



COMMUNITY PHYSICIANS' PRÉCIS

The College of Community Physicians of Sri Lanka's E-Newsletter

Published by
Technical and
Academic
Subcommittee of
the CCPSL



About the *Précis*

Précis is the Latin origin of the word 'Precise', which means an abstract account or a summary. As the Title 'Précis' imply, this electronic newsletter of the CCPSL contains brief accounts on current public health topics. Précis is published fortnightly by the Technical and Academic Subcommittee of the Council of the CCPSL, with the aim of enhancing knowledge on important public health topics in the membership of the CCPSL and the other interested professionals. It is expected to be a knowledge sharing platform that stimulates members of the CCPSL, to share their knowledge with their colleagues. It is also an opportunity for the budding public health professionals to improve their writing skills and gain recognition for their expertise in the field.

Mendeley – Free Reference Management Software

Prof. A. Pathmeswaran

Senior Professor in Community Medicine, Department of Public Health,
Faculty of Medicine, University of Kelaniya

Searching the literature, finding the full text articles, keeping track of the references and using the references in the manuscript are essential components of academic writing. The first two activities require a fair degree of intellectual input and the last two activities are almost entirely mechanical, but all these activities can be performed much quicker and efficiently by using the appropriate software. Mendeley is an open source reference management software that can make all these tasks a pleasant experience. Mendeley desktop application, save to Mendeley bookmark for the browser (web importer), and the MS Word plug-in are the three items to be installed on your computer to make full use of Mendeley. Once an article of interest is found online the citation can be saved to Mendeley with a few mouse clicks and if the full text is available that can be saved as well. These are saved to your desktop or handheld device and to your free Mendeley account in the cloud. There is no need to remember where these are being stored as you can easily find an item in your library by searching from within Mendeley using one or more of the following fields - title, author, year and publication.

<https://www.mendeley.com>

While preparing the manuscript the in-text citation can be inserted by using the insert citation button in MS Word. Once all the citations have been inserted the preparation of list of references in the required format is just a single click. Mendeley knows how to do referencing using American Psychological Association style (6th edition) and if you want to change the referencing according to Vancouver style it takes two mouse clicks - sorry you can't do it in one click!

There are many additional useful features. Mendeley comes with a built-in pdf reader which remembers you're recently read documents and the page you were reading. You can highlight text and add notes. You can share you documents with friends via email or by creating groups in Mendeley. Mendeley even suggests references based on your interest. The website has a collection of some useful "How to ..." videos. Install Mendeley and start using it - that's a good way to learn the features in any software. Once you feel comfortable, offer to teach someone - that's the best way to master a software.

Important Notices

Invitation for articles

Technical and Academic Subcommittee of the CCPSL welcomes articles from the membership on currently relevant topics in public health to the college e-newsletter - The *Précis*.

Guidelines for authors:

1. Word count - 400
2. As editable MS word document

Please note that editors have the right to edit the submitted article.

Please submit your articles to:

Dr. Manuja Perera

Convenor,
Technical and Academic
Subcommittee
kmanujanp@gmail.com

Upcoming Events

1. **Journal Club – 12th February 2016 at the PGIM from 1pm to 3 pm**
2. **Leadership programme for PG trainees – 27th and 28th February 2016 at Laya Leisure Kukuleganga**

Human papillomavirus (HPV) genotype attribution in cervical cancer and HPV vaccination

Dr. Deepa Gamage

Consultant Epidemiologist, Epidemiology Unit

Human Papillomavirus infection is a common viral infection in the genital tract and cause genital warts, precancerous lesions and genital cancers. Most of HPV infections are transient and asymptomatic but persistent genital HPV infection with high risk (oncogenic) genotypes can lead to development of ano-genital pre-cancers and cancers. Out of sexually transmitted HPV genotypes, low risk (non-oncogenic) genotypes of 6 and 11 cause majority of the genital warts (90%) and recurrent respiratory papillomatosis. But, high risk (oncogenic) genotypes of 16 and 18 cause most of the cervical precancerous lesions and cervical, anal, vulval, vaginal and penile cancers. Community prevalence of HPV infection among normal women in Sri Lanka was identified as 3.3% and genotype 16 and 18 prevalence was 1.2% in 2009. But prevalence rates would change with changes in sexual behaviour patterns of different population categories and with societal changes. In Sri Lanka, the most prevalent genotypes in cervical cancers were 16 and 18 and it accounted for 69% of risk attribution in development of cervical cancer in which the global figure was 70%. A prophylactic HPV vaccine aiming for primary prevention of this major proportion of cervical cancer due to HPV high risk genotypes 16 and 18 is available to use since 2006. Early detection of cervical cancer by Pap smear screening or HPV-DNA detection to identify early stages of cervical pre-cancers are accepted methods to be continued even though primary preventive strategy of HPV vaccination is implemented.

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Ministry of Health, Sri Lanka has decided to implement HPV vaccination, aiming at cervical cancer prevention from 2017 through National Programme on Immunization. There are two types of prophylactic vaccines available to use for the prevention of HPV-related diseases mainly for the cervical cancers.

- a. Bivalent HPV vaccine : for genotypes 16 and 18, indicated for girls aged 9-14 years, as 2-doses (at 0 and 6 months) but if age is 15 years and above, given as 3 doses
- b. Quadrivalent HPV vaccine: for genotypes 6, 11, 16 and 18, indicated for girls and boys aged 9-13 years, as 2-doses (at 0 and 6 months) but if age is 14 years or above, given as 3-doses

A 9-valent HPV vaccine including HPV genotypes of 6, 11, 16, 18, 31, 33, 45, 52 and 58 is available and licensed only in USA and still not available for other countries to use.

HPV vaccine is a very safe vaccine, local reactions such as pain, erythema and mild swelling can occur. Fever, headache, dizziness, myalgia, arthralgia and gastrointestinal symptoms (nausea, vomiting abdominal pain) can rarely occur. Severe reactions were very rare.

Quote
of the
issue

"Remember: No matter how good your feedback is, you always start over with the next customer" - Shep Hyken

Editorial Panel: Dr. J. Vidanapathirana, Dr. K.M.N. Perera
Technical and Academic Subcommittee,
Council of The College of Community Physicians of Sri Lanka