

Sir Howard Middlemiss Travelling Professorship 2013

Visit to Sri Lanka: From 18 October 2013 to 9 November 2013

INTRODUCTION

It was a very busy and productive three weeks in Sri Lanka. I was able to arrange meetings and lectures in the north, east, north central and southern parts of the country. I organised my meetings and trips either using my personal contacts in Sri Lanka directly or by requesting them to make the arrangements.

Through Dr Kishani Patirana, chairperson of the Board of Study in Radiology, I was able to arrange visits to Colombo and Galle. The Dean of the Medical Faculty arranged the teaching sessions at the University of Batticaloa, a university town in the east of the country. I also visited Anuradhapura in the North Central province of Sri Lanka; where a new medical school was started about five years ago. I was also able to arrange teaching sessions for the medical students in the University of Jaffna in the north of the country.

As equipment I carried with me an Apple laptop and a portable digital projector. I took electronic records of around 100 anonymised teaching cases loaded on the laptop, a mixture of plain films, US, CT, scans and nuclear medicine scans. The files were downloaded as teaching files in the Dicom data directly from the PACS working station of the imaging department of Queen Elizabeth hospital, now part of Lewisham and Greenwich Trust. Osarix software, downloaded from the internet, was used to display the images. The projector was used effectively for visual delivery at all the sites I visited.

I also took a collection of disposable catheters, introducer sheaths and disposable percutaneous biopsy kits.

TEACHING IN COLOMBO: FROM 18 OCTOBER 2013 TO 26 OCTOBER 2013

I was able to deliver extensive teaching in a tutorial fashion to radiology specialist registrars and trainees who were preparing to sit for their MD radiology part II examination. I was able to show/demonstrate them all the 100 cases, in two separate long sessions, each lasting more than 4 hours during two separate weekends. The radiology trainees from Kandy, Galle, Ragama and Colombo convened together for this teaching. The trainees found the tutorials very useful and I received very good feedback to say "The tutorials were very interesting and lovely" (Details attached for information). The group had mixed levels of knowledge and ability; I found some students were weak in MRI reporting perhaps reflecting their inexperience in this area and there were others who displayed outstanding skills.

POSTGRADUATE INSTITUTE OF MEDICINE: 23 OCTOBER 2013

During the week, I visited the Postgraduate Institute of Medicine and met with the Board of Examiners for MD Radiology. I shared with the examiners, a dozen of anonymised

interesting cases, which I took separately in CD format. These cases could prove very useful to them for either long cases or Viva examinations.

VISIT TO KARAPITIYA (TEACHING) HOSPITAL, GALLE: 24 OCTOBER 2013

I left Colombo at 6.00 am and reached the Hospital at Galle at 8.00 am. In the morning I spent time with the resident consultant radiologists looking at rather difficult CT and MRI cases. As the hospital had recently installed a high strength 3 T MRI scanner, I had an opportunity to discuss various uses and MRI techniques that they could use, particularly in regard to abdominal and pelvic imaging. We also discussed the value of diffusion weighted imaging for liver, prostate and brain.

In order to have wider participation, I gave a lecture during the hospital's lunch hour, titled 'The impact of MRI on clinical practice' with the audience including general physicians, surgeons and medical students. This lecture was well received and appreciated as it was aptly timed with the recent installation of the 3 T MRI scanner.

I spent the whole afternoon giving a tutorial to all the radiology trainees. Many of the consultant radiologists were also present during this session observing the tutorial. I used different teaching material to what I had used in Colombo.

VISIT TO BATTICALOA MEDICAL SCHOOL AND TEACHING HOSPITAL: 28 TO 30 OCTOBER 2013

Batticalo is the main town in the eastern province of the country and the population the hospital serve is slowly recovering from the three decades of civil war that ended in 2009.

We set out on the long car journey at 6.00 am from Colombo and reached Batticalo 9 hours later. The next day I spent the whole day teaching; first, the nursing students and then medical students. I taught, third, fourth and final year medical students in separate batches each session lasting for more than two hours. I taught them basic science including effects of radiation and also clinical applications.

The following morning I met with the resident radiologist. We went through some difficult cases/CT scans. I demonstrated to her and to a few medical officers, the US technique of scanning the shoulder and other MSK problems. We discussed how best they could take advantage of the existing imaging modalities, in particular X-rays, US and CT scans and explained the complex situations where they need to make decisions to transfer the patients outside Batticaloa for MRI and nuclear medicine scans.

Again at lunch hour, I gave a lecture titled 'The impact of MRI scan on clinical practice' for a wider audience. The Dean of the Faculty of Medicine thanked me formally for visiting Batticalo and for teaching the students (acknowledgement attached).

VISIT TO TEACHING HOSPITAL, ANURADHAPURA: 30 TO 31 OCTOBER 2013

On the evening of 28th October we left Baticalo and arrived at Anuradhapura, a car journey that took us 5 hours. Anuradhapura is the capital city for North Central province and a historic capital of Sri Lanka.

Next morning I met with the resident radiologists and discussed some difficult cases particularly MRI scans. Later in the morning, I was taken to the medical school, where I taught the first year medical students (a large gathering of 175 students participated) on radiological/cross sectional anatomy of the thorax. The lesson took more than two hours and I was able to explain to the students how the anatomy knowledge could be applied clinically and to understand pathological/disease processes, by giving examples. The students here were knowledgeable and interactive; I thoroughly enjoyed teaching them.

At lunch time, I gave an imaging Quiz and also gave a lecture titled 'The impact of MRI on clinical practice' for a wider audience. The hospital is about to install an MRI scanner and they commented that the lecture was very timely.

Back to Colombo the following day, the journey took 8 hours by car.

VISIT TO JAFFNA: 5 – 8 NOVEMBER 2013

Jaffna is the main university town/city in the north of the country. Similar to the east, the north had also been very badly affected by the thirty year long civil conflict. The damage to infrastructure is slowly improving.

I travelled by coach from Colombo on Tuesday night (November 5th) and arrived in Jaffna the next morning. I visited the medical faculty that afternoon and met with the clinical coordinator. I taught third and fourth year medical students on radiology, focussing on basic science and clinical applications including MRI. I delivered another lesson on the following evening as well, each lesson lasting for two hours. I couldn't teach the final year students as they were in the middle of the final clinical examinations.

Returned to Colombo on the 8th November.

SUMMARY

I visited different parts of Sri Lanka including the conflict affected north and east of the country, which is relatively less developed compared to the South. I had the opportunity of meeting clinicians, radiologists, medical students, nursing staff and hospital administrators. Some of the hospitals I visited do not have all the imaging facilities such as MRI and Nuclear medicine scans available to them locally. I got first-hand experience on how they have adapted to manage their practices with limited resources. I did my best to educate how effectively they could use the existing imaging facilities to its best potential.

I found that most of the students have fairly satisfactory theoretical knowledge but were lacking in practical aspects; but they were all very eager to learn about new things. It was encouraging to share my knowledge and skill with enthusiastic groups of students and medical professionals.

It was a very productive trip and gave me a memorable and valuable experience.

ACKNOWLEDGEMENTS

First of all I would like to thank the Royal College of Radiologists in London and the Middlemiss Foundation for giving me the opportunity to visit Sri Lanka as the travelling professor for 2013. In the future I would certainly consider visiting either other parts of Asia or Africa as the travelling professor.

I would like to thank my friends and colleagues in Sri Lanka particularly those who had organised the teaching at their local hospitals I visited. I would like to thank especially to Dr Patirana for coordinating my visits in the south of the country.

Also my special thanks to AGFA and the PACS department at Queen Elizabeth Hospital, Woolwich for helping me to download the teaching files onto the laptop.

Finally I would like to thank my radiologists colleagues at Queen Elizabeth Hospital for supporting me throughout.

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