



G.V.M. Chamath Fernando

185, Vijaya Kumaratunga Mawatha, Colombo 05, Western Province, Sri Lanka, 00500.
M: +(94) 76 6609192 L: +(94) 11 2811074 E: chemetf@gmail.com, chemetf@sjp.ac.lk

Profile

I am an early career university academic and a family physician with a clinical and research interest in "symptom management in palliative patients" currently following masters course in Palliative Medicine at Cardiff University, UK and Postgraduate Diploma in Family Medicine at Postgraduate Institute of Medicine, University of Colombo. I am determined to establish a holistically sound, well-coordinated palliative care service in Sri Lanka through the discipline of Family Medicine and avail it to the entire population.

Employment

Lecturer/ Family Physician

02nd April 2015 - Present

Department of Family Medicine, Faculty of Medical Sciences, University of Sri Jayewardenepura, Sri Lanka.

Involved as a family and palliative physician, clinical teacher, researcher, DEXA scan operator, moral tutor, event and conference organizer. Volunteering at the Palliative Care Clinic held at National Cancer Institute, Maharagama.

Medical officer in anaesthesia and intensive care

31st March 2014- 02nd April 2015

Department of Anaesthesia/ Onco-surgical ICU/ Neuro-trauma ICU/ General Medical ICU at Teaching Hospital, Karapitiya, Southern Province, Sri Lanka.

Primary care Medical Officer

1st April 2014 – 1st April 2015

Out Patient Department including Emergency Treatment Unit at Hemas Southern Hospital, Galle, Sri Lanka.

Resident Medical Officer

10th December 2013 – 30th March 2014

Surgical Unit 2, Teaching Hospital Colombo South, Sri Lanka.

Intern Medical Officer – Surgery

10th June 2013 – 09th December 2013

Surgical Unit 2, Teaching Hospital Colombo South, Sri Lanka.

Intern Medical Officer – Paediatrics

10th December 2012 – 9th June 2013

Paediatric Professorial Unit, Teaching Hospital Colombo South, Sri Lanka

Temporary Demonstrator

15th November 2011 – 14th November 2012

Department of Pharmacology, Faculty of Medical Sciences, University of Sri Jayewardenepura, Sri Lanka



Education

Post Graduate Institute of Medicine, University of Colombo, Sri Lanka. 2015
MD Anaesthesia Part 1A

Faculty of Medical Sciences, University of Sri Jayewardenepura, Sri Lanka.
Final MBBS 2011

Second class upper with Distinction in Medicine – Passed Surgery, Paediatrics, Gynaecology & Obstetrics, Psychiatry and Family Medicine

3rd MBBS 2009-2010







First class – Topped the batch with distinctions in Pharmacology, Pathology and Microbiology – Passed Community Medicine, Forensic Medicine and Parasitology.

2nd MBBS 2007











Second class upper - Distinction in Physiology – Passed Anatomy and Biochemistry.

Royal College, Colombo 07, Sri Lanka.

General Certificates of Education – Advanced Level Examination 2005

-  Biology : "A" Pass
-  Chemistry : "A" Pass
-  Physics : "B" Pass
-  District Rank : 129
-  Island Rank : 335
-  Z-score : 2.1858

General Certificates of Education – Ordinary Level Examination 2002

-  Religion (Buddhism) : "A" Pass
-  Sinhala Language : "A" Pass
-  English Language : "A" Pass
-  Mathematics : "A" Pass
-  Science & Technology : "A" Pass
-  Social Studies & History : "A" Pass
-  Music (Sinhala) : "A" Pass
-  Agriculture : "A" Pass
-  English Literature : "A" Pass
-  French : "C" Pass

- **The views and opinions of antenatal women on the mode of delivery.** *Fernando GVMC, De Silva HMSS, Gunaratne MDCK, Ariyaratne JD, Udagedara CP, Tilakeratne D, Perera SVN, Danjaya U, Tennekoon J, Sajitha AU* **Poster presentation at Annual Scientific Sessions 2012, Faculty of Medical Sciences, University of Sri Jayewardenepura, Sri Lanka.**
- **Use and appropriateness of antibiotics in general medical units of a tertiary care institution – Fernando GVMC, Ratnasekera IU, Perera MSD, Wanigatunge CA** **Oral presentation at International Conference on Multidisciplinary Approach on 11th September 2015, Faculty of Graduate Studies, University of Sri Jayewardenepura, Sri Lanka.**
- **Antibiotic utilization in general medical units in a tertiary care institution** *Fernando GVMC, Ratnasekera IU, Perera MSD, Wanigatunge CA* **Oral presentation at Annual academic sessions, Ceylon College of Physicians 18th September 2015.**
- **An audit on patients undergoing bone densitometry in a Sri Lankan Family Practice, Faculty of Medical Sciences, University of Sri Jayewardenepura** *Fernando GVMC, Jayawardena RR, Samaranayake TSP, Jeewardara CJ, de Silva HL, Alahakoon CA* **Poster Presentation at WoncaSAR Conference on 13th February 2016, Colombo, Sri Lanka.**
- **Effectiveness of community based teaching on Medical students** *Samaranayaka TSP, Perera TMR, Alahakoon C, Wijerathna TPGKP, Fernando GVMC, de Silva HL, Jeewardara CJ* **Poster Presentation at WoncaSAR Conference on 13th February 2016, Colombo, Sri Lanka.**
- **Views and Opinions of antenatal women on their mode of delivery** *Fernando GVMC, De Silva HMSS, Gunaratne MDCK, Ariyaratne JD, Udagedara CP, Tilakeratne D, Perera SVN, Danjaya U, Tennekoon J, Sajitha AU* **Poster Presentation at WoncaSAR Conference on 13th February 2016, Colombo, Sri Lanka.**
- **Randomized clinical trial on the effect of tranquilizing classical music on pain, mood and anxiety modulation in cancer patients.** *Fernando GVMC, Wanigabadu LU, Vidanagama B* **Oral presentation at Wonca (World Organization of Family Doctors) Europe Conference held in Prague, Czech Republic in June 2017.**
- **Preliminary study of blood pressure levels among Southern Province based free-health-camp attendees.** *Fernando GVMC, Ravishanka R.A.D.S, Dilanka P.D.O.S, Fernando K.D.L, Edirisooriya L.S, Hearth H.M.R.C.K, Samarakoon S.M.P.K.B, Athukorala C.L, Hansini H.P.Y, Aponsu G.U.E, Makalanadage K.K, Goonetilaka M.D, De Silva Y.B.P, Semina K.W.T, Udayangani J.I, Vasana, W.D.M.L, Edirisinghe EAST, Yasewardene S.G* **Poster Presentation at The Scientific Sessions, Faculty of Medical Sciences, University of Sri Jayewardenepura in collaboration with Colombo South Teaching Hospital, Sri Jayewardenepura General Hospital, Base Hospital Homagama held in May 2017.**
- **Randomized clinical trial on effectiveness of tranquilizing classical music on pain, anxiety and mood modulation in cancer patients.** *Fernando GVMC, Wanigabadu LU, Vidanagama B* **Poster presentation at Asia Pacific Palliative Care and Hospice Conference held in Singapore in July 2017.**
- **Sri Lankan Pre-internship Doctors' knowledge and opinions on Palliative Care and End-of-life issues.** *Fernando GVMC, Prathapan S.* **(Underway)**
- **Clinical Audit on pain assessment in cancer patients in the National Cancer Institute of Sri Lanka.** *Fernando GVMC in Collaboration with Cardiff University UK.* **(Underway)**



Research interests and techniques

My research interest lies in “clinical aspects of palliative care” broadly. I am completed a certificate course in statistical analysis with SPSS.

Languages

Sinhala - Excellent in speaking, reading & writing
Hindi - Good in Speaking, reading & writing (Completed an advanced certificate course at Indian High commission currently)
French - Passed with Credit in G.C.E. (O/L)
English language proficiency – Excellent in speaking, reading and writing

English Literature G.C.E. (O/L)	“A” Pass	2002
English Language G.C.E. (O/L)	“A” Pass	2002

Trinity College, London Examinations passed with **“Distinctions”**
Spoken and Written English Examinations – Institute of Western Music and Speech - passed with **“Distinctions”**
Completed the MBBS graduate programme in English Language, in Sri Lanka.

Computer literacy

Passed International Computer Driving License (IDM) with distinctions to all components.

Palliative Care

Involved as a voluntary medical officer at the Palliative Care clinic conducted weekly at the National Cancer Institute of Sri Lanka (Apeksha Hospital, Maharagama) free of charges.
Home based palliative care provision for patients living in close proximity to the Medical Faculty free of charge.
Palliative Care – On-line learning module conducted by St. Vincent’s Hospital affiliated to the University of Melbourne was completed in May 2016.
Intensive one week’s clinical training on **Palliative care 2016** conducted by Lien collaborative for palliative care – Asia Pacific Hospice palliative care Network at National Cancer Institute, Sri Lanka.
Intensive course on ethics related to **“Suffering, Death and Palliative Care” 2016** – Radboud University Medical Centre, Nijmegen, the Netherlands. (Received an Overseas Training Programme Grant from the National Science Foundation of Sri Lanka)
Online Certificate Course in Palliative Care 2015 (palliativecareonline.au)
World Palliative Care Day 2015 - Seminar
Introduction to caregiving 2015– ALISON online
Received an unconditional offer letter for a student position in PhD Palliative Care in University of Lancaster, UK.

Other medical training

National Course in **Public Health Emergency and Disaster Management 2015** conducted by Ministry of Health in collaboration with WHO.
Management of Common Anaesthetic Emergencies workshop 2015 conducted by College of Anaesthesiologists and Intensivists of Sri Lanka.
Certificate of **Communication and Management Skills Proficiency 2014** conducted by the Government Medical Officers Association of Sri Lanka.
Cardiopulmonary Resuscitation Course 2012 conducted by the College of Anaesthesiologists of Sri Lanka.



Sports, games and recreational activities

- **Badminton** – School and Inter-University level
- **Swimming** - District Champion ship (Under 16 years)
- **Carrom** - University Championship
- **Open Water PADI SCUBA** Diving License
- **Tourism enthusiast** and reviewer for TripAdvisor
- Performing in musical events as a **professional vocalist**
- **Starring** in musical videos
- Judging music competitions

Courses/ Conferences attended

- **Wonca World 2016** held at **Rio de Janeiro, Brazil**. (Attended from 1st through 6th November 2016)
- **WoncaSAR** (World Organization of National Colleges, Academies and Academic Associations of General Practitioners/Family Physicians) **2016** Conference, Colombo Sri Lanka. (Hosted and participated)
- Current trends in medical education “**OSCE**” **2015** conducted by Department of Medical Education, Faculty of Medical Sciences, University of Sri Jayewardenepura.
- Current trends in medical education – “**Simulation and moulage**” **2015** conducted by Department of Medical Education, Faculty of Medical Sciences, University of Sri Jayewardenepura.
- **Annual academic sessions – 2015 – Ceylon College of Physicians**
- **International Conference on Multidisciplinary approaches – 2015** conducted by Faculty of Graduate studies, University of Sri Jayewardenepura.
- **Approaches to Sleep Symptoms: Sleepy or sleepless 2015** conducted by Sri Lanka Medical Association.
- **Annual Scientific Sessions 2015** – Sri Lanka Medical Association
- **Annual Scientific Sessions, Faculty of Medical Sciences**, University of Sri Jayewardenepura. (annually)
- **E-health Asia Conference 2015**, Colombo Sri Lanka.

Awards and Grants

Overseas Travel Grant from the **National Science Foundation of Sri Lanka** to attend the Intensive course on “**Suffering, Death and Palliative Care**” organized by **Radboud University, Nijmegen, The Netherlands**.

Secured a **Research Grant** through the Head of the Department from **Academic Student Affairs and Publications Division, University of Sri Jayewardenepura** to fund the study **Randomized clinical trial on effectiveness of tranquilizing classical music on pain, anxiety and mood modulation in cancer patients**.

Won one of the two **bursaries** awarded to Sri Lanka (as a developing country) from **WONCA Organization**, to attend the **Wonca World 2016** held at **Rio de Janeiro, Brazil**. (Attended from 1st through 6th November 2016).



Overseas Travel Grant from **Academic, Student Affairs and Publication Division, University of Sri Jayawardenepura** to attend **WONCA (World Organization of Family Doctors) Europe 2017 Conference held in Czech Republic** in July 2017 to present an **Oral Presentation**

Travelling Scholarship from **International Association for Hospice and Palliative Care (IAHPC)** to attend **Asia Pacific Palliative Care and Hospice Conference (APHC 2017)** held in **Singapore in July 2017** and present a **poster presentation**.

Membership of professional bodies

- Sri Lanka Medical Council
- Sri Lanka Medical Association
- College of General Practitioners of Sri Lanka
- Palliative Care Association of Sri Lanka
- National Science Foundation of Sri Lanka
- Faculty of Medicine Teachers' Association, University of Sri Jayawardenepura.
- Government Medical Association of Sri Lanka (previously)
- Asia Pacific Hospice Palliative Care Network (APHN)
- International Association for Hospice and Palliative Care (IAHPC)

Activities and events

- Organizing and hosting international medical conferences.
- Convener for free medical/health campaigns conducted in rural Sri Lanka.
- Organizing and actively participation in University annual talents programmes, religious programmes, medical exhibitions.
- Operating Dexa Scanner as an academic staff member in the Dexa unit in department of family medicine free of professional charges.
- Offering home visits for palliative patients free-of professional charges.
- Awarding donations of medical equipment to government hospitals of Sri Lanka. (Intra-oprtative patient warming systems, Intermittent pneumatic calf compression devices etc.)
- Teaching students and mentoring.
- Childhood participation and colours in musical programmes/ competitions, tele-dramas, stage dramas, leadership in junior school band, sports, poem reciting, English day programmes, arts competitions, Australian National Chemistry Quiz (awarded twice for best performance)

I, The undersigned hereby certify that to the best of my knowledge and belief the above information provided by me is trues and correct.



G.V.M. Chamath Fernando

Non-related referees

Prof. S.G. Yasawardana

Dean
Faculty of Medical
Sciences
University of Sri
Jayewardenepura,
Sri Lanka.

deanfms@sjp.ac.lk

surangi@sjp.ac.lk

+94776522822

Prof. Antoinette Perera

Emeritus Professor of Family
Medicine,
Department of Family
Medicine,
Faculty of Medical
Sciences
University of Sri
Jayewardenepura,
Sri Lanka.

shanthi47@gmail.com

+94718418376

Dr. Chandima Jeewandara

Consultant Immunologist/
General Practitioner/ Senior
Lecturer
Department of Family
Medicine,
Faculty of Medical
Sciences,
University of Sri
Jayewardenepura,
Sri Lanka.

jeewandara_k@yahoo.com

+94777359740