

DIETITIANS- SRI LANKA

The Official Newsletter of DiASL



MESSAGE FROM THE EDITOR

Welcome to the very first official Newsletter of Dietitians' Association of Sri Lanka. We are launching this first issue with great pride as this is an outcome of team work displayed by DiASL. In this issue, we mainly focus on the second Annual Session (2015) of the Dietitians' Association of Sri Lanka including the activities we conducted during the period of December, 2015 to January, 2017. The main objectives of conducting an annual session and other accompanied activities were to enhance the existing knowledge of the dietetic professionals, impart nutrition education to the community in preventing and managing Non Communicable Diseases and highlight the importance of the Dietetic profession in the Sri Lankan Health care sector.

ACTIVITIES OF DiASL FROM DEC. 2015 - JAN. 2017

Annual Scientific session – December- 2015



Welcoming of the Chief Guest Dr. Rajitha Senarathna, Minister of Health, Nutrition and Indigenous medicine to the second Annual session of Dietitians' Association of Sri Lanka



Address by the Chief Guest Dr. Rajitha Senarathna, Minister of Health, Nutrition and Indigenous Medicine.



Address by the President of the DiASL, Mr. N.M.S. Hettigedara.

The second Annual session of the Dietitians' Association of Sri Lanka 2015 was held on 6th of December 2015 at Union Ballroom, Hilton Residence, Colombo 02. The theme of the session was **"Evidence based Medical Nutrition Therapy for managing non communicable diseases (NCDs)"**. Honorable Minister Dr. Rajitha Senarathna, Minister of Health, Nutrition and Indigenous medicine was the chief guest for the event.

According to Presidential address, NCDs account for

65% of deaths in Sri Lanka. 30% of deaths are due to Ischemic Heart Diseases. Cancer contributes to 9% and 4% as a result of Diabetes. When a country develops economically, facilities of the health sector increase, thus the involvement of health professionals also increase subsequently. In Sri Lanka, the role of the dietitian is not greatly recognized by the society; however, the services of the dietitian are extremely important and not utilized for the control of NCDs. The Dietitian's role in preventing and managing NCDs are well

established around the world. Hence, the importance of including the Dietetic professionals to improve and add value to the health sector in Sri Lanka was highlighted.

The Keynote address on “An evidence based approach to Implementing Evidence: Research to Practice” was delivered by Dr. K.D.R.R Silva, Senior lecturer, Department of Applied Nutrition, Faculty of Livestock, Fisheries & Nutrition, Wayamba University of Sri Lanka. Furthermore, the session comprised of three valuable guest speeches delivered by Prof. Janaka De Silva, Prof. Sagarika Ekanayaka, and Dr.

Chandana Kanagaratne.

The first lecture “Factors influencing the Glycemic Index of Food” was delivered by Prof. Sagarika Ekanayake, Professor in Biochemistry, University of Sri Jayawardanapura. The second lecture, “Managing Nonalcoholic Fatty Liver Disease” was presented by Prof. Janaka De Silva, Senior professor, Chairman of Medicine, University of Kelaniya.

A speech on “Geriatric Medicine, Ageing and Nutrition” was delivered by Dr. Chandana Kanagaratne, Geriatrician physician.



Key note address, Guest speeches and Panel discussion



An interactive panel discussion on “Evidence based Medical Nutrition Therapy for Managing Non Communicable Diseases- Challenges & Opportunities” was held which added further value to the session.

This was chaired by Dr. K.D.R.R Silva. Four of our senior Dietitians, Mrs. Mala Abegunawardana, Mr. N.M.S Hettigedara, Mrs. Harshini Meegaswaththa and Mrs. Nilushi Mudalige were appointed as

resource persons for the panel discussion.

This Annual session was attended by Consultants, Medical administratives, Academics, Government officials, Practicing Dietitians, Dietetic students and professionals from institutions related to nutrition. Ms. Jeewanadhi Hettiarachchi, Registered Dietitian and Lecturer at Wayamba University of Sri Lanka compered the session.



ANNUAL GENERAL MEETING (AGM) 2016

The AGM 2016 was held on 19th February 2017 at the Institute of Chemistry, Rajagiriya and was chaired by the President Mr. N.M.S Hettigedara. Mr. N.M.S Hettigedara was reappointed as the president and other same office bearers were also reappointed for the year - 2017



CLINICAL NUTRITION SESSION AND MINI SYMPOSIUM FEBRUARY - 2016

A clinical nutrition session and a mini symposium was held on 17th February 2016 at Hilton Residence, Colombo 02. The objective of the clinical nutrition session was to upgrade the knowledge among dietetic professionals on recent advancement in medical nutrition therapy for chronic Kidney disease. The guest speaker for the session was the Dr. Buwaneshwari Shankar, Vice president, Group

chief Dietitian, Apollo Hospital Group- India. There after a Mini symposium was conducted on Recent Advancements in Sri Lankan Dietetic Practice and it was chaired by Dr. Buwaneshwari Shankar. This had given opportunity for our dietitians to share their past and current dietetic practices in hospital settings and identify limitations and strengths of dietetic practices in Sri Lanka.



8TH APOLLO INTERNATIONAL CLINICAL NUTRITION UPDATE AUGUST- 2016 - SRI LANKA

This yearly event was held on the 13 - 14th August 2016 at Cinnamon Lake hotel, Colombo Sri Lanka. The 8th Apollo International Clinical Nutrition Update was organized by a team of Apollo group dietitians chaired by Dr. Buwaneshwari Shankar. Sri Lankan dietitians participated in this two day event. Three of our dietitians were given the opportunity to publish their research work in this session.

Ms. **Nilushi Mudalige** was placed in second for the best Abstract.

Second Price Winner:

Ms. Nilushi Mudalige: Abstract on "Association between dietary habits and non-alcoholic fatty liver disease".



Poster Presentations: Ms. Dilki Perera: Abstract on “Role of physical activity in Glycemic control among patients with Type 2 Diabetes Mellitus”

Mr.N.M.S Hettigedara: Abstract on “Effects of regular monitoring of chronic kidney disease patients following medical nutrition therapy by a Registered Dietitian”

CONTINUOUS EDUCATION SESSIONS SEPTEMBER, OCTOBER, NOVEMBER, JANUARY – 2016, 2017

A series of educational sessions were organized by the Continuous Education Committee of DiASL and held monthly from September 2016 to January 2017. The main objective of conducting these sessions were to enhance knowledge among practicing dietitians and dietetic students on the recent advancements in clinical nutrition.



September - 2016

- A lecture on “Pediatric Micronutrient Requirement” was conducted by Prof. Pujitha Wickramasingha, Professor in Paediatrics, Department of Paediatrics, University of Colombo. This session was held on 15th September 2016, at The Sri Lanka Foundation Institute.



October - 2016

- A lecture on “Integrating Nutrition Therapy with Novel Strategies of Medical Management” was conducted by Dr. Prasad Katulanda, Senior Lecturer in Clinical Medicine, Consultant Endocrinologist / Diabetologist, University of Colombo. This session was held on 14th October at Grand Oriental Hotel, Colombo.



November 2016

- A lecture on ‘Critical Care Nutrition’ was delivered by Dr. V. Anand, Consultant Physician and Regional Affairs Manager, Abbott Nutrition, Chennai, India. This session was held on 25th November at Colombo City Hotel, Colombo.



January – 2017

• A lecture on “Biochemical Aspects of Obesity” was conducted by Prof. Sudeera Kalupahana, Professor in Human Nutrition and Consultant Nutritionist, Faculty of Medicine, University of Peradeniya. This was held on 17th January 2017 at Hilton Residencies, Colombo.

HOW TO BECOME A DIETITIAN

To become a qualified Dietitian in Sri Lanka, you have to obtain the following qualifications;

- Four year special Degree in Dietetics, Food Science and Nutrition or Human Nutrition from a recognized university with 1 year dietetic internship under a Registered Dietitian or
- Four year Science Degree with a 2 year Master’s Degree in Food and Nutrition or Dietetics along with 1 year dietetic internship under a Registered Dietitian
- Professional certificate issued by the Faculty of Medicine, University of Colombo
- Registration with Sri Lanka Medical College council

HOW TO BE A MEMBER OF DIASL

You can choose your membership category based on following criteria.

To become a Full member:

- Four years bachelor's degree in dietetics, food and nutritional science, human nutrition from a recognized university accepted by the council. or
- Any biological or chemical science degree with 2 years Masters degree or above in relevant field which is offered from a recognized university accepted by the council. and
- Followed at least 12 months of fulltime dietetic internship training in a clinical setting after graduation under a dietitian or a nutritionist whose qualifications are accepted by the council.
- Three years of continuous service in the field of dietetics or clinical nutrition at clinical setting.

Associate member:

- Four years bachelor's degree in dietetics, food and nutritional science, human nutrition from a recognized university accepted by the council. or
- Any biological or chemical science degree with 2 years Masters degree or above in relevant field which is offered from a recognized university accepted by the council.

Student member:

- Should be following/ registered in a degree in dietetics or nutrition with adequate component in dietetics in a recognized university.

If you would like to become a member of Dietitians’ Association of Sri Lanka please visit the web site www.dietitians-sl.com or e-mail to sla.dietitians@gmail.com

COUNCIL MEMBERS OF THE DIASL - 2015



President: Mr. N.M.S Hettigedara, **Vice- President:** Mrs. Mala Abeygunawardena

Joint Secretaries: Mrs. Harshini Meegaswaththa, Mrs. Thanuja Lakmali

Treasurer: Mrs. Shehani Ariyaratna, **Editor:** Mrs. Nilushi Mudalige

Immediate past President: Mrs. Priyanwada Amarasekara, **Council members:** Mrs. Lakmini Thilakarathna, Mr. D.H Liyanage, Ms. Mahesha Lakmali, Ms. K. Sareetha, Mrs. Dilki Perera

Council members of the DiASL - 2016, 2017

President: Mr. N.M.S Hettigedara, **Vice- President:** Mrs. Mala Abeygunawardena

Joint Secretaries: Mrs. Amal Firouse, Mrs. Nilushi Mudalige

Treasurer: Mrs. Shehani Ariyaratna, **Editor:** Mrs. Dilki Perera

Immediate past President: Mrs. Priyanwada Amarasekara

Council members: Mr. D.H Liyanage, Mrs. Harshini Meegaswaththa, Mrs. Lakmini Thilakarathna, Mrs. Sharmyla Aniruthanan, Ms. Mahesha Lakmali, Ms. K. Sareetha,



Forward your articles of interest, suggestion and views to:

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