



# PROSPECTUS OF ELECTIVE PROGRAMME FOR INTERNATIONAL MEDICAL STUDENTS



**Faculty of Medical Sciences  
University of Sri Jayewardenepura  
Sri Lanka**

**FOURTH EDITION**

## **Prospectus of Elective Programme for International Medical Students**

This is the student guide for the international elective students joining the Faculty of Medical Sciences, University of Sri Jayewardenepura.

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## PREFACE

Elective programme offered by the Faculty of Medical Sciences, University of Sri Jayewardenepura Sri Lanka is a great opportunity for you to get exposed to a variety of clinical conditions and diseases prevalent all round the world including the diseases prevalent in the tropics and diseases associated with poverty. There is opportunity for medical students to learn laboratory based specialties such as microbiology and parasitology including pathogens commonly found in the tropics.



You will be learning in English with assistance in translations from your Sri Lankan peers whenever needed. The ward setup, the staff, peer students and the patients are friendly and helpful. Furthermore, you will be able to visit our exotic beaches and engage in other leisure activities during your free time. I welcome you and wish you good luck.

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## Contents

MESSAGE FROM THE DEAN.....	6
WHY SHOULD YOU JOIN INTERNATIONAL ELECTIVE PROGRAMME AT FMS, USJ? .....	7
INTERNATIONAL ELECTIVE PROGRAMME AT FACULTY OF MEDICAL SCIENCES, UNIVERSITY OF SRI JAYEWARDENEPURA .....	9
REGISTRATION AND COMMENCING THE ELECTIVE .....	17
FEW IMPORTANT NOTES FOR THE ATTENTION OF ELECTIVE STUDENTS .....	18
ABOUT UNIVERSITY OF SRI JAYEWARDENEPURA .....	19
ABOUT FACULTY OF MEDICAL SCIENCES .....	21
ABOUT COLOMBO SOUTH TEACHING HOSPITAL (CSTH) .....	23
PROFESSORIAL UNIVERSITY UNITS AT CSTH .....	25
PLANNING YOUR VISIT TO SRI LANKA .....	30
ABOUT SRI LANKA – TOURIST & OTHER USEFUL INFORMATION .....	33
LIFE IN SRI LANKA-USEFUL FACTS .....	37
FREQUENTLY ASKED QUESTIONS .....	40
OTHER IMPORTANT FACTS YOU SHOULD KNOW .....	43



## MESSAGE FROM THE DEAN

I welcome you to the Faculty of Medical Sciences, University of Sri Jayewardenepura as an International visiting medical student. Sri Lanka, being a developing country, has a unique health care system, providing high quality medical care, free of charge, to the entire population. Despite having limited resources, the health indices our country boasts is close to those of developed countries and is the best among the countries in the region.



Our faculty has three major hospitals in the suburbs of Colombo, providing clinical training to our students. Of these hospitals, the Teaching Hospital Colombo South is a tertiary referral centre with over 1000 beds and most specialties needed to care for the patients from all over the country, seeking treatment there.

During your elective appointment, you will be able to select any of the clinical departments of our university (general medicine, surgery, obstetrics and gynecology, paediatrics, psychiatry and family medicine). It is also possible to select specialized programs conducted by our faculty, in tropical medicine, allergy and immunology and others.

Our student population is culturally diverse and are renowned to bear the typical qualities of South Asians, particularly unmatched hospitality. You will get the opportunity to meet and associate this wonderful group of students who we are proud of.

Our country endured a difficult period with the recent pandemic, which was followed by an economic crisis of an unprecedented nature. We are gradually coming out of it and expect the situation to improve with time. Despite the above mentioned issues, I am happy that we were able to conduct our teaching program uninterrupted.

Our elective program has been a popular one for many years, receiving students from many parts of the world. With many varied tourist destinations being available to satisfy the desires of any visitor, be it a visit to historical archeological sites, magnificent beaches, wild life sanctuaries all of which are accessible within a short time from our faculty.

We are certain that you would definitely gain from your elective appointment both academically and leisure-wise.

Senior Professor Aloka Pathirana  
Dean and Professor of Surgery  
Faculty of Medical Sciences  
University of Sri Jayewardenepura

January 2023

## **WHY SHOULD YOU JOIN INTERNATIONAL ELECTIVE PROGRAMME AT FMS, USJ?**

### **Well established programme**

- FMS, USJ has been accommodating foreign elective students since 1998. Since then, the international elective programme has been gradually recuperating over the years with review comments from the elective students.
- The demand has been rising ever since its inception with nearly 100 students coming every year. Majority students (nearly 60%) were from UK followed by Australia.

### **Hassle free fast track online system of application**

- The whole process from application, payment, registration and feedback is online.
- All communication are via emails.
- An academic member coordinates the programme and replies to all student queries promptly.

### **Excellent clinical exposure**

- Patients you have only read and seen in text books!!
- Clinical elective programme is run at Colombo South Teaching Hospital (CSTH), the second largest government hospital in Colombo district with bed strength of over 1100.
- On average, Colombo South Teaching Hospital (CSTH) provides treatment to about 150 000 inward patients and 750 000 outpatients per year.
- An opportunity to learn infectious diseases that are emerging and re-emerging in Asia.

### **Opportunity to learn from well-proficient experts**

- Committed experts with diverse experiences
- Stimulating learning environment
- All clinical supervisors at the University and hospital are specialists trained in either United Kingdom or Australia mainly and with international work experience

**Cost effective**

- We charge a very reasonable fee for electives
- Stay in Sri Lanka is inexpensive

**Friendly, cooperative and helpful people**

- Friendly University and hospital staff
- Cooperative patients
- Final year local medical students who are helpful and willing to share knowledge

**One of the most beautiful tropical tourist destinations in the world**

- Sunny sandy beaches
- Water sporting events
- Scenic cool high lands with beautiful tea plantations and plenty of water falls
- Rich culture and heritage with remnants of amazing historic creations
- Elephant orphanages
- Wild life safaris
- Traditional Sri Lankan spa therapy
- Company of friendly people
- Scrumptious food and many more.



# **INTERNATIONAL ELECTIVE PROGRAMME AT FACULTY OF MEDICAL SCIENCES, UNIVERSITY OF SRI JAYEWARDENEPURA**

## **Introduction**

Faculty of Medical Sciences (FMS), University of Sri Jayewardenepura (USJ) had been accommodating foreign elective students since 1998 under 'The international elective programme'(IEP). It comprises of five (05) different programmes as below.

- 1) Elective attachments
- 2) Observer positions
- 3) Short course in tropical medicine and infectious diseases (annual programme)
- 4) Learning Anatomy with cadaver dissections
- 5) Short Course in Forensic Medicine, Toxicology, Ethics and Law

## **Disciplines of elective/selective appointments and observer positions**

### **Disciplines available at Colombo South Teaching Hospital**

- General Medicine (Internal Medicine)
- General Surgery
  - Areas of special interest in surgical unit
    - Endoscopy
    - Therapeutic endoscopic retrograde cholangiopancreatography (ERCP)
    - Endo-urology involving laser techniques
    - Liver resection
- Gynaecology & Obstetrics
- Paediatrics
- Psychiatry
- Clinical Pharmacology/therapeutics
- Forensic Medicine

### **Disciplines available at the Faculty of Medical Sciences**

- General practice/Family practice-at custom-made family practice centre
- Community Medicine (public health/preventive medicine)

**Laboratory (diagnostic and or research) experience at departments based at the Faculty of Medical Sciences**

- Centre for Cancer Research
- Centre for Kidney Research
- Centre for Dengue Research
- Clinical Biochemistry
- Department of Immunology and Molecular Medicine
- Haematology
- Histopathology
- Immunology & Molecular Medicine
- Medical Microbiology
- Medical Parasitology

## 1. ELECTIVE ATTACHMENTS

### Eligibility:

- Medical student studying in an overseas medical school in their clinical years with minimum of 2 months of prior clinical experiences (A letter should be provided from the Medical school to confirm).

**Duration:** 1 to 8 weeks per academic year (as chosen by the student)

### Course fee:

- 1 - 4 weeks (US\$ 400)
- 5 - 8 weeks (US\$ 550)

**Commencement:** All round the year

**Medium of teaching:** English

**Medium of communication of patients:** Local languages (mostly) or English

### Location:

- Colombo South Teaching Hospital, Kalubowila (clinical specialties)
- Faculty of Medical Sciences, University of Sri Jayewardenepura, Nugegoda (pre-clinical or para-clinical subjects/laboratory experience, research and family medicine)

### How to apply

Applications can be submitted at any time during the course of the year. You may spend the requested period in one discipline or number of different departments.

Apply online: <http://medical.sjp.ac.lk/my-scripts/electives/reg-app.php>

Send the following documents to: [electives@sjp.ac.lk](mailto:electives@sjp.ac.lk)

- A resume or a brief curriculum vitae
- A letter from the Medical school/University confirming your medical studentship and giving permission to do an elective

**Payment of fees**

Pay online: <https://payments.sjp.ac.lk/medical/index.php>

**Alternative Method of Payment**Account Details

Account Holder: Faculty of Medical Sciences, University of Sri Jayewardenepura, Sri Lanka

Account Number: 097-4-021-8-0010915

Swift Code: PSBKLKLX 023

Bank and the Branch: People's Bank, Gangodawila Branch, Sri Lanka

Final payments should be in US\$.

## 2. OBSERVER POSITIONS

### Eligibility:

- Students in pre-medicine courses
- Having registration as a medical student in an established overseas medical school/university

Students in observer positions will be able to observe ward and clinical work. However they will NOT have the opportunity to have direct interactions with patients or procedures.

**Duration:** 1 to 8 weeks per academic year (as chosen by the student)

### Course fee:

- 1 - 4 weeks (US\$ 400)
- 5 - 8 weeks (US\$ 550)

**Commencement:** All round the year

**Medium of teaching:** English

**Medium of communication of patients:** Local languages (mostly) or English

### Location:

- Colombo South Teaching Hospital, Kalubowila (clinical specialties)

### How to apply

Applications can be submitted at any time during the course of the year. You may spend the requested period in one discipline or number of different departments.

Apply online: <http://medical.sjp.ac.lk/my-scripts/electives/reg-app.php>

Send the following documents to: [electives@sjp.ac.lk](mailto:electives@sjp.ac.lk)

- A resume or a brief curriculum vitae
- A letter from the Medical school/University confirming your medical studentship and giving permission to do an elective

### Payment of fees

Please refer to page number 12.

### **3. SHORT COURSE IN TROPICAL MEDICINE AND INFECTIOUS DISEASES (ANNUAL)**

This course has been introduced recently and you will be able to learn a variety of viral, bacterial, fungal and parasitic diseases prevalent in the tropics. The course commences in the first week of May each year and will be advertised annually in November each year.

#### **Eligibility:**

- Medical student studying in an overseas medical school in their clinical years with minimum of 2 months of prior clinical experiences (A letter should be provided from the Medical school to confirm).
- A working doctor (A letter should be provided from the employer)

**Duration** of the course will be 2-3 weeks (Duration may change annually based on the availability of resources).

**Course fee:** 1000 US\$

**Application fee:** 100 US\$ for doctors and 50 US\$ for medical students

#### **How to apply**

Apply online: <http://medical.sjp.ac.lk/short-course-in-tropical-medicine-overview/>

#### **Payment**

Please refer to page number 12.

**\*Please contact the coordinator before you make any payments:** [electives@sjp.ac.lk](mailto:electives@sjp.ac.lk)



#### **4. LEARNING ANATOMY WITH CADAVER DISSECTIONS**

"Dissections make learning anatomy more interesting"

Cadaveric dissection provides the student to grasp a clear visuospatial picture of the organization of human body, experience the texture of human tissues, witness and comprehend pathological conditions while learning the normal in a realistic nature. This is only an observer post.

##### **Eligibility:**

- Having registration as a medical student in an established overseas medical school/university

**Duration:** 1 to 8 weeks per academic year

##### **Course fee:**

- 1 - 4 weeks (US\$ 400)
- 5 - 8 weeks (US\$ 550)

**Commencement:** All round the year

**Medium of teaching:** English

**Location:** Department of Anatomy, Faculty of Medical Sciences, University of Sri Jayewardenepura, Nugegoda

##### **How to apply**

Applications can be submitted at any time during the course of the year.

Apply online: <http://medical.sjp.ac.lk/my-scripts/electives/reg-app.php>

Send the following documents to: [electives@sjp.ac.lk](mailto:electives@sjp.ac.lk)

- A resume or a brief curriculum vitae
- A letter from the Medical school/University confirming your medical studentship and giving permission to do an elective

##### **Payment of fees**

Please refer to page number 12.

## **5. THE ELECTIVE SHORT COURSE IN FORENSIC MEDICINE, TOXICOLOGY, ETHICS, AND LAW**

### **Who should apply?**

Undergraduate Medical Students after completing the basic sciences and having a minimum of 6 months of clinical exposure can apply for this course. The ability to understand and communicate in English is a prerequisite. English language tests are not required. For other requirements; please visit the Electives website: <http://medical.sjp.ac.lk/electives-how-to-enroll/>

\* Important: Students who wish to sit for the ERPM examination in Sri Lanka in due course will not be enrolled on this course as there is another course designed for these students.

**Course Duration** – 2 weeks (excluding weekends and Public holidays). The duration of study time on each working day is 9-3 pm.

### **Course fee**

400 US\$

### **Course dates**

Any period of the year with prior approval by the Head, Department of Forensic Medicine.

### **Maximum students that could be accommodated at a given time**

05

**Medium** – English

### **Teaching-learning Methods and Course Materials:**

This is a full-time short course which will continue for 2 weeks. During this time a student will be exposed to lectures, LMS sessions, and self-studies through recorded lectures and fixed learning modules. Visiting the hospital police post, Inquirer's office will also be included.

**How to apply:** <http://medical.sjp.ac.lk/my-scripts/electives/reg-app.php>

Applications are now open for 2023 and can be made via our online application form.

### **Payment of fees**

Please refer to page number 12.

For further information, please visit <http://medical.sjp.ac.lk/elective-short-course-in-forensic-medicine/>

## REGISTRATION AND COMMENCING THE ELECTIVE

### Register on day 1 prior to visit the hospital (on any weekday from 8am to 4pm)

- For registration, visit office of Senior Assistant Registrar (SAR) of Faculty of Medical Sciences, University of Sri Jayewardenepura (located next to Dean's office)
- Pre requisites for registration:
  - 01) The letter issued from the dean's office confirming elective appointment
  - 02) Proof of payment (payment receipt)
  - 03) Proof for Identity (eg: Passport)
  - 04) Two Passport size Photographs
  - 05) A letter from your Faculty/University/Medical school confirming the studentship and approving the elective attachment

### Meeting the supervisor

- After registration, visit the relevant ward at Colombo South Teaching hospital (or the relevant department at FMS) and show the appointment letter to your supervisor to start the appointment.

### Suitable attire

- Long trousers, light coloured short sleeved shirts (or long but folded sleeved shirts) and formal shoes are appropriate to hospital during day time. More comfortable attire can be selected for evening/ overnight stays. However please note that clothing such as shorts, tights, short dresses, vests, tank tops, slippers/flip-flops and bright shiny coloured clothes etc. are not considered appropriate inside the hospital or University (Colombo is warm and humid with average temperature of 28-30°C mostly.)

### Clinical coat/Scrub

Medical students are expected to be dressed in clinical coats inside the hospital. When stocks exist clinical coats can be purchased from faculty office. Please inquire from Senior Assistant registrar at registration. In the absence of white coats, the scrubs you wear in your own medical schools will be allowed with prior permission taken from the Elective coordinator.

## FEW IMPORTANT NOTES FOR THE ATTENTION OF ELECTIVE STUDENTS

- Please note that the month of April is a holiday season in Sri Lanka and most of the activities get slowed down during mid-April. Hospital will stay functioning, yet the turnover of patients may be lower than usual.
- Whenever the final year local students are having their clinical examinations, the wards will be out of bound for all students including elective students. Usually the final year examinations will be twice a year -early December to beginning of January and end of May to early June. Please inquire from the elective coordinator [electives@sjp.ac.lk](mailto:electives@sjp.ac.lk) or Senior Assistant Registrar (SAR) [sarfms@sjp.ac.lk](mailto:sarfms@sjp.ac.lk) when applying during this period.
- Staying beyond the granted time period is unethical and thus such incidents will be reported back to their medical schools.
- Please fill and hand over the feedback form to your supervisor at the end of the appointment.
- If you need further clarification or details,  
please visit faculty web <http://medical.sjp.ac.lk/> or  
visit elective page <http://medical.sjp.ac.lk/electives-overview/> or  
<http://medical.sjp.ac.lk/electives-frequently-asked-questions/> or  
contact the elective coordinator: [electives@sjp.ac.lk](mailto:electives@sjp.ac.lk)

## ABOUT UNIVERSITY OF SRI JAYEWARDENEPURA



We welcome you to the largest state owned University in Sri Lanka with over 12,000 students studying in 11 faculties. This is the only University in Sri Lanka which owns a 'Faculty of Medical Sciences' producing graduates in medicine and human biological sciences.

The University is committed to provide knowledge in an environment which values creativity, freedom of thoughts and its expression, equality, professional and personal development. The University is also involved in active service to the community through various centres and projects carried out by all 11 faculties.

### **Location**

The University of Sir Jayewardenepura is located at Gangodawila, Nugegoda in Colombo district, Sri Lanka, only fifteen kilo meters away from the heart of Colombo. The main premise spreads over a 55 acre land.

## History

The University of Sri Jayewardenepura was started as a higher education institution for Buddhists priests (Vidyodaya pirivena) in 1873. It was bestowed the University status under the Vidyodaya University and Vidyalandara University Act No 45 of 1958 and opened on 16<sup>th</sup> February 1959. Initially, the University was restricted to male students and Buddhists monks. The university was shifted to the current location in 1961 and was opened for female students since 1966. The present designation of 'University of Sri Jayewardenepura' was assigned to the institution in 1978.

## Faculties

There are eleven faculties established and functioning within the University of Sri Jayewardenepura: <https://www.sjp.ac.lk/>

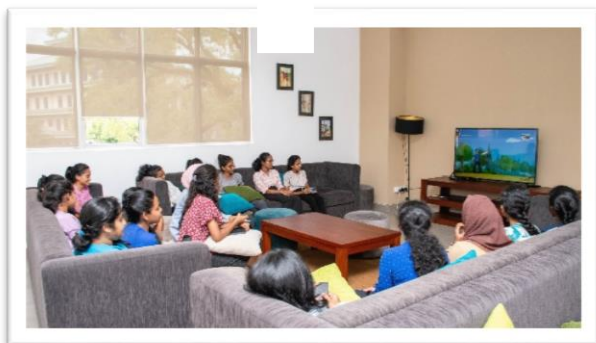
## Facilities available

- **Teaching-learning**—lecture theatres, auditoriums, well designed spacious library (with more than 180 000 books), computer centre for each faculty, English teaching unit
- **Self-study**- summer huts for studies, common computer centre/lobby with free internet access
- **Academic support**- career guidance unit, staff development centre
- **Welfare and Recreational** - student counselling service, book shops, assembly halls, hostels, University medical centre, family practice centre, student union offices, offices for other societies, physical education divisions, open theatre, auditoriums for entertainment events, gymnasium, swimming pool, play grounds with pavilions

Most services provided are free and accessible to all University students including elective students. In addition, there are handful of restaurants/ canteens within the University premises and they offer food and beverages at an affordable price compared to the food stalls outside the premises.



## ABOUT FACULTY OF MEDICAL SCIENCES



We are a unique medical school in many ways.

- We are the only 'Faculty of Medical Sciences' in Sri Lanka offering study programmes in medicine (MBBS) and human biological science (BSc Human Biology).
- Whilst most of the medical schools in Sri Lanka are located separately from the main institution, we are based within the main University premises itself so that our students have the opportunity to mingle with fellow students from other faculties and enjoy the facilities available in the main campus.
- Although we are only 30 years old faculty, our graduates have secured the top position in the common merit lists in undergraduate and postgraduate programmes in Sri Lanka and majority of our past students are specialists serving in Sri Lanka and overseas.
- Sri Jayewardenepura medical graduates are famous as the most humanitarian doctors out of all.

**Students:** 1170 (@ year 2023)

**Academic staff:** 103

**Non-academic staff:** 129

The faculty is guided by the dean. The academic staff consists of senior specialists with many years of experience in clinical and academic activities and a dynamic group of young consultants/specialists. In addition, there is large group of extended faculty (Consultants, doctors in specialist training, senior and intern house officers from Ministry of Health working at teaching hospitals, general practitioners, medical specialists from infectious diseases control programmes and many other health related institutions) who are involved in training our undergraduates and postgraduates. There are academic support staffs assisting smooth

functioning of academic activities, research and other service components. Apart from the routine academic work, most staff members are involved in research with local and international collaborations.

**Working hours:** 8am to 4pm

**Working days:** Monday to Friday

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## ABOUT COLOMBO SOUTH TEACHING HOSPITAL (CSTH)



### Introduction

Colombo South Teaching Hospital (CSTH) is the second largest government hospital in Colombo district, located in Kalubowila. The hospital has bed strength of 1110 with 2600 staff involved in patient care. It serves as the teaching hospital of the Faculty of Medical Sciences, University of Sri Jayewardenepura while functioning under the Ministry of Health. The head of the institute is the director. Ministry of Health appoints doctors, nurses and other health care workers as for allocated carder (<https://www.csth.health.gov.lk/>).

### Infrastructure and facilities

In addition to the University professorial units (details given later), the hospital runs an out patients department (OPD) round the clock and serves about 750 000 out patients and 720 000 clinic patients per year. Hospital accommodates wards of all major discipline and provides treatment to about 150 000 inward patients with number of admissions ranging from 30 to 145 per day. The hospital is also equipped with intensive care units for medical, surgical and neonatal patients and a special unit to treat sexually transmitted infections. In addition to main clinical specialty of general medicine, general paediatrics, general surgery, gynaecology and antenatal clinics there are specialized clinics such as oncology, neuro-disability, renal, well baby clinic, epilepsy and neurology, multidisciplinary, asthma, endocrine & growth, sub-fertility, well women, adolescent, feto-maternal. There is also an acupuncture centre located within the hospital premises training and serving local and foreign individuals, even though it has no affiliation to the hospital.



### **Extended faculty specialists**

As well as the honorary consultants (specialists) from the faculty, there are specialists in other fields such as anaesthesia, histopathology, orthopaedics, eye surgery, neurology, ENT surgery, chemical pathology, haematology, judicial medicine, microbiology, rheumatology, dermatology, gastroenterology, radiology, gynaecology and obstetrics, oral-maxillofacial (OMF) surgery, medicine, cardiology, paediatrics, surgery, genito-urinary surgery, orthodontics, psychiatry, endocrinology, transfusion medicine, vascular and plastic surgery serving CSTH.

## PROFESSORIAL UNIVERSITY UNITS AT CSTH

Professorial wards in the CSTH are allocated a number as below and located in different settings in the hospital.

Unit	Ward number
Professorial Gynaecology and Obstetrics	21 (Antenatal), 22(postnatal), 23 (gynaecology)
Professorial Medicine	1 (male), 7 (female)
Professorial Paediatrics	41B
Professorial Surgery	24 (female), 25 (male)
Professorial psychiatry unit	Manasuwapiyasa (ward 33)



### Clinical teaching activities

You may be able to see a wide spectrum of surgical and medical conditions that you have probably seen only in text books before.

You will be able to (depending on the availability);

- participate in bed-side interactive teaching sessions, grand ward rounds, ward classes and small group case based discussions
- attend casualty nights to observe acute case management
- attend lectures/seminars/symposia
- visit clinics, intensive care units and labour rooms
- assist surgeries at the operation theatre
- perform minor procedure/surgeries under supervision
- visit units such as endoscopy, family planning
- do casualty night-on calls (as shadow house officer)



- visit blood bank, outpatient department



### **The daily routine**

You are expected to visit the ward early (around 7 am) for history taking. The consultants visit the ward around 8am. Operation theatre lists commence at 8 am and the students going to the theatre should be there at least by 7.15am. Clinics commence at 8 am or 2 pm and will give you the opportunity to see a different array of patients than in the ward. Clinical training takes place throughout the day. Admission (casualty) days fall on every second or third day (depending on the specialty) on rotational basis. Your local counterparts are in their final year. We hope you will find the atmosphere and experience as friendly, helpful and inspiring.

### **A word of guidance to elective students regarding interacting with patients**

You will have the opportunity to meet patients from a diverse socioeconomic background using hospital facilities. Not all of them communicate in English yet many understand. However when assistance is needed in communication or other matters, elective students can count on the generosity of local students or staff or bystanders. Patients come from different cultural and religious backgrounds and you are expected to treat them with respect and dignity while being sensitive to local culture and values. Almost all patients and visitors are usually cooperative and keen to lend a helping hand to a learner but please remember to ask permission before any examination or procedure. Remember to have a chaperon when examining a female patient. As a general rule, application of basic medical ethics should guide your behavior in the ward.



## Schedule of clinics conducted by University Professorial units at CSTH

### Professorial Gynaecology & Obstetrics unit- clinic schedule

Day	Clinic	Time (hrs)	Clinic room
Monday	Gynaecology	08:00-12:00	1
Tuesday	Sub-fertility	13:00-16:00	1
Wednesday	Antenatal clinic	08:00-12:00	1
Wednesday	Colposcopy clinic	13:00-16:00	1
Friday	Feto-maternal / high risk	13:00-16:00	4

- Operation theatre days: Monday, Tuesday, Friday from 08:00 to 16:00 hrs
- Casualty days: every Thursday, every 3rd weekend on rotational basis
- Casualty theatre days: Thursday from 14:00-19:00hrs, Friday from 14:00-19:00 hrs
- Post-casualty theatre days: every Friday 8:00-12:00hrs, every 3rd weekend Saturday 8:00-12:00hrs, every 3rd weekend Sunday 8:00-12:00hrs and Monday following every 3rd weekend from 8:00 -12:00hrs)

### Professorial Medicine unit- clinic schedule

Day	Clinic	Time (hrs)	Clinic room
Monday	General medicine	08:00-12:00	5
Monday	Endoscopy	08:00-12:00	Endoscopy unit
Saturday	General medicine/Renal	08:00-12:00	5

Casualty days: every third day from 8:00 to 8:00 hrs for 24 hours

**Professorial Paediatrics unit- clinic schedule**

Day	Clinic	Time (hrs)	Clinic room
Monday	General paediatrics/renal	14:00-16:00	1
Wednesday	Neurodisability	09:00-12:00	1
Wednesday	Well baby clinic	14:00-16:00	1
Thursday	General paediatrics	08:00-12:00	1
Friday (1 <sup>st</sup> Friday of the month)	Neurology	14:00-16:00	1
Friday (2 <sup>nd</sup> , 3 <sup>rd</sup> Friday of the month)	Asthma	14:00-16:00	1
Friday (last Friday of the month)	Epilepsy	14:00-16:00	1

Casualty days: Every Tuesday, every Friday, every other Wednesday, every other weekend from 8:00 am to 8:00 am for 24 hours

**Professorial Surgery unit- clinic schedule**

Day	Clinic	Time (hrs)	Clinic room
Monday	Endoscopy	13:00-16:00	Endoscopy unit
Tuesday	General surgery	08:00-12:00	4
Wednesday	ERCP	08:00-15:00	Endoscopy unit
Thursday	Hepatobiliary & breast clinic	11:00-15:00	4
Friday	Endoscopy	08:00-12:00	Endoscopy unit
Friday	General surgery	08:00-12:00	4

- Operation theatre days: Monday, Tuesday, Wednesday, Thursday from 8.00 to 16.00hrs
- Casualty days: Every Wednesday & on rotational basis
- Casualty theatre days: Every casualty day from 14:00hrs onwards
- Post-casualty theatre days: Every post casualty day from 8:00 -14:00hrs

## Professorial psychiatry unit- clinic schedule



Day	Clinic	Time (hrs)	Clinic room
Monday	New patient clinic	08:00-12:00	Mana Suwa Piyasa (ward 33)
Monday	Follow up clinic	13:00-16:00	Mana Suwa Piyasa (ward 33)
Tuesday	Alcohol & substance prevention & treatment clinic	14:00-16:00	Room No. 4 General clinic complex
Wednesday	New patient clinic	08:00-12:00	Mana Suwa Piyasa (ward 33)
Wednesday	Follow up clinic	13:00-16:00	Mana Suwa Piyasa (ward 33)
Thursday	Clozapine clinic	13:00-16:00	Mana Suwa Piyasa (ward 33)
Thursday	Psychogeriatric clinic	13:00-16:00	Mana Suwa Piyasa (ward 33)
Friday	Child and adolescent psychiatry clinic	14:00-16:00	Mana Suwa Piyasa (ward 33)
Saturday	Child and adolescent psychiatry clinic	08:00-12:00	Mana Suwa Piyasa (ward 33)

\* Please note that the clinic schedule would have changed now. Please contact the relevant ward staff and get an update on the clinic date once you arrive in Sri Lanka

## PLANNING YOUR VISIT TO SRI LANKA

### Obtaining Visa



Details concerning visa can be obtained from <http://www.immigration.gov.lk>. Visa can also be obtained from the Sri Lankan High Commission/embassy in your country. The Department of Immigration & Emigration (DI&E) of Sri Lanka operates a service to issue visa online “Electronic Travel Authorization (ETA)” link: <http://www.eta.gov.lk/slvisa/>.

We issue letters to facilitate visa only on request. As per our knowledge taking up study courses including electives are not allowed under tourist visa category. However we are not experts in immigration matters thus we are unable to provide any advice on visa regulations relevant to your country.

### Booking a flight



Many international airlines operate services to Colombo International airport Sri Lanka. National airline in Sri Lanka is Sri Lankan airlines.

Bandaranaike International Airport (Colombo International Airport) is in Katunayake, 38km from Colombo South Teaching hospital.

## Finding Accommodation



We regret that we cannot provide accommodation in University hostels due to limitation of such facilities. A list of places of accommodation (although these may not be available at all times) can be obtained from the elective coordinator.

Mount Lavinia (4.5km from Csth) and Colombo 06 (Wellawatte) (3km from Csth) has plenty of small clean nice hotels and apartment houses for rent. You can retrieve information regarding accommodation facilities to suit your budget and requirements (star class hotels, rest houses, guest houses, luxury apartments, small houses (annexes) and rooms etc.) from the web (Eg: ikman.lk).

Generally personal safety issues will not arise yet we advise you not to make any payments until you visit the place after arrival. Most travel information sites (Eg: Trip Adviser) will guide you on selection of hotel accommodation.

## On Arrival

### Currency exchange



The official currency in Sri Lanka is Sri Lankan rupees. Money exchange can be done easily at bank counters at arrival lounge, at Colombo International airport Sri Lanka. There are money exchangers in and around shopping malls (Eg: Majestic city). Details of other money exchanges are available at

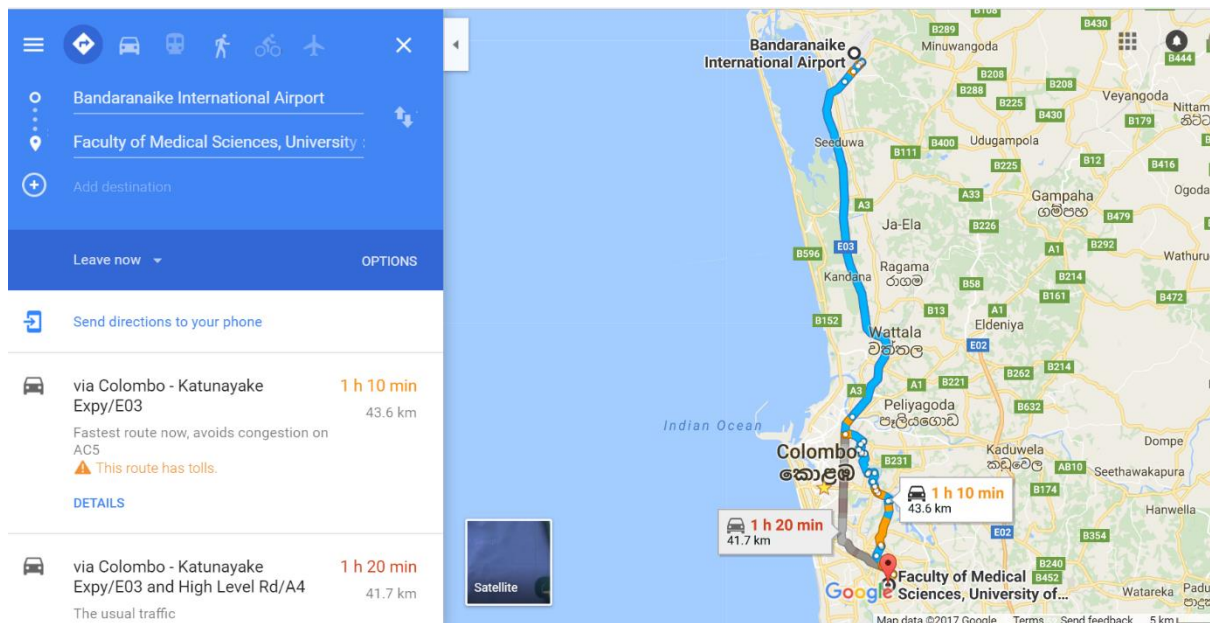
[https://www.dfe.lk/web/index.php?option=com\\_content&view=article&id=74&Itemid=465&lang=en](https://www.dfe.lk/web/index.php?option=com_content&view=article&id=74&Itemid=465&lang=en)

International credit cards are accepted at almost all hotels, many other shops including grocery super markets.

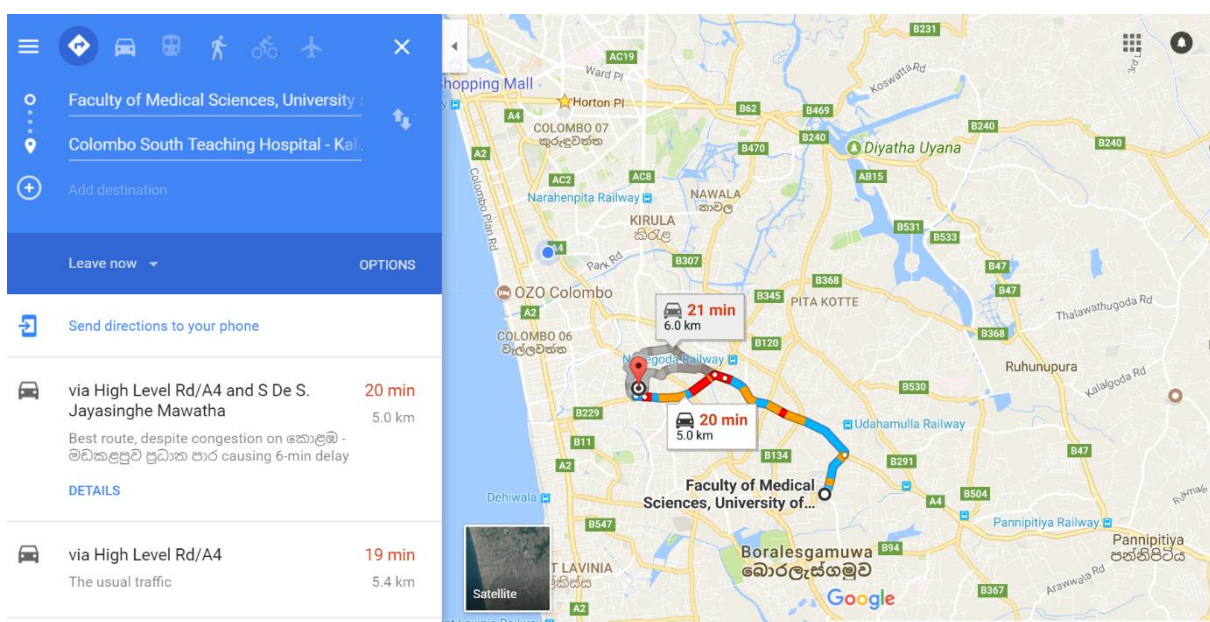
## Travelling from the airport to hotel

Booking a taxi, reserving a hotel room and obtaining tourist information can all be done on arrival at the lobby at Colombo International Airport. The journey from the airport to Colombo South Teaching hospital takes about 1 hour (depending on traffic situation) by taxi.

## Location of Faculty of Medical Sciences (FMS), University Of Sri Jayewardenepura (USJ)



## Location of Colombo South Teaching Hospital





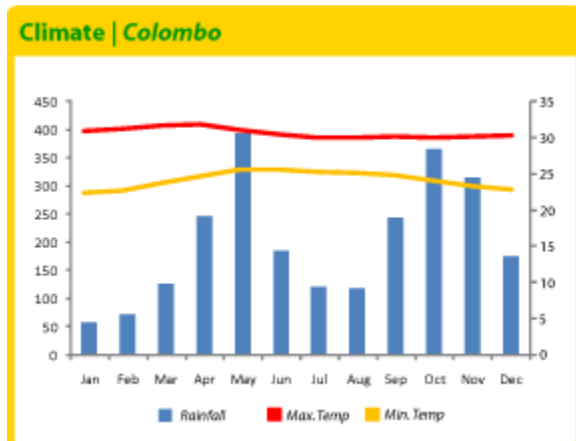
## ABOUT SRI LANKA – TOURIST & OTHER USEFUL INFORMATION

### Climate

Tropical-mostly hot and humid

The mean annual temperature varies from 27°C in the coastal lowlands, to 16°C at Nuwara Eliya, in the central highlands.

Rainfall:



Quoted from <http://www.meteo.gov.lk>

If you do not spare sometime to visit the other parts of this beautiful tropical island during your stay, you regret it later.

### What others had to say about Sri Lanka-The Paradise Island

*“I was so spellbound with the beauty of this country that I hope to re- visit it soon, especially memories of Pinnawala Elephant orphanage and that of KANDY, and the evening in the GALLE BEACH!”*



*“The warm welcome and smiles one receives while travelling in and around Sri Lanka show the warmth Sri Lankans have - the people, the places, the history and the culture all offer an introduction to something special.”*

*“Sri Lanka is a paradise. The 14 days I spent in this beautiful island is a dream come true for me. Though the weather was not at its best when I was in Nuwara Eliya, everything was picture perfect. I would certainly come another time to cover the areas I did not this time.”*





*“Visited Horton plains with my friends and had a great time. Saw the historical cities of Anuradhapura and Ploannaruwa. Stayed with a family introduced by an operator. What lovely people. Visited Trincomalee and saw the sunrise. Best beaches in the world. Unspoilt up to now.”*

### **Sightseeing in Colombo**

- Independence Memorial Hall (Independence Square)
- National Zoological Park, Dehiwala
- National Museum
- Gangarama Temple
- Galle face grounds
- Kelaniya temple

### **Shopping**

- Shopping malls in Colombo: *Odel, arcade independence square, Crescat, Majestic city, Liberty plaza*
- Cloth shopping: *Mondy, Dilley, cotton collection, factory outlet, house of fashion, fashion bug, Nolimit, cool planet etc.*

### **Relaxing in Colombo**

Beach is less than 2km away from Colombo South Hospital.

Mount Lavinia (4.5km from CSTH) is a famous tourist area with plenty of sea food restaurants on the beach eating places and small clean and nice hotels.

There are many night clubs, cinema halls, food outlets and star class hotels in Colombo.

**Useful web sites:** <https://www.yamu.lk/> , <http://www.chcresthouses.com/>,  
<http://srilanka.travel/index.php?route=common/home>

### **Best tourist attractions in Sri Lanka**

- Temple of Tooth Relic Kandy (3 hours from Colombo)
- Elephant orphanage-Pinnwala (near Kandy road) (2 hours from Colombo)
- Sigiriya fortress (4 hrs from Colombo)
- Kandy perahara- during August (3 hours from Colombo)
- Galle fortress and beaches (1 hour in expressway, 3hrs 45 mint- take the train which runs along the sea)
- Whale watching (Mirissa-2 hrs 40 min)
- Dolphin watching (Kalpitiya-3 hrs 45 min)
- Ancient cities- Kandy, Anuradhapura, Polonnaruwa
- Wild life safaris (Yala, Minneriya, Udawalawa etc.)

## **LIFE IN SRI LANKA-USEFUL FACTS**

### **1. Health advice**

Be alert about dengue! Dengue mosquito being a day biter, use of repellent is advisable. Consumption of bottled water and well cooked food from reputed hotels/ restaurants is encouraged. You can ask your local colleagues for safe eating places. There are no specific immunizations or drug prophylaxis needed prior to the visit.

### **2. Means of transport in Sri Lanka**

Road traffic congestion: Road traffic congestion is part and parcel of Colombo life at any given time. Best is to start early and check Google map to assess time. (Worst times to be on the road are 7AM-9AM, 1.30PM-2.30PM, 4PM-6PM but technically traffic is horrendous all day long).

Trains and busses: Colombo is the centre of the island's bus and railway networks. Train is less tiring for longer distance travelling especially going to up country (Eg: Kandy, Badulla). Busses are better for short distance traveling as they are more frequent. But overcrowding is to be expected once on board in both.

For train passenger services (intercity and express services schedule and seat reservation):

[http://www.railway.gov.lk/web/index.php?option=com\\_content&view=article&id=127&Itemid=156&lang=en](http://www.railway.gov.lk/web/index.php?option=com_content&view=article&id=127&Itemid=156&lang=en)

For bus booking (included relying on customer reviews): <https://busseat.lk/>, <https://sltb.esat.lk/>, <https://www.busticket.lk/home>

Tri-shows (three wheelers/tuk-tuks): This is the more convenient and economical form of transport, till you get familiarized with the roads. Some tri-shows are metered (displayed) or more often the driver will agree on the fare before setting off. Tri-shows (three wheelers) should be used at your own risk, as there are no seat belts or doors. The driver will take to the destination quicker but at the 'cost of violating road rules'. Legitimately only three passengers can be on board.

Taxi services: The budget taxi services (seats for 3 passengers) are cheaper than the other 'luxury' cab services. They are air-conditioned and safer than tri-shows. Few budget cab operators around CSTM area with good customer reviews are: Online Cabs (Pvt) Ltd 072 182

0820; Kangaroo cabs 011 2 588 588; Budget taxi 011 7299 299  
<https://www.srilankabudgettaxi.lk/> for rates and booking and PickMe <http://pickme.lk/>.

An addition to above, there are many other taxi services operating in Sri Lanka. They have cars, vans, buses to suit your requirement. Airport drops can also be arranged through them. Rates per kilo meter and other charges involved need to be discussed with them. All have air-conditioned metered cars with reliable (most of the time) drivers.

Other taxi services operating in Colombo (011) 2 588 588, (011) 2 688 688, (011) 2 501 501, (011) 2 889 889, (011) 2 733 733, (011) 2 556 556

(We have no connection with any of these companies and we cannot recommend anyone over the others too).

### **3. Driving in Sri Lanka**

There are many places offering rent a car services in Colombo. International driving license holders can drive in Sri Lanka. Driving is on the left side on the road. Seat belts are compulsory for the front passengers of motor vehicles. Helmets should be worn by all motor bicycle riders.

### **4. Phone and internet facilities**

The international code of Sri Lanka is 0094. Public phones (coin boxes) are available on the street and in many public commercial places such as shopping malls. Communication centres on road side also offer local and international calls.

The phone plans in Sri Lanka generally do not include a free phone. There are many mobile phone service providers in Sri Lanka such as Mobitel, Dialog etc. offering competitive mobile plans and mobile broadband dongles for web access. Star class hotels offer free Wi-Fi services for customers.

### **5. Foreign Diplomatic Services**

All foreign embassies/ consulates are located in Colombo. You can visit the respective web page to find address or contact details.

### **6. Public holidays**

There are lot of public/bank and mercantile holidays in the Sri Lankan calendar. University offices are closed on public holidays. It is important that you check these in advanced to avoid unnecessary delays. Web link for public holidays in Sri Lanka

<https://publicholidays.lk/>

The months of April and December are the festival holiday months.

### **7. Emergency telephone numbers-Sri Lanka**

Police emergency	118/119
Fire & ambulance	110
National hospital Colombo	0112691111
Colombo south teaching hospital	0112832950, 0112832990
Bandaranaike international airport	011 2 264444
Immigration and emigration	011 5 329000
Colombo railway station	011-2432908
Central bus stand (Pettah)	0112329604-06
Sri Lankan airline 24 hours	1979
Sri Lanka emergency ambulance paramedic service (toll free call and free service)	1990

## FREQUENTLY ASKED QUESTIONS

### **Q-What is the hospital that I will be affiliated to during my appointment?**

- Colombo South Teaching Hospital, Kalubowila

### **Q - How much do I have to pay?**

- Elective attachments, Observer positions and Learning Anatomy with cadaver dissections
  - Four weeks - 400 US\$ (equivalent in Sri Lankan rupees).
  - Between four to eight weeks - 550 US\$ (equivalent in Sri Lankan rupees).
- Selective programmes: US\$ 1100
- Short course in tropical medicine and infectious diseases
  - 2-3 weeks (US\$ 1000)

### **Q - What is the procedure of application?**

- Apply online. <http://medical.sjp.ac.lk/electives-overview/>
- Send a brief CV and a letter from your Medical school confirming your medical studentship to [electives@sjp.ac.lk](mailto:electives@sjp.ac.lk)

### **Q - What happens after I send an application and required documents?**

Your request will be forwarded for checking the eligibility and documents. Once the application is accepted you will receive an official letter from the office of the Dean awarding an elective. Rest of the official procedures will commence following your successful onsite registration at the office of the Senior Assistant Registrar.

### **Q - I need to get an approval letter immediately for official purposes. Is that possible?**

Yes, just let us know how urgent it is. We will do our best to assist you.

### **Q - I need to arrange an elective within couple to weeks. Is that possible?**



Yes. We can arrange this and issue you a letter.

**Q - Few of us from the same university would like to do our electives together as a group. Is that possible?**

Yes. If you are applying for similar disciplines during same time period, you will anyway be placed together.

**Q - What are the ‘inappropriate clothing’ inside the university and hospital?**

Pairs of shorts, tights, short dresses, tank tops, skinnies etc. are not considered appropriate inside the hospital or University. White over coat is a must in the hospital settings except in intensive care units and operation theatres etc.

**Q - I have done an elective in a previous academic year. Can I do another elective?**

Yes, you can. Send us a request and we will do the needful. But within a year maximum time allowed is only 8 weeks.

**Q - What should I do if I have change of plans?**

We may be able to arrange different dates for the elective but this facility will not be available at every instance and you should discuss with the elective coordinator.

**Q - What is the refund policy in case of online payments done if unable to come?**

Students, who pay but do not take up a placement, will receive a 90% refund irrespective of the amount. A 10% of the payment will be retained as administrative fee.

**Q – For information on appropriate Clothing, accommodation and visa**

See under ‘planning your visit to Sri Lanka’

**Q - Do I need health Insurance to enter Sri Lanka?**

Health insurance is not essential to enter or stay in Sri Lanka but in cases of ill health during the applicant’s stay, costs incurred should be borne by the individual. Government hospital services are free for all including foreigners.

**Q - Are there any specific immunization or prophylaxis that I need to get prior to the visit?**

There are no specific immunizations or drug prophylaxis needed prior to the visit. Sri Lanka is quite a safe place in terms of health is concerned.

**Q - Is post-exposure prophylaxis (PEP) available in Sri Lanka?**

Availability of post-exposure prophylaxis (PEP) cannot be predicted at all times. Post-exposure prophylaxis (PEP) for certain diseases are available but may go out of stock at any time. When available in the government sector it can be provided but if it is out of stock you may have to purchase them from private sector pharmacies or import from abroad. In such instances you will have to bear the cost. (Visit elective web page for the list of access points to PEP)

**Q - Do I need to bring my own health safety consumables related to universal precautions?**

Adherence to universal precautions will be as appropriate and when necessary but may be subjected to availability. Gloves, goggles, aprons and masks are available at the hospital and provided as required or on request. However you may bring your own gloves if you need non-allergic type or any specific brand.

**Q- What are health care facilities available in Sri Lanka?**

There are plenty of government and private hospitals and private dispensaries all over the island. They offer treatment on outpatient basis or admit patients for further care round the clock. The government hospitals are free for all including foreigners but waiting time varies from 5 minutes to longer. Charges in the private sector differ depending on the institutional policy.

Channeling a specialist doctor can be done online (echanellingsrilanka <http://www.echannelling.com>) and levy will be over Rs.2000 (prescription only). General practitioners (GPs) charge around Rs.750-1000 with or without medicine. The waiting time may be 1-2 hours to see a specialist and up to 15-30 minutes for a GP.

In an emergency, you can rush to the nearest government hospital for reliable treatment and service. For minor health problems, you can walk to a GP clinic and you do not need prior appointments.

## OTHER IMPORTANT FACTS YOU SHOULD KNOW

### Certificate of attendance

We are issuing a certificate of attendance to all the elective students. Remember to collect it from office/assistant registrar at the end of your appointment.



### Evaluation form

We would like to hear your comments regarding our elective program. Therefore, please be kind enough to fill the form (given to you at the time of registration) and hand over to your supervisor at the end of your appointment. Instead you can download the application online and fill and send via email to the elective coordinator ([electives@sjp.ac.lk](mailto:electives@sjp.ac.lk)).

We thank you for your cooperation and your interest in our medical school.

We look forward to having you with us!