



# 1<sup>st</sup> International Dermatology Meeting

## Burma Skincare Initiative

Su Lwin<sup>1</sup> and Chris Griffiths<sup>2</sup>

Co-Founders and Trustees

Burma Skincare Initiative Charity

<sup>1</sup>St John's Institute of Dermatology, King's College London, London, UK.

<sup>2</sup>Dermatology Centre, The University of Manchester, Manchester, UK.

The Burma Skincare Initiative (BSI), a UK registered charity (Registration no. 1187197) founded by dermatologists, Dr Su Lwin and Professor Chris Griffiths (**Figure 1**), whose aim is to remove barriers to skincare access in Myanmar, held its first international meeting for Myanmar dermatologists and nurses in Yangon 21 -23 February 2020. The full meeting programme can be accessed at [www.bsi2020.com](http://www.bsi2020.com).

The first day of the meeting, held at the University of Nursing under the auspices of the Rector Professor Myat Thandar (**Figure 2**), was devoted to dermatology nursing; the first such meeting in Myanmar and attended by 70 nurses from across the country (**Figures 4-5**). The BSI received full support from the

Myanmar Ministry of Health and a representative, Dr Tin Tun (Deputy Director General, Human Resource for Health).



*Figure 1: Dr Su Lwin and Professor Chris Griffiths co-chaired the 1<sup>st</sup> International Meeting of the BSI.*



*Figure 2: Professor Myat Thandar (Rector, University of Nursing Yangon) chaired the first plenary lectures at the BSI Nurses' Day.*



*Figure 3: Dr Tin Tun represented the Myanmar Ministry of Health and delivered the opening speech at the BSI Nurses' Day.*



*Figure 4: A Myanmar nurse asks questions at the plenary lectures. Some nurses from district hospitals further afield to Yangon travelled for >10 hours by coach to attend the 1<sup>st</sup> International Meeting of the BSI.*



**Figure 5:** Participants in the Burma Skincare Initiative Nurses' Day. More than 70 nurses from across Myanmar attended the meeting.



**Figure 6:** Rebecca Penzer-Hick, President of the British Dermatology Nursing Group, demonstrates how to use topical therapies to Myanmar nurses at the BSI Nurses' Day Workshop.

delivered the welcome speech at the Nurses' Day (**Figure 3**). UK nurses, including Rebecca Penzer-Hick, President of the British Dermatology Nursing Group, delivered lectures and workshop training (**Figure 6**). Myanmar nurses found the workshops involving practical skills such as how to apply topical therapies, taking skin scrapings and wound dressings were particularly helpful for their clinical practice. This was the first opportunity for them to have such a hands-on learning experience.



*Figure 7: Professor Chris Griffiths and Dr Su Lwin with the BSI Speakers from the UK, Germany and Myanmar, including Dr Ne Win (President, Myanmar Medical Association; 9<sup>th</sup> from left, 2<sup>nd</sup> row), Dr Ruth Murphy (President, BAD; 13<sup>th</sup> from left, 2<sup>nd</sup> row), Dr Claire Fuller (Chair, International Foundation for Dermatology; 5<sup>th</sup> from left, 2<sup>nd</sup> row), Dr Russell Roberts (Royal College of Physicians; 5<sup>th</sup> from left, back row), Rebecca Penzer-Hick (President, BDNG; 3<sup>rd</sup> from left, 2<sup>nd</sup> row), Professor Khine Khine Zaw (Dermatology Lead, University of Medicine [UM] 1 Yangon; 8<sup>th</sup> from right, 2<sup>nd</sup> row), Professor Myat Sanda Kyaw (Dermatology Lead, UM2 Yangon; 7<sup>th</sup> from right, 2<sup>nd</sup> row), and the dermatology trainees from UM1 dressed in traditional Myanmar costumes having performed traditional dances after the opening ceremony of the BSI 1<sup>st</sup> International Meeting.*

The main meeting of the BSI, developed specifically for Myanmar dermatologists, took place at the Wyndham Grand Hotel over the weekend of 22-23 February with more than 200 delegates in attendance (**Figures 7 and 9**). The meeting consisted of two days of plenary lectures on the diagnosis and management of skin diseases delivered by eminent international speakers from the UK and Germany. Speakers included Dr Ruth Murphy (President of the British Association of Dermatologists [BAD])



*Figure 8: Dr Ruth Murphy, President of the British Association of Dermatologists (BAD), presented two lectures (“Background to the BAD” and “Common paediatric skin diseases”) at the 1<sup>st</sup> International Meeting of the BSI, chaired by Dr Su Lwin and Professor Chris Griffiths.*

(**Figure 8**), Dr Claire Fuller (Chair, International Foundation for Dermatology [IFD]) (**Figure 10**) and Dr Russell Roberts (Associate Global Director, Asia-Pacific Region, Royal College of Physicians [RCP], London) (**Figure 11**). Professor Andrew Goddard (President of the RCP) provided his full support of the meeting and sent good wishes for its success.



Figure 9: More than 200 Myanmar dermatologists, GPs and tropical medicine physicians from across the country attended the 1<sup>st</sup> international meeting of the BSI.



Figure 10: Dr Ruth Murphy (President of the BAD) and Professor Myat Sand Kyaw (Dermatology Lead, UM2 Yangon) present a certificate of appreciation to Dr Claire Fuller (Chair of the International Foundation for Dermatology).



Figure 11: Dr Russell Roberts (Associate Global Director, Asia-Pacific Region, Royal College of Physicians [RCP]) delivered the welcome speech at the opening ceremony of the 1<sup>st</sup> International Meeting of the BSI.



Important presentations were also made by Myanmar dermatologists including Professor Khine Khine Zaw (University of Medicine [UM] 1) and Professor Myat Sanda Kyaw (UM2), and by the Rectors of UM1, UM2 and UM Mandalay (UMM) (Figure 12).

There was palpable enthusiasm and energetic participation from the international and Myanmar dermatology speakers and delegates at the meeting. This was exemplified by a real desire for exchange of knowledge about the latest research updates and

evidence-based management of skin diseases including inflammatory diseases and tropical skin infections. The overwhelming sentiment was that this first international meeting of the BSI had been a resounding success, academically, socially and culturally (Figures 13-19).



Figure 12: Rectors of the three main universities in Myanmar: University of Medicine (UM) 1, UM2 and UM Mandalay (UMM) and Dermatology Leads from UM1 and UM2 presented at the 1<sup>st</sup> International Meeting of the BSI. From left: Professor Aye Thida (UM2), Professor Khin Maung Lwin (UMM), Professor Chris Griffiths (University of Manchester), Dr Su Lwin (King's College London), Professor Zaw Wai Soe and Pro-Rector (UM1), Professor Khine Khine Zaw (Dermatology Lead, UM1) and Professor Myat Sanda Kyaw (UM2).



Figure 13: Professor Khine Khine Zaw (Dermatology Lead, UM1 Yangon) and Professor John McGrath (Academic Head, St John's Institute of Dermatology, King's College London) co-chairing a plenary session at the BSI Main Meeting.



Figure 14: Professor Chris Griffiths (Co-Founder of the BSI) presented the Global Psoriasis Atlas at the 1<sup>st</sup> International Meeting of the BSI with future plans to collaborate with Myanmar dermatologists at the three main dermatology centres in the country: UM1, UM2 and UMM.



Figure 15: The 1<sup>st</sup> International Meeting of the BSI provided the first ever opportunity for Myanmar dermatology trainees to present to an international audience consisting of world-class dermatologists, scientists and nurses and a first opportunity for UK dermatology trainees to present in Myanmar. (A-B) Dr Thiri Hlaing (UM1) and Dr Phyo Min Thu (UM2), awardees of the BSI-ESDR Myanmar Fellowships presented their personal experiences of attending the ESDR meeting in Bordeaux, September 2019. (C) Dr Tina Tian (Manchester) presented her research project on deep fungal infections in Myanmar (D) Dr Sidra Khan (Manchester) and (E) three Myanmar dermatology trainees at UM1 and UM2 presented challenging clinical cases.



Figure 16: Dr Su Lwin (Co-Founder of the BSI) presented the goals of the BSI and how the international and Myanmar dermatology communities, and future leaders in dermatology in particular, can participate in building the foundation of Myanmar dermatology. The BSI goals are divided into short, medium and long-term in the three domains: education; research; and clinical. The ultimate long-term goal is to establish a regional dermatology training centre (RDTC) in Myanmar. There was a real appetite for collaboration between the international and Myanmar dermatologists and dermatology nurses in achieving these goals.



Figure 17: Myanmar dermatology trainees had the opportunity to present posters at the 1<sup>st</sup> International Meeting of the BSI. (A) The BSI First Poster Prize Winner, Dr Zita Ninsar of UM1. (B) The BSI Second Poster Prize Winner, Dr Mie Mie Kyaw of UM2.



Figure 18: Traditional Myanmar Dance performed by the UM1 dermatology trainees and joined by the UK speakers fully immersed in Myanmar culture.



A Roundtable discussion was held on 24 February to discuss the sustainability of the BSI and next steps (**Figure 19**). This was attended by Dr Claire Fuller (Chair, IFD), Dr Russell Roberts (RCP), Dr Thinn Thinn Hlaing (Regional Director of the Tropical Health and Education Trust [THET]) in addition to senior nurses and dermatologists from the UK, Myanmar township (district) hospital doctors, Industry representatives and representatives of Article 25 (a humanitarian architect charity) amongst others. A number of actions arose including refinement of the



*Figure 19: Participating in the BSI Sustainability Roundtable discussion.*

BSI strategic action plan in which one of the short-term goals is to hold regular educational events in Myanmar, including annual workshops for dermatologists and dermatology nurses and biennial International Meetings of the BSI. Myanmar dermatologists have a real enthusiasm for the Global Psoriasis Atlas and other research projects as well as developing the first immunodiagnostic service in Myanmar. Overwhelming support was received from both the international and Myanmar dermatology communities for the academic-industry collaborative model in building the foundation for Myanmar dermatology. A long-term strategy of the BSI is to establish a regional dermatology training centre in Myanmar.