



# The Galle Medical Journal

Journal of the Galle Medical Association

Volume 24: Number 2, September 2019

## Editors in Chief; Galle Medical Journal

Satish K Goonesinghe

Eisha I Waidyarathne

## Editorial Board

HMM Herath

Pasan Hewawasam

Ruwani Hewawasam

Janaka Lenora

Chandima Wickramatilake

Gaya Wijyaratne

Channa Yahathugoda

## Editorial Assistant

S Sureka Samanmalie

© The Galle Medical Journal, 2019 September

The Galle Medical Association

GMA Office

Teaching Hospital Karapitiya

Galle

SRI LANKA

ISSN 1391-7072

Tel/Fax: +94 91 2232560

E-mail : [gmjgalle@gmail.com](mailto:gmjgalle@gmail.com)

[gmathk@gmail.com](mailto:gmathk@gmail.com)

Web Site: [www.gma.lk](http://www.gma.lk)

Internet Home Page:

<http://www.sljol.info/index.php/GMJ>

## Editorial

### To look back and reflect

Looking back and reflecting helps to understand affairs in a correct perspective. It also helps to audit and reform one's practices. Reflection has many hues of meaning and nuances. Two papers of this issue look back and reflect on two different areas - medical behaviour and medical history.

Effective communication forms a key foundational element of clinical practice and research. Communication occurs at many levels, via different media and it is multi-directional. It occurs between doctors and patients and their families and between co-workers and workers of different levels. Often communication is done through spoken word but it is done in writing or through electronic means. Most conflicts, misunderstandings, mismanagements and medical litigation stems from defective and non-effective communication. In his leading article, Ariyananda *looks back and reflects* on professional behaviour - gaps in communication skills of doctors. We need to effectively communicate at all times to be 'good' doctors, academics and researchers.

Hewa *looks back and reflects* on a facet of medical history of Sri Lanka in his review article on tropical disease and imperial medicine in colonial Sri Lanka (or Ceylon as it was then known). He gives an excellent vista of medical care of that time with period photographs and comment. He further opines that cultural imperialism was at the heart of the Western colonizing project around the globe and that economic and health policies were the twin pillars that sustained the material and cultural dominance over indigenous populations.

**Satish K Goonesinghe**

**Eisha I Waidyarathne**

*Editors in Chief/ GMJ*