

Thank you for the opportunity to participate in the 2026 EICMOA through the Brian Chapman Scholarship. I have found the course highly relevant to my clinical practice and particularly valuable in strengthening my knowledge, confidence, and vision for improving the care of older adults in Sri Lanka.

Geriatric medicine is still an emerging specialty in Sri Lanka and is currently available mainly in a few major clinical centres. However, with the rapidly growing elderly population, Emergency Departments across the country are increasingly caring for older patients presenting with the wide range of conditions discussed throughout the EICMOA programme. The course has therefore been particularly valuable in helping me recognise how the principles of modern geriatric medicine can be incorporated into Emergency Medicine, even within a resource-limited healthcare setting.

The course provided an excellent update across a broad range of topics aligned with current evidence-based practice. I particularly valued the multidisciplinary perspectives in orthogeriatric trauma care, neurorehabilitation, stroke rehabilitation, palliative care, and end-of-life communication. These sessions reinforced the importance of holistic, patient-centred care and looking beyond the immediate presenting complaint.

A major learning point has been the importance of recognising frailty, multimorbidity, cognitive impairment, and functional status when making clinical decisions. The course has encouraged me to consider not only what can be done for an older patient, but also what should be done, taking into account their baseline function, personal goals, quality of life, and the potential benefits and burdens of investigations and treatment.

I have actively shared my learning with colleagues in my Emergency Department, particularly regarding older people's trauma, delirium, early recognition of cognitive impairment, and the importance of a multidisciplinary approach. In our resource-limited setting, we established a small minor trauma care area to facilitate early assessment and treatment of older patients and help reduce unnecessary delays in the Emergency Department. This experience demonstrated to me that even relatively simple service improvements, when guided by evidence and adapted to local resources, can make a meaningful difference to patient care.

My learning has also extended beyond the hospital. Recognising the importance of falls prevention, I have delivered educational sessions and practical demonstrations at community level for rural communities in Sri Lanka, focusing on preventing falls and reducing avoidable injuries among older adults. I have included photographs from some of these educational activities as evidence of how I have translated my learning into practice.

Overall, EICMOA has broadened my clinical knowledge and significantly influenced my approach to caring for older and frail patients. More importantly, it has opened my vision to developing and adapting geriatric principles within Emergency Medicine in Sri Lanka. I am deeply grateful to the Brian Chapman Scholarship programme for this opportunity, which I hope will continue to influence my clinical practice, teaching, service development, and efforts to improve care for our growing older population.

Your vision of broadening access to knowledge and sharing expertise with clinicians working in resource-limited healthcare settings such as Sri Lanka is deeply appreciated. I hope this will contribute to providing our older patients with the best possible, evidence-based and compassionate care throughout their clinical journey, while helping to strengthen the quality of geriatric and emergency care within our resource-limited healthcare system.

Dr. Chaminda Sandaruwan Deegalle Gedara

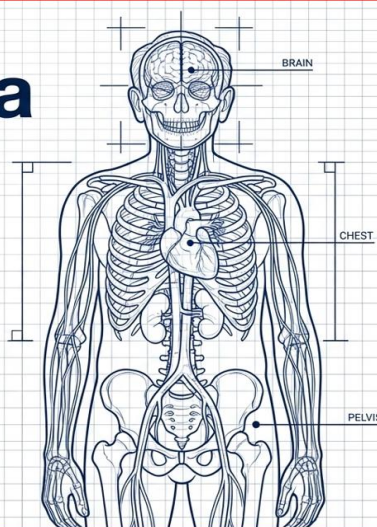
1-Teaching sessions for medical students



Geriatric Trauma & Falls Management

The Dual Mandate: Resuscitate the Injury. Prevent the Recurrence.

Bridging the gap between acute **Advanced Trauma Life Support (ATLS)** protocols and comprehensive, multidisciplinary geriatric care.



2-Community health education on elderly care -Rural community of Sri Lanka

