



College of Dentistry and Stomatology of Sri Lanka

NEWSLETTER

C/o- Sri Lanka Dental Association,
275/75, Prof. Stanley Wijesundara
Mawatha,
Colombo 07

MARCH 2022

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President's Message



The College of Dentistry and Stomatology of Sri Lanka marches forward with much success in accomplishing its tasks. The COVID 19 pandemic affected the whole world since 2019 December and Sri Lankans are not exceptional. The pandemic had its peak and slow phases from time to time and prevented us from hosting the scientific sessions/other activities in full scale in 2020/2021. The College resort to conduct its CPD activities via virtual platforms considering the safety of its members and the society.

Preparatory courses for the candidates sitting for MD and PGDHDP selection examinations were conducted successfully. The council of the year 2021/22 managed to conduct three webinars. Also, the College played a vital role in developing guidelines for safe practice during the outbreak of the pandemic, along with other professional bodies. The College took initiative measures to educate the public about maintaining good oral health in a new-normal lifestyle setting.

Finally, the council has organized the 35th Annual Scientific Sessions and "Sunil Fernando oration" held on the 12th and 13th of March 2022 at Hotel Galadhari Colombo. The theme of the session "Reconnect and Revamp for enhancing oral Health Care", was appropriately chosen as the world gradually moves out of the COVID pandemic. As the times change, so do the lifestyles of many. As such, it is crucial for professional bodies to continually scrutinize our methods of approach and venture into avenues of improvement.

Being the President of the council this year, I had a great opportunity to associate with many senior and junior intellectuals of various caliber. It is evident that each member of the council played their role to their level best.

I would like to sincerely thank all my fellow council members for their tireless efforts and their immense support. I also thank all our well-wishers for this successful year. Wishing the College, a bright future ahead.

Dr. P. Kirupakaran

President,

College of Dentistry & Stomatology of Sri Lanka

ACTIVITIES OF THE COLLEGE-2021/2022

34th Annual Scientific Sessions of the CDSSL - 2021

CDSSL Annual Scientific Sessions was held on 27th and 28th of March for the first time as a virtual conference, under the theme “**Challenges in Oral health care in 2021 and beyond**”. Several local and international speakers joined to enrich the scientific programme which comprised of three symposia, several guest lectures, a postgraduate forum and a free paper session to cater the best out come under the theme. The three symposia were on “Non-invasive management of Peadiatric dental patient”, “COVID-19 and Safe Dental Practice” and on “Aging gracefully – Oral health perspective”. Prof. Malik Peiris and Prof. Lakshman Samaranayake joined as speakers for the symposium on “COVID-19 and Safe Dental Practice”. In order to maximize the utilization of the virtual platform, an e-poster session was also included for the sessions, for the very first time.

The inauguration ceremony was also held on the virtual platform. The second Sunil Fernando oration - 2021 was delivered by the President, World Federation of Orthodontics, Prof. (Dr) Nikhilesh R. Vaid on “Contemporary Orthodontics-What is hot, What is not”

Dr B.K.G Thilakaratne won the Best Paper Award at the Annual Scientific Sessions 2021, virtual conference held on 27th and 28th March 2021 for the presentation on "Association between dental fluorosis and oral health related quality of life among 15- year-old school children in Kurunegala district" .



Dr. B.K.G Thilakaratne receiving the best paper award



Lighting of the traditional oil lamp at the hybrid Inauguration ceremony

The council wishes to express its sincere gratitude to all the resource personnel contributed to make the annual sessions a successful event and all the participants for their active participation.

Preparatory courses for Examinations

Selection examination for the Diploma in Hospital Dental Practice (DHDP) course-2022

DHDP preparatory course is scheduled to be held on the 27th March and 03rd April 2022 at the SLDA auditorium. The College wishes to express its sincere gratitude to all the subject experts who continue to support to make programme a success. A special acknowledgement is noted for the coordinator; Dr Pemith Liyanage for his dedication and the efforts taken in organizing the classes under difficult circumstances.

MD preparatory course 2021

The preparatory course for MD (Oral and Maxillofacial Surgery), MD (Orthodontics) and MD (Restorative Dentistry) selection examinations organized by the College was conducted on virtual platform due to the prevailing COVID 19 pandemic. Over 70 dental surgeons intending to sit for the MD selection examination in Restorative Dentistry, Orthodontics and Oral and Maxillo-facial surgery participated for the course.

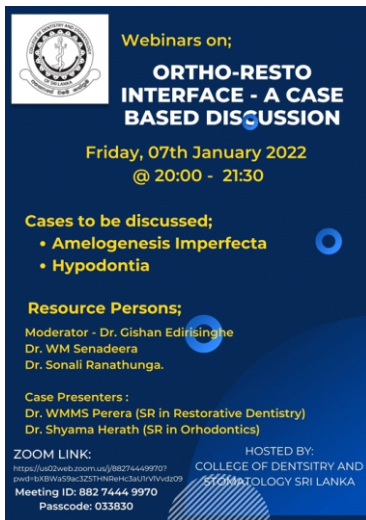
The College greatly appreciate the hard work accomplish by the coordinator, Prof. B. M. H. S. K. Banneheka, and all the resource personnel contributed to the course last year.

Webinar on "COVID – 19 Update"

A webinar on the topic "Living with COVID – 19" was successfully held on 09th October, 2021 via the virtual platform. As resource persons; Dr Harendra Cooray, an Emergency Physician, Emergency Treatment Unit (ETU), Neurotrauma unit, National Hospital Sri Lanka and Dr. T Prashanth, an Emergency Physician, Base

Hospital, Panadura contributed to the webinar and Dr. GK Edirisinghe, moderated this event and this was well attended by postgraduate trainees as well as other dental surgeons. The college wishes to thank all the resource persons for their valuable contributions in making this event a success.

Two Case – Based Discussions (CBD) were held on virtual platform



The first Case Based Discussion was held on the topic - Ortho Resto Interface, on 07th January 2022

As resource persons; Dr W. M. Senadeera (Consultant in Orthodontics), and Dr. Sonali Ranathunga (Consultant in Restorative dentistry) contributed to the webinar as resource persons, the cases discussed were on Hypodontia and Amelogenesis Imperfecta were presented by Dr. Shyama Herath (Senior Registrar in Orthodontics) and Dr. WMMS Perera (Senior Registrar in Restorative Dentistry) respectively. The session was moderated by Dr. Gishan Edirisinghe (Consultant in Restorative Dentistry), and the event was well attended by postgraduate trainees as well as other dental surgeons. The college wishes to thank all the resource persons for their valuable contributions in making this even a success.

The second Case Based Discussion was held on the topic – Maxillo- Mandibular reconstruction & Rehabilitation of Oral Cancer Patients Surgery – Resto interface, on 28th February 2022

As resource persons; Professor Indika Thilakumara (Professor in Prosthodontics), and Dr. Gamini Navaratne (Consultant in Oral and Maxillofacial Surgery) contributed to the webinar as resource persons, the cases discussed were presented by

Dr. Aruna Wimalarathna (Senior Registrar in Restorative Dentistry) and Dr. Pubudu Wijesuriya (Senior Registrar in Oral and Maxillofacial Surgery). The session was moderated by Dr. Gishan Edirisinghe (Consultant in Restorative Dentistry), and the event was well attended and the college wishes to greatly appreciate the support extended by the resource persons for making this event a success.

Increasing public awareness on provision of dental services during COVID 19:

During the 2nd lockdown where many dental surgeries were not operating and only emergency procedures were attended the council was able to publish 3 newspaper articles in all 3 languages on "Oral Care during COVID 19" as a measure of increasing public awareness. This collective effort was by Dr. Nilmini Abeygunawarhanna, Dr. Thanuja Prathiraja, Dr. A Rajaganesh, Dr. D Leuke Bandara. The translations were performed in Tamil by Dr. A Rajaganesh and in Sinhala by Professor BMHSK Bannaheka and Dr. SSV

Udani. The articles were published in the following newspapers.

English – Ceylon Today -5th of July 2021

Sinhala – Maubima -6th December 2021

Tamil- Veerakesari – 8th August 2021

The council wishes to thank the panel members for their selfless dedication to increase public awareness.

Examination results - 2021/2022

The College of Dentistry and Stomatology of Sri Lanka would like to convey heartiest wishes to all the successful candidates of the following PGIM examinations in 2021 / 2022.

Dr. Ekanayake Mudiyansele, Khema Sindupamani Ekanayake, Dr. Rishikhani Godevithane

The College congratulates the following new specialists who received Board certification from the PGIM - 2021/2022

OMF Surgery

Dr. C Prasanna
Dr. DKVP Senarathna
Dr. KWMI Kulatunga
Dr. RADTM Jayawardana
Dr. KA Silva
Dr. VI Jayasinghe
Dr. PATD Prathiraja
Dr. MPB Herath

Restorative Dentistry

Dr. YKSN Susiripala
Dr. KRBSK Andarawewa

Orthodontics

Dr. DP Nanayakkara
Dr. MRLW Samarasinghe

MD (Oral & Maxillofacial Surgery) Examination - February 2022

Dr. Muthuthanthiri Patabendige Priyan Kanishka Cooray
Dr. Manmappuruma Mohotti Appuhamilage Navini Thathsara Mannapperuma
Dr. Rajapakse Mudiyansele Sumudu Himesha Bandara Medawela
Dr. Neththikumarannehelage Neranjana Charuni Neththikumara
Rajapaksha Pathiranlage Nuwan Kumara Rajapaksha

MD (Orthodontics) Examination - November 2021

Dr. Kumbalgoda Gamage Asanka Dinushika Gamage
Dr. Shyama Dilrukshi Herath
Dr. Tholka Mudalige Amalee Rodrigo
Dr. Dinaka Dishmantha Vithanachchi

MD (Restorative Dentistry) Examination - August/December 2021

Dr. Samudi Sathsara Kalubowila
Dr. Kodikara Mudiyansele Chathurika Padma Kumari
Dr. Shashini Manthika Bernadette Semasinghe Navaratne

Selection Examination for MD in Community Dentistry - November 2021

Dr. Karannagodo Liyanage Malathie Mihirani Perera
Dr. Prasadini Shashikala Senadeera
Dr. Aruni Maheshika Kumari Senevirathne

Selection Examination for MSc Community Dentistry - October 2021

Dr. Uthpala Muhandiramge Gunasekara
Dr. Herath Mudiyansele Prabodini Nisansala Gunathilaka

Dr. Kemiya Hasitha Bandara Kodituwakku
Dr. Yakdehi Arachchillage Gangani Sulochana Ranasinghe
Dr. Gayathri Chathurika Thilakarathne
Dr. Kaluperuma Chathuranga De Silva Widyaratna

Selection Examination for MD in Orthodontics - November / December 2021

Dr. Merenne Korallalage Vindhya Madhushi Amarasinghe
Dr. Ediriweera Thantrige Lakshika Waruni Kumari
Dr. Nambukarawasam Mapalagama Gamage Lakshika Madhushani
Dr. Hiyare Gamage Pradeep Miyuranga
Dr. Yogarajah Pathmayogan

Selection Examination for MD in Oral & Maxillofacial Surgery - November/December 2021

Dr. Rankothge Ayodhya Chandrasiri
Dr. Pasquel Fonsekalage Damith Fonseka
Dr. Sivakumar Jeevathas
Dr. Sharmila Pararajasingham
Dr. Pallebage Wedarallage Sandun Tharaka Pamarathne
Dr. Waniganayaka Munasin Arachchige Suneth Sandaruwan

Selection Examination for MD in Restorative Dentistry - November / December 2021

Dr. Oshani Piumika Biyanwala
Dr. Aththidiya Vidanalage Dona Lalani Irosha
Dr. Kannangara Korallalage Dona Rageesha Lakshani
Dr. Erandi Auchithya Nanayakkara
Dr. Nisansala Sandamali Narasinghe

ANNOUNCEMENTS & NOTICES FROM THE COLLEGE

35th Annual Scientific Sessions of the College of Dentistry and Stomatology - 2022

CDSSL Annual Scientific Sessions will be held on the 12th and 13th of March 2022, under the theme **“Reconnect and Revamp for Enhancing Oral Health Care”**. Several local and international speakers will join to enrich the scientific programme which will consist of three symposia, lectures and a free paper session. The three symposia will be on *“A space for new knowledge – Moment to share overseas training experience”*, *“Revitalize the “Interfaces” and on “Tips for success in placing Implants”*.

Concurrent to the Sessions, the Postgraduate forum will also be held to offer the opportunity to improve the presentation and communication skills of the trainees as well as to share the knowledge and experiences gathered in the postgraduate training.

The Sunil Fernando Oration-2022 will be delivered by the President, Sri Lanka Dental Association, Prof. Manil C Fonseka on ***“Can the angry pulp be healed ?” – The story of pulp preservation***.

CDSSL Research grant

(i) Research Grant 2020 / 2021

Dr D.R.D.L. Ratnayake, Registrar in Community Dentistry, the recipient of the CDSSL research grant 2020/2021 was awarded the grant by the President CDSSL, Dr. P Kirupakaran at the Annual Scientific sessions held in 2021. She received the grant for the proposal titled *“ Effectiveness of an intervention to improve oral health through sense of coherence among 15-year-old school children in Kandy district”*.

(ii) Research grant 2022 / 2023

The three-member research grant committee of the CDSSL following perusal of the received research proposals, selected the proposal titled *“influence of different tobacco products on periodontal and microbiological parameters in patients attending the periodontal clinic, University Dental Hospital of Sri Lanka”* submitted by Dr Danushka Leuke Bandara, Senior Lecturer in Periodontology, and the proposal titled *“Assessment of accuracy of Cone Beam CT (CBCT) for the preoperative assessment of mandibular invasion of oral squamous cell carcinoma”* Professor Samadara Siriwardena, Professor in Oral Pathology were awarded the grant in clinical dentistry as the recipient for the research grant 2022/2023. Both Dr. Leuke Bandara and Prof. Siriwardena will receive the award at the Inaugural ceremony of the upcoming Annual Scientific sessions.

The council wishes to thank the research grant committee of the CDSSL for the efforts and expertise expended on this pivotal task and also to Dr Rasika Ekanayake for coordinating the task.

Preparatory Course for Selection examinations in MD-Oral & Maxillofacial surgery, Restorative Dentistry & Orthodontics 2022

The preparatory course for Selection examinations in MD - Oral & Maxillofacial surgery, Restorative Dentistry & Orthodontic will be commenced from 28th March 2022. Considering the prevailing situation in the country, the College decided to conduct the course providing the participants both options of physical attendance and online classes.

For more information visit <http://www.collegeofstomatology.org/news-events/65>.

The impact of Covid-19 pandemic on Orthodontics

Dr. D.P Nanayakkara,
Consultant Orthodontist,
Base Hospital Mahiyanganaya.
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Introduction

Since the Covid 19 became an outbreak in the early 2020, the health sector encountered a massive challenge functioning normally and the field of Orthodontics was no exception in this regard. While providing the patients an optimal service, ensuring the safety of both patients and the staff had become a priority in delivering treatments. But this task can be somewhat challenging in a country like Sri Lanka given the lack of man power and resources, specially in the peripheral units.

Modes of transmission of Covid-19 virus

Droplet transmission – This occurs when a person is in in close contact (within 1 m) with someone who has respiratory symptoms (e.g. coughing or sneezing.). Hence those close contact persons are at risk of having his/her mucosae (mouth and nose) or conjunctiva (eyes) exposed to potentially infective respiratory droplets (which are generally considered to be > 5-10 µm in diameter). Droplet transmission may also occur through fomites in the immediate environment around the infected person. Therefore, transmission of the COVID-19 virus can occur by direct contact with infected people and indirect contact with surfaces in the immediate environment or with objects used on the infected person.

Airborne transmission - This is different from droplet transmission as it refers to the presence of microbes within droplet nuclei, which are generally considered to be particles < 5µm in diameter, and which result from the evaporation of larger droplets or exist within dust particles. They may remain in the air for long periods of time and be transmitted to others over distances greater than 1 m.

Why Orthodontic treatments are risky?

Similar to most of the dental treatments, Orthodontics involve intimate patient-clinician contact and generation of aerosols during the clinical procedures. Apart from that, the duration of the close contact with the patients can be high in certain Orthodontic treatments. Hence the chances of disease transmission are extremely high via both disease transmission modes. Therefore, modifications in carrying out treatments is mandatory in order to prevent Covid-19 spreading via Orthodontics. If the necessary precautions are taken, safe orthodontics is not a difficult goal to achieve.

Which Orthodontic procedures are riskier?

All the Orthodontic procedures are needed close proximity contact with the patient and the clinician. But certain procedures manifest increased risk due to aerosol generation and extended time period of contact. The following clinical scenarios can be considered as 'High risk'.

1. Initial patient assessment: The duration of this procedure is high, therefore the chances of disease transmission can be equally increased.
2. Impression taking: This involves contact between patient's saliva with the Clinicians hands. In addition to that, this procedure could cause gagging and coughing which further promotes both droplet and airborne transmission within the clinic set up.
3. Intra oral photography: Involves high risk due to usage of intra-oral photography mirrors with close proximity to the patient.
4. Separator placement and removal: This process can lead to splashing of saliva droplets directly to clinicians face.

5. Selection of Molar bands and band cementing: The bands must be fully sterilized in order to prevent disease transmission to the patient.
6. Full mouth preparation for a full bond up of Orthodontic brackets: Full mouth preparation can lead to aerosol generation. The bonding of brackets takes a significant time period which increases the close contact between the patient and the clinician.
7. Re-bonding of broken brackets: Cleaning of the tooth surface is an aerosol generating procedure.
8. Arch wire changing: This process involves oral fluid contact between the patient and the clinician.
9. Insertion of Temporary Anchorage Devices (TADs): Time consuming and also leads to saliva and blood contact.
10. Debonding and finishing following the end of the Orthodontic treatments: This is a highly aerosol generating exercise.
11. Placement of Bonded retainers – Time consuming and body fluid contaminating process.
12. Trimming of acrylic to adjust removable appliances: This has high potential of generation of airborne infectious particles.
13. Bonding/ Removal/ adjustments of Rapid Maxillary Expansion devices: Time consuming, Aerosol generating and body fluid contaminating procedure.

What precautions are taken to minimize the disease transmission?

It is vital to optimize the infection control in order to prevent disease transmission. Number of safety protocols were taken to minimize the spread of Covid 19 through Orthodontic treatments as follows.

- Implementing one-way entrance and exit protocol in and out of the clinical area
- Mandatory usage of double masks, face shields, Surgical gloves, Protective gowns, head caps
- Use a disinfectant mouth rinse 20 minutes prior to Orthodontic procedures
- Meticulous hand washing/ Scrubbing in between each patient
- Adhere to accurate sterilization and disinfection of the instruments
- Disinfect the impressions before transporting to the lab
- Immerse removable appliances in a disinfectant solution prior to adjustments
- Reduce the overcrowding of the patients in clinic areas by introducing an appointment system
- Prevent bystanders in the clinic area unless essential
- Usage of high suction during aerosol generating procedures
- Increase the indirect bonding methods to minimize prolong patient contact
- Mounting a plastic barrier between patient and the clinician which only allows clinicians' hands to reach the patients' mouth
- Perform Rapid Antigen Testing (RAT) prior to time consuming treatments
- Proper Garbage and clinical waste disposal according to the standard guidelines
- Encourage the patients and staff members to get the Covid- 19 Vaccine and the booster doses
- Encourage the patients to bring the vaccine cards during the visits
- Educate the patients to restrain from the clinics, if they have Covid symptoms
- Contact the patients before the appointments and confirm whether they are contagious
- Ensure substantial ventilation of the clinic area
- Disinfect the dental units and working surfaces in between each patient
- Educate the patients/ parents about the close relationship between the Covid-19 transmission and the Orthodontic treatments.

Were those measures successful in disease control?

The Orthodontic Unit in BH, Mahiyanganaya conform to all the above safety protocols. In addition to that we perform all the Orthodontic treatments without degrading the quality of our service. But in a hospital set up it's highly unlikely to reduce the spread of the infection among the staff members, due to close contact among them. For an instance the assistant staff is repeatedly swapped between Covid wards and other clinics, which can drastically endanger the safety of the latter group.

Challenges?

- Insufficient man power
- Inadequate resources to implement standard protocols
- High turnover of the patients - Confined clinic areas
- Limited number of instruments
- Reluctance of certain patients to get the Covid vaccine due to false beliefs
- Rapid Antigen Kits and PCR tests are not sufficiently allocated to the Orthodontic Units due to high demand in the "Priority Units"

Future of Orthodontics in the 'New Normal'

It is apparent that we need to live with Covid-19 and its variants for a foreseeable time period. Adaptation to the new normal is the only solution in order to avoid extinction. Therefore, Orthodontics also need to be modified in order to overcome this challenge. Adhering to the infection control protocols and maximize the immunity against the disease via the vaccine can easily protect both patients and staff from this deadly crisis, while allowing us to provide optimal Orthodontic service to the public.

The Council of the College of Dentistry and Stomatology of Sri Lanka Year 2021 / 2022



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