Hotel, Colombo (PP 86)
- Gunaratne ALSN, Gunarathna PGPD, Gunawardana ADJN, Hansamali UVS, Heenkenda HMAN, Ekanayaka J, Fernando CMP; Knowledge, attitudes, and beliefs about liver transplantation among caregivers of children with liver diseases; a single centre experience from Sri Lanka; 136th Anniversary International Medical Congress, Sri Lanka Medical Association, 25th-28th July 2023, Colombo, Sri Lanka (PP 070)

MILESTONES

Strengthening Liver Disease Care in Sri Lanka: CNCLD and Dr. Rela Institute Sign MOU.

CNCLD signs MOU with Dr Rela institute, India to expand local services of liver transplantation. It was signed on the 1st of September, 2023 with Professor Janaki Hewavisenthi, Dean of FOM at the University of Kelaniya and Professor Mohamed Rela, Director of Dr. Rela Institute, Chennai as the signatories, underscoring their commitment to this collaborative effort.

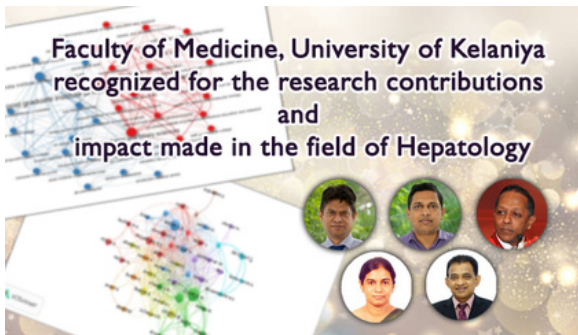


Investing in Young Lives: President's Fund Empowers Paediatric Liver Unit to Save More Children



Following President Ranil Wickremesinghe's instructions, the President's Fund has raised the medical allowance from January 2024. Notably, this includes a significant increase in support for children undergoing liver transplants at CNCLD, Ragama, raising the assistance provided, up to 1 million LKR per case.

ACHIEVEMENTS



The research studies carried out by the academics at Faculty of Medicine (FOM), University of Kelaniya has been recognized by the Journal of Clinical and Experimental Hepatology for the contributions made towards scientific research on Non-alcoholic fatty liver disease in the Indian subcontinent.

The journal's review recognized FOM, as the most productive research institution in the field of Hepatology for the region and placed five of its faculty, including several members of CNCLD, within the ten most impactful authors among researchers from the subcontinent.



Dr. Meranthy Fernando represented Sri Lanka at the Young Physician Leaders (YPL) Programme held in Berlin, Germany, in September 2023.

This achievement follows a competitive selection process through the National Academy of Sciences of Sri Lanka (NAASL).

Dr. Fernando was one of the 18 participants of this prestigious and diverse program which included health professionals from 15 different countries and 4 continents, where she also had the opportunity to speak at the World Health Summit in the plenary session on 'Effective leaders for effective health care systems'.



Professor Niriella was awarded the President's Award for Scientific Research pertaining to "Metabolic Syndrome, but not non-alcoholic fatty liver disease, increases 10 year mortality: A prospective, community-cohort study" published in Liver International, Vol 40, Iss 1, pp 101 - 106 in the year of 2020.



In a well-deserved milestone for CNCLD, Dr. Bhagya Gunathilake was elevated to the esteemed position of Professor in Anaesthesiology in December 2023.

This promotion acknowledges Dr. Gunathilake's exceptional contributions to the field of Anaesthesia and his dedication to shaping the next generation of medical professionals.



Professor Madunil Niriella assumed duty as the President of Sri Lanka Society for Gastroenterology for the year of 2024.

This prestigious appointment is a nod towards Professor Niriella's distinguished career in gastroenterology and his unwavering commitment to advancing the field both nationally and internationally.



Dr. Suchintha Thilakarathne was appointed as the joint-secretary of the Sri Lanka Society for Gastroenterology for the year of 2024.

This appointment recognizes Dr. Thilakarathne's outstanding work in the field of gastroenterology and is regarded as an opportunity to further serve the field of Gastroenterology in the country.

The Research paper, "Assessing reversibility of liver fibrosis in patients with transfusion-dependent Beta Thalassaemia following Intense Chelation" which was co-authored by Professor Niriella, was awarded the E M Wijerama Prize for the Research paper, at the inauguration of the foundation sessions of the 136th SLMA Anniversary International Medical Congress 2023.

It was held on the 24th November 2023 at the Faculty of Medicine, University of Jaffna.



CHARITY AND PATIENT SUPPORT

Live'r Life Group,

On behalf of the children battling liver diseases in Sri Lanka, we at CNCLD expresses our deepest gratitude for your unwavering support and generous donations. Your commitment to giving these young heroes a fighting chance fills us with immense hope and admiration.

Suwayata Saviyak, Australia,

Your donation of essential medications will help alleviate immense burdens on families facing unimaginable challenges. These critical drugs will play a vital role in managing symptoms, preventing complications, and ultimately giving these children a chance at a brighter future. We are truly grateful for your partnership in making a difference for children with liver diseases.

Dr. Manjula Athukorala,

Your continuous dedication towards supporting a post liver transplanted child has not gone unnoticed. We would like to take a moment to thank you on behalf of the CNCLD Unit and affirm once again, that supporters such as yourself are part of the driving force that enables us to do the work that We do.

Special Mention,

Our Donor from Kurunegala, working as a junior executive in the corporate sector, who generously donated a Wacom Intuos Digital Drawing Tablet and Pen for use in liver volumetry assessment for Paediatric liver transplants. Thank you for choosing to invest in the betterment of the lives of these children and enabling them to receive the highest care that they can.

TEAM & CONTACT INFORMATION




Medical Officers

- Dr. M. P. Wijewardana
- Dr. D. N. D. L. Kumarasiri


Demonstrators




- Dr. Chinthaka Jayakody
- Dr. Thamalee Batepola
- Dr. Nanduni Ranasinghe




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