

## Report on Abayam Visit to Eastern and Northern Provinces Sri Lanka November 2019

### Eastern Province 11-15<sup>th</sup> November

The members of the Abayam team:

1. **Professor Jasotha Sanmugarajah**, Associate Professor and Consultant Oncologist, Australia **(JS)**
2. **Professor Niranjan Selvanayagam**, Consultant Cardiologist, Australia **(NS)**
3. **Dr K Parthipan** , Consultant Chest Physician, UK **(KP)**
4. **Dr Manchulaa Thavaraj**, General Practitioner with an interest in Rheumatology, UK **(MT)**
5. **Miss Saratha Kugendran** – Physiotherapist, UK **(SK)**
6. **Mr Mathuraimani**- Teacher and motivator, Canada **(RM)**
7. **Dr Mutthuvel Devarajah**, General Practitioner with an interest in Allergy and Diabetes, New Zealand **(MD)**

Date	Time	Activity	Place	Target Group
11.11.2019 Monday	7am-2pm	Medical Camp (KP, JS, NS, MD, MT) - Reviewed 240 patients	Valachenai	Public
	9am-2pm	Physiotherapy clinic (SK)	Batticalao Teaching Hospital (BTH)	Public
	6pm-8pm	Registrars bedside teaching (KP, NS)	Batticalao Teaching Hospital	Doctors
12.11.2019 Tuesday	8am-11am	School student empowerment seminar (JS, NS, MT, MD, KP, SK, RM)	BT/Kirankulam, BT/Thalankudah, BT/Puthukudiyirupu	O/L & A/L Students Teachers (150 students)

	12pm-2pm	School student empowerment seminar (JS, NS, MT, MD, KP, SK, RM)	BT/Saraswathi Vidyalam, Mahiladitheevu BT/ Vivekanada Vidyalam , Kollanullai	O/L & A/L Students Teachers (100 students)
	2-9pm	<p>Visited Sampur/ Mudhur:</p> <ol style="list-style-type: none"> <li>1) Partallipurum Medical Centre Unit and met Dr Prathash, Mr Lafee and Mrs Praveena (midwife) – discussed with them our on-going support and handed over a basket of provisions to one pregnant woman. (Abayam has provided the same for almost 40 pregnant women, each basket costing approx. SLR 7000). We confirmed that we will continue to supply this. They also asked us to support weight gain milk powder and we agreed; the total cost would be for 6 months’ supply approx. SLR 290,000. They also requested adult vitamin tablets, thermometer and glucometer.</li> <li>2) Ilakkanthai School, Sampur</li> </ol> <p>Met Prinicpal, Mr Baskaralingam, and well-wisher (former school student) and met pupils and most of their parents. Discussed with the parents the importance of them getting involved in their children’s education. Agreed to continue the milk project. For the fencing Dr Thevanasan is discussing with the relevant local authority. Photocopy machine – we agreed to purchase and</p>	<p>Partallipurum Medical Centre Unit</p> <p>Ilakkanthai School, Sampur</p>	

		<p>provide. Extra school teachers' support (SLR 4000/ month) we agreed to provide. School principal asked to provide regular progress report about their pupils' performance and nutritional status.</p> <p>3) T/MU/Kiravatkuli Sivasakthy Vidayalam – met school principal, teacher and pupils and parents. Had long discussion with parents, emphasising the importance of them getting involved in their children's education and supporting the school. We also requested them to come and cook in rotation for the pupils' free food project. Currently we are paying SLR 90 per pupil per meal for the food and this will be reduced to SLR 70 per pupil from this month. We insisted that by parents participating in the cooking the expenditure could be reduced to SLR 40 per meal.</p> <p>Computer, printer, scanner and photocopier and a computer table and chair were donated to the school.</p> <p>We agreed to fully support all the requests given by the principal during our last visit. Please see the last visit report.</p>		
13.11.2019 Wednesday	9am-12 noon	Acute Medicine Seminar (KP, JS, NS, MD)	Kalmunai North Hospital	Kalmunai, Karithevu and Thirukkivil Hospital staff (146 doctors)

	<p>9am – 12 noon</p> <p>3-5pm</p>	<p>Physiotherapy clinic (SK)</p> <p>Visited Thirukkivil Hospital and met Mrs Tamilthasan and the new hospital Director, Dr Rajab, and discussed helping the hospital on behalf of late Dr Tamilthasan. Dr Rajab requested us to help by providing a theatre table and anaesthetic machine (reconditioned or renovated) and to renovate the theatre area (estimated cost SLR 6 million). Further discussion with colleagues in the East indicated that this may not be a worthwhile project. Met the Zonal Educational Officer to identify needy poor school students to help with their education. 5 students had already been identified by Mrs Tamilthasan and the estimated cost could be approx. SLR 6000-7000 per month. (KP, SK, RM)</p> <p>Registrar bedside teaching (JS, NS)</p>	<p>Kalmunai North Hospital</p> <p>Thirukkivil Hospital</p>	<p>and nurses, the highest ever attendance)</p> <p>public</p>
	6-8pm		BTH	doctors
14.11.2019 Thursday	8-11am	<p>Medical camp Vakarai (JS, KP, MD, SK) (Reviewed approx. 120 patients).</p> <p>Director of Vakarai Hospital, Dr Logendran, requested 15 adult mattresses and 10 paediatric mattresses to be donated</p>	Vakarai	Public

	12-3pm	<p>School Visit-GTMS Kaddumuribukulam</p> <p>Met with students, teachers, parents, community leaders and organisers. Had discussion with school teachers related to education and nutritional needs. Also had discussion with community leaders and parents regarding supporting them in developing small project in the community. Long term a vision is to create a model village in this area.</p> <p>Physiotherapist (SK) conducted play activities with the pupils</p> <p>Registrars bedside teaching (KP)</p>	<p>GTMS-Kaddumuribukulam</p> <p>BTH</p>	<p>Students Teachers Parents Community Organisations</p>
15.11.2019 Friday	6pm-8pm			
	8am-12pm	Basic Life Support training (MD, KP, JS, NS)	DH Mahiladitheevu	Doctors Nursing officers Para medicals
	8am-12pm	Physiotherapy clinic (SK)	DH Mahiladeethevu	Public
	12noon – 3.30pm	Medical camp/ respiratory clinic (KP, MD)	DH Mahiladeethevu	Public
	12 noon – 3.30pm	Physiotherapy clinic (SK)	DH Mahiladeethevu	Public

16.11.2019 Saturday		Travel from Eastern to Northern Province		
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## Northern Province 17-22nd November

The members of the Abayam team:

1. **Dr P Saravanan**, Consultant Physician, UK **(PS)**
2. **Dr Norman Alfred**, Consultant Physician, USA **(NA)**
3. **Dr K Parthipan** , Consultant Chest Physician, UK **(KP)**
4. **Professor Umapathi**, Consultant Neurologist, Singapore **(PU)**
5. **Miss Saratha Kugendran** – Physiotherapist, UK **(SK)**
6. **Mr Mathuraimani**- Teacher and motivator, Canada **(RM)**

Date	Time	Activity	Place	Target Group
17.11.2019 Sunday	9am- 12noon	Rehabilitation Centre visit and discussion (SK)	Rehabilitation Centre, Teaching Hospital Jaffna	Doctors
	9am- 2pm	Neurology teaching for registrars (PU)	Teaching Hospital Jaffna	
18.11.2019 Monday	8am – 10am	3 <sup>rd</sup> year medical student bedside teaching (KP, NA)	Teaching Hospital Jaffna	Medical students
	8am – 10am	Physiotherapy clinic (SK)	Teaching Hospital Jaffna	Public
	9 am – 2pm	Neurology teaching for neurology medical officers and medical registrars (PU)	Teaching Hospital Jaffna	Doctors
	10am – 3.30pm	Visited Mannar Hospital (KP, NA, PS, SK, RM) on behalf of Mannar		

		Welfare Society UK, to find out the important areas in which they want support, as Mannar Welfare Society is going to hold a fund-raising programme for Mannar Hospital. Mannar Hospital requested: 1) renovation of the current OPD block (£30-50 K), 2) surgical HDU project (SLR 3-5 lakhs), 3) 3 theatre trollies (SLR 1 lakh). Full report including the discussion and videos have been given to the Mannar Society in the UK.	Mannar Hospital	
	4 pm – 8 pm	Abayam free clinic (PU, SK)	Abayam clinic	public
	5- 6.30pm	Final year medical student bedside teaching (KP, NA, PS)	Teaching Hospital Jaffna	medical students
	6.30- 8.30pm	Registrar bedside teaching (KP)	Teaching Hospital Jaffna	doctors
19.11.2019 Tuesday	8am- 11am	3 <sup>rd</sup> year medical student bedside teaching (KP, NA, PS)	Teaching Hospital Jaffna	medical students
	8am- 3pm	Physiotherapy clinic (SK)	Teaching Hospital Jaffna	public
	9am to 2pm	Neurology teaching for neurology medical officers and medical registrars (PU)	Teaching Hospital Jaffna	doctors
	11am – 1.30pm	Non-clinical professional development skills course for nurses (KP, NA, PS, RM)		nurses



	4 pm - 7.30 pm		Teaching Hospital Jaffna	
	5pm- 6.30pm	Abayam free clinic (NA, SK)		public
	6.30- 8.30pm	Final year medical student bedside teaching (KP, PS)	Abayam clinic	medical students
		Registrar bedside teaching (KP)	Teaching Hospital Jaffna	doctors
			Teaching Hospital Jaffna	
20.11.2019 Wednesday	8am – 11am	3 <sup>rd</sup> year medical student bedside teaching (KP, NA, PS)	Teaching Hospital Jaffna	Medical students
	8am – 2pm	Physiotherapy clinic (SK)	Teaching Hospital Jaffna	Public
	9 am to 2pm	Neurology teaching for neurology medical officers and medical registrars (PU)	Teaching Hospital Jaffna	Doctors
	11am – 1.30pm	Non- Clinical Professional Skill programme for Medical officers (KP, NA, PS, RM)	Teaching Hospital Jaffna	Doctors
	4pm – 7.30 pm	Abayam Free Clinic (PS, SK)		Public
	5- 6.30pm	Final year medical student bedside teaching (KP, NA)	Abayam Clinic	Medical students
	6.30- 8.30pm	Medical registrar bedside teaching (KP)	Teaching Hospital Jaffna	doctors

			Teaching Hospital Jaffna	
21.11.2019 Thursday	8am-10.30am	Physiotherapy clinic (SK)	Teaching Hospital Jaffna	Public
	9am-11am	Neurology teaching for neurology medical officers and medical registrars (PU)	Teaching Hospital Jaffna	Doctors Medical students
	8am-11am	3 <sup>rd</sup> year medical student bedside teaching (KP, NA, PS)	Teaching Hospital Jaffna	Nursing students
	10.30am – 1pm	General Medical Topics medical seminar for nursing students (NA, KP, SK)	Teaching Hospital Jaffna	Doctors and nurses
	1-3pm	Medical Update lecture (KP, PU, SK)	Point Pedro Hospital	Doctors
	3.30-4.30pm	Top Tips for Intern House Officers lecture (KP)	Teaching Hospital Jaffna	doctors
	4pm -8 pm	Abayam Free Clinic (PU and SK)	Teaching Hospital Jaffna	Public
	6.30-8.30pm	Registrar bedside teaching (KP)	Teaching Hospital Jaffna	doctors
			Abayam clinic Teaching Hospital Jaffna	
22.11.2019 Friday	8am-11am	Physiotherapy clinic (SK)	Teaching Hospital Jaffna	Public
	8am-11am	3 <sup>rd</sup> year medical student bedside teaching (KP)	Teaching Hospital Jaffna	Medical students

	9am-11am	Neurology teaching for neurology medical officers and medical registrars (PU)	Teaching Hospital Jaffna	doctors
	11am-12noon	Hospital Guest lecture (PU)		THJ staff (all)
	2pm-3pm	Physiotherapy clinic (SK)	Teaching Hospital Jaffna	Public
	3pm-4pm	Top Tips for Intern House Officers lecture (KP)	Teaching Hospital Jaffna	Doctors
	4pm – 8pm	Abayam free clinic (KP, SK)	Teaching Hospital Jaffna	Public
	8pm – 9 pm	Abayam meeting with Dr Ganesh, Yinson – site in charge, Mathuraimani-Co-ordinator and Saratha	Abayam Clinic	
			Abayam clinic	
23.11.2019	11am- 1 pm	Visited Selvanagar Government Tamil mixed school , Kilinochchi  Dr Sathiyamoorthi Mr Mathuraimani Dr Parthipan Miss Saratha	Met Principal and teachers and students Project sponsored by Mr Jayakumar on behalf of Anayam Agreed to support a teacher and 40 chairs and table and a temporary class room	School principal School teachers pupils

