

EDITORIAL

Launching the Sri Lanka Journal of Geriatrics and Gerontology

ACHALA BALASURIYA¹, KAMANI WANIGASURIYA¹

¹Co-editors, Sri Lanka Journal of Geriatrics and Gerontology

Introduction

It is with great pride and a deep sense of responsibility that we present the inaugural issue of the *Sri Lanka Journal of Geriatrics & Gerontology (SLJGG)*, the official journal of the Sri Lankan Association of Geriatric Medicine (SLAGM). This milestone marks a significant step in the evolution of our Association. It reflects more than a decade of sustained commitment to advancing the care, dignity, and well-being of older adults in Sri Lanka.

Background and evolution of SLAGM

SLAGM was founded eleven years ago by a dedicated group of physicians who recognised the urgent need to prepare health systems, healthcare professionals, and society for the realities of a rapidly ageing population. Sri Lanka is ageing at an unprecedented pace, faster than many high-income countries, bringing with it complex challenges such as multimorbidity, frailty, cognitive impairment, long-term care needs, and the rising demand for palliative and community-based services.

From its inception, SLAGM functioned not merely as a professional body but also as a platform for advocacy, education, and academic exchange. Over the years, the voice of the Association was primarily expressed through the SLAGM Newsletter, which served as a valuable medium for sharing educational content, clinical insights, and updates relevant to geriatric practice. This sustained effort helped nurture academic engagement and professional dialogue in geriatrics at a time when the specialty was still developing in Sri Lanka.

As the Association matured, these initiatives expanded into themed academic bulletins addressing key geriatric issues, including frailty, dementia, bone health, mental health, and musculoskeletal disorders. In parallel, SLAGM's annual scientific sessions and conferences grew

steadily in scope and stature, attracting both national and international participation. The 10th Anniversary International Conference of SLAGM, held in June 2024, marked a defining moment in this journey and reinforced the Association's standing as a leading voice in geriatric medicine in the region.

Rationale for establishing the Journal

The launch of *SLJGG* in 2026 represents a natural and forward-looking progression of this academic journey. While newsletters and bulletins have played a crucial role in education and advocacy, a peer-reviewed scientific journal provides a more enduring scholarly platform. It enables the dissemination of rigorous research, strengthens academic standards, and positions Sri Lankan research within the global discourse on ageing.

This *Journal* represents a deliberate step forward – from periodic educational communication to structured scientific publishing. It reflects the readiness of the geriatric community in Sri Lanka to contribute systematically to evidence generation, critical appraisal, and scholarly debate.

There is a pressing need for a dedicated national journal focusing on geriatrics and gerontology. Many locally relevant studies – particularly those addressing family-based elder care, culturally embedded ageing practices, and care delivery in resource-limited settings – often struggle to find appropriate publication outlets. *SLJGG* seeks to address this gap by providing a platform that prioritises local relevance while adhering to international standards of scientific publishing standards.

Equally important is the emergence of a new generation of Sri Lankan geriatricians and trainees. These clinicians and researchers require an academic home to present original work, develop scholarly skills, and contribute to evidence-based practice tailored to local needs. It is

particularly encouraging that several such contributions feature in this inaugural issue.

Overview of the inaugural issue

The content of this first issue reflects the breadth and depth of contemporary geriatric practice and research in Sri Lanka.

The original research articles address key clinical and psychosocial issues relevant to older adults, including delirium, depression, dementia, perioperative outcomes, nursing care practices, and psychometric validation of assessment tools. These studies demonstrate a growing culture of inquiry and methodological rigour within the local healthcare community.

The narrative reviews and review articles synthesise current evidence on emerging and clinically important areas such as deprescribing, telehealth, and assistive technologies, offering practical guidance for clinicians while contextualising global evidence within local realities.

The perspective articles broaden the scope of discussion beyond clinical medicine, encouraging reflection on professionalism, dignity, and the broader societal dimensions of ageing.

The case reports included in this issue highlight the complexity and heterogeneity of geriatric practice, illustrating the importance of comprehensive assessment and individualised, person-centred care.

Collectively, these contributions reflect the core values of *SLJGG*: academic integrity, clinical relevance, and responsiveness to the lived realities of older adults.

Vision and scope of *SLJGG*

The vision of *SLJGG* is to become a respected, peer-reviewed journal that promotes excellence in geriatrics and gerontology across Sri Lanka, South Asia, and beyond. The *Journal* aims to publish high-quality original research, reviews, and scholarly perspectives that inform clinical practice, influence health policy, and encourage healthy ageing.

SLJGG adopts a multidisciplinary approach, welcoming contributions from physicians, nurses, allied health professionals, social scientists, and policymakers. At the

same time, it aims to serve as a regional voice, highlighting South Asian innovations and experiences that are often under-represented in international literature, while remaining firmly connected to global academic standards through its international advisors and reviewers.

Acknowledgements

On behalf of the editorial team, we extend our sincere gratitude to the authors who entrusted us with their work for this inaugural issue. Submitting to a new journal requires confidence and commitment, and this collective support has established a strong foundation for *SLJGG*.

We also thank our peer reviewers for their diligence and scholarly integrity. Their constructive engagement has been vital in establishing the academic standards of this *Journal*. Appreciation is extended to the Editorial Board of SLAGM for their dedication in shaping the *Journal's* scope, policies, and identity.

We are deeply grateful to our International Advisors, whose guidance strengthens global connections and helps align *SLJGG* with international best practices while preserving local relevance. The leadership and membership of SLAGM are also acknowledged for their unwavering support over the past eleven years.

Future directions

The aspiration is for *SLJGG* to be widely read, indexed, and recognised as a trusted academic resource. However, the true measure of success will lie in how effectively the knowledge shared in these pages translates into improved patient care, strengthened training programmes, and more responsive elder care systems in Sri Lanka.

Clinicians, researchers, educators, and policymakers are invited to consider *SLJGG* as their journal—a platform for research, reflection, and dialogue. Together, a scholarly community can be built that redefines ageing through science, compassion, and dignity.

The launch of this *Journal* marks both the culmination of years of academic effort within SLAGM and the start of a new chapter for geriatric scholarship in Sri Lanka. As Co-Editors of this inaugural issue, we are humbled by this responsibility and inspired by the journey ahead.