



Bio Inquirer Journal

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International Institute of Health Sciences

No. 704, Negombo Road, Welisara | Telephone: +94114651144 | Fax: +94112951292 | www.iihsciences.com | www.bioinquirer.com



Bio-Inquirer
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Editor in Chief- Dr. E. A. K. K. Edirisinghe



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International Institute of Health Sciences

No 704, Negombo Road, Welisara, Sri Lanka

Tel : +94 114 651144 Mobile: +94 766 566 078

Fax : +94 112 951292

www.iihsciences.com

From the Editor in Chief

This year as the students and staff of International Institute of Health Sciences and health professionals from a multitude of sectors prepare for the 8th Bio-Inquirer Research Forum on the 14th of November 2015 under the theme of *'Inter-Sectoral Collaboration for Healthcare Education and Delivery'*, I am eager to partake in the event as we expect to witness many well researched findings from a diverse range of fields. It is also with great thrill that I reveal that we are on the point of spreading our wings and broadening our horizons in the health and education spheres by sharing the valuable knowledge through all sectors to achieve a better end product. Research should not be limited and we believe that our findings can be projected beyond geographical and sectorial boundaries through our strengthened collaborations!

Dr. E. A. K. Kithsiri Edirisinghe

Editor in Chief

Bio Inquirer Journal

From the Editorial Committee

"Inter-Sectoral Collaboration for Healthcare Education and Delivery"

On the 7th Global Conference on Health Promotion, the World Health Organization identified that 'Partnerships and Inter-Sectoral Actions' were an essential component of health care delivery. In order to raise awareness and improve outcomes, the health sector must identify and work together with the forces of education, finance, transport environment and agriculture to be able to accurately target health needs and build upon existing policies. Along the same vein, the 2015 theme of "Inter-Sectoral Collaboration" for the Bio-Inquirer Research Forum was thoughtfully placed at a time when partnerships amongst the diverse sectors were much desired in Sri Lanka. In order to achieve successful health outcomes it is extremely imperative for the key players of health to join forces with the sectors beyond the boundaries of health. Furthermore, it is essential to build upon and strengthen existing public - private sector health collaborations in Sri Lanka as a combined power will inevitably achieve enhanced results. Whilst complex challenges may exist in the implementation of certain strategies when deconstructing conventional models, it is crucial to understand that the collaboration of these two sectors will serve as complimentary and provide more effective and candid health care outputs.

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"Bio Inquirer" Journal

It is essential to bring together research knowledge and ideas to the forum, but it is equally important to compile, store and dispense the information for those who wish to access the data and recommendations in generations to come.

The 4th Bio-Inquirer Research Forum will see the launch of the '*Bio-Inquirer*' journal which will include publications from each Bio-Inquirer forum. The journal will be made available as a hardcopy, but can also be accessed on <http://www.bioinquirer.com/index.html>. This is a significant step on behalf of IIHS as it is aligning with the principle vision of Bio-Inquirer by acting as a 'Global Incubator' in the national and internationally academic fields.

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DR. E. A. K. KITHSIRI EDIRISINGHE

Inter- Sectoral Collaboration in Healthcare Education and Delivery; A Case Study, K. Edirisinghe, 2015

Inter-sectoral collaboration in healthcare (ISCH) refers to the actions affecting health outcomes undertaken by sectors outside the health sector, possibly, but not necessarily, in collaboration with the health sector. (World Health Report, 2008). The purpose ISCH of is to advocate and support multi-institutional collaboration that will provide systematic, sustained approach to develop the knowledge base for tackling health inequities that is both comprehensive and accessible to countries. Further the focus in operationalizing inter-sectoral action to improve health equity of the community through a network that will amplify, consolidate and sustain work in this area.

The Government, Non- Government and Private and sectors are involve in the healthcare industry in the healthcare provision, training and development and research. The most important resource to organize the mentioned three services are the human factor and Medical, Nursing and Allied healthcare professional which will come in the forefront of this valuable resource.

Having identified the need of the hour a Private healthcare training provider , International Institute of Health Sciences (IIHS) has spread its wings to organized a Global forum , named Bio -Inquire in the year 2013. This is a global incubator for the healthcare research, knowledge exchange and for community action. The strategies adopted by the Bio Inquire forum was to organize a Technical healthcare conferences, Health Research forums and Community engagements.

In the first strategy on the technical conferences and workshops ranging from Infection control, Trauma & emergency, Research methodology and sports injuries providing an opportunity for local healthcare professional access to latest international healthcare knowledge and practices. This was formulated with the support of the international university partners of IIHS from Australia, USA, UK and Malaysia. The local contribution directed form the government organizations such as state sector hospitals, Provincial health authorities, nursing councils, sports ministry and also from the non-government organizations such as WHO. Further, Bio -Inquirer collaborating with professional forums such as College of Medical Administrators and Asia E conference were some of the other millstones. This strategy has touched over 2000 healthcare professionals, where the new knowledge will move the respective professionals to improve the quality of healthcare delivered to the public.

Secondly, the research forums has created a stage where local and international healthcare professional to publish and exchange their research supporting Evidence Based healthcare provision. With the current forum Bio Inquire had contributed to over 200 healthcare research publications leading to be truly an international incubator of knowledge.

The community engagement strategy was performed through public workshops, awareness programmes and training programme among school children, Policeman and the general public on First aid and Cardio Pulmonary Resuscitation (CPR) covering over 1000 public.

The plan for the next year to improve the mentioned three strategies and to focus on Burning questions in health and development in the sector such as Road Traffic Accidents, Health Tourism and health research.

PLENARY I

PROF. ALAN D. LOPEZ

Professor Alan Lopez is a Melbourne Laureate Professor and the Rowden-White Chair of Global Health & Burden of Disease Measurement at The University of Melbourne. He is Director of the Global Burden of Disease (GBD) Group in the Melbourne School of Population and Global Health. He held prior appointments as Professor of Medical Statistics and Population Health and Professor of Global Health, and Head of the School of Population Health at the University of Queensland from 2003-2012. He worked at the World Health Organization in Geneva for 22 years holding a series of technical and senior managerial posts including Chief Epidemiologist in WHO's Tobacco Control Program (1992-95), Manager of WHO's Program on Substance Abuse (1996-98), Director of the Epidemiology and Burden of Disease Unit (1999-2001) and Senior Science Advisor to the Director-General (2002). In 2015 he was selected as Thompson Reuters Highly Cited (HICI) Researcher in clinical medicine.

He is the co-founder of the GBD Study with Christopher Murray. Professor Lopez has served on several funding and advisory Committees for the World Health Organisation, the Wellcome Trust, the Australian government Medical Services Advisory Committee, and the US National Academy of Sciences. He is one of the few Australians to be elected to the Institute of Medicine in the United States and in 2014 he was awarded the Peter Wills medal by Research Australia for his outstanding contributions to building Australia's international reputation in health and medical research.

Plenary I- "New mortality surveillance methods for community deaths" – A.D. Lopez

"Health policies require accurate and timely information on who dies of what in a population, and how this is changing. In many countries half or more deaths occur at home with limited or no medical attention prior to death, and hence the cause of these deaths is poorly specified and of limited value for public policy. New research and IT advances has resulted in reliable, rapid and cost-effective means of identifying the leading causes of home deaths without involving physician time. Widespread application of these new methods would substantially improve health information for populations with limited access to health services, and provide the critical intelligence necessary for health policy and planning to reduce premature death."

PLENARY II

DR. LENE MIKKELSEN

Dr. Lene Mikkelsen is CEO of LM Consulting, specializing in health information systems, civil registration and vital statistics. She holds a PhD in Demography from the Australian National University. She worked for 23 years with the United Nations in Geneva and Bangkok in senior statistical and managerial roles. She served as a member of the Technical Advisory Group of the Health Metrics Network and was a senior consultant in vital statistics to the Health Information Systems Knowledge Hub at the University of Queensland from 2009-2013. She is a Senior Technical Advisor to the Bloomberg Data for Health Initiative and an honorary staff member at the University of Melbourne.

Plenary II- Quality of Cause of Death Statistics in Sri Lanka: Implications for Policy; L. Mikkelsen

Without access to timely and reliable cause of death statistics countries cannot effectively govern their health systems, knowing what people die from therefore matters. When death occur in a hospital it is generally assumed that the cause of death has been reliably certified. Yet even in hospitals where a cause of death is routinely prepared for each death it cannot be taken for granted that the correct underlying cause of death is written on the death certificate. In Sri Lanka there are various factors that contribute to poor diagnostic accuracy which, if known, could be overcome. The utility and importance of accurate cause of death information for public health policy cannot be overemphasized.

Public Behavior when encountered with a Road Traffic Accident.

Silva H.N.S¹

Samarakoon S.B.R.S.M²

Silva S.N³

1 Diploma student of nursing following at International Institute of Health Sciences – Welisara Sri Lanka

2 Diploma student of nursing following at International Institute of Health Sciences – Welisara Sri Lanka

3 (Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: The latest WHO data published in 2014 states that Sri Lanka has reached 2,773 of total deaths and over 14000 individuals' sustained injuries due to RTAs each year. It was noticed in previous studies that policemen, three wheel drivers and also pedestrians were the first to respond to RTAs but the victim's condition was aggravated due to unskilled attempts made by the responders while management of the victim's wounds, moving and positioning of the victims and also mainly while transportation of the victims.

Objective: To observe the practices of the urban public in Sri Lanka who are encountered with RTAs.

Methods: A qualitative study was done to analyze public behavior seen on video recordings of scenes of accidents purposefully selected from social media, news websites, YouTube and Google.

Results: The results showed that all individuals who tried to help during the RTA were middle aged men, who were mainly pedestrians, motorcyclists and policemen during that moment. Vast majority were very keen to actively help the victims to get to hospital as soon as possible and actively participated in providing 'aid'. But main problem was the first aid attempts were disorganized and uncoordinated. Even though all individuals knew how to control external bleeding, none of them were aware of spinal prevention techniques or management of limb injuries. Most of the transportation methods and transfer techniques used were inappropriate and more injury prone.

Conclusions: The public actively engages in providing aid despite their inappropriate practices in giving first aid

Key words : Road traffic accidents, urban public.

Knowledge and practices on first aid at emergencies among three wheeler drivers

Kasthuriarachchi H.I 1

Silva S.N2

1 Diploma student of Nursing following at International Institute of Health Sciences – Welisara Sri Lanka

2 (Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: Traumatic injuries are the leading cause of hospitalizations in Sri Lanka. Effective pre- hospital services may minimize injury and crash consequences at an emergency. In most middle income countries the common method to transport the injured patients is by three wheelers.

Objectives: To determine the knowledge on first aid and its practices among three wheeler drivers.

Method: A descriptive quantitative study among 150 three wheeler drivers selected using convenient sampling method by administering an interviewer-administered questionnaire on October 2015.

Results: 74% respondents had transported a traumatic injured person into hospital. Among them, about 54% had transported more than 5 injured persons in their life time. The major reason for not providing help was the fear of legal implications as declared by 54% of participants. 30% of participants claimed that they don't have adequate skills to perform first aid in general at an emergency. With regard to the specific skills, 48% identified correctly that left lateral as the recovery position. 87.3% respondents identified that using a stretcher is the best way to prevent further damage to the spinal cord of an injured patient. 28% responded that pressure application can prevent the bleeding. 90% responded that the splints are the best first aid method to minimize mobilization of a fracture.

Conclusion: Lack of knowledge and practices on first aid at emergencies were the main issues identified.

Key words: Traumatic injuries, three wheeler drivers, first aid

A STUDY ON KNOWLEDGE AND PRACTICES OF FIRST AID AND CPR AMONG POLICE OFFICERS IN COLOMBO AND GAMPAHA

James K.A.R.¹

Nazeer A.A.¹

Perera M.P.H.¹

Silva S.N.²

¹*Diploma student in Nursing at International Institute of Health Sciences- Sri Lanka*

²*(Supervisor) Medical Officer- Ministry of Health (National Hospital of Sri Lanka)*

Introduction: Around 85% of deaths in developing countries have found to be due to road traffic accidents (RTAs), which cost the country around 1-2% of its gross national product (GNP). In Sri Lanka there were 2436 deaths reported from 36,045 RTAs in 2014.

Objectives: To assess first aid and CPR knowledge among police officers and to identify its relationship to their first aid and CPR practices.

Methodology: A study was done on 493 police officers from Colombo and Gampaha whom were selected using convenience sampling through a self-administered questionnaire.

Results: 85.8% officers reported being trained in first aid. However 50% of officers less than 30 years would not use first aid for RTA because of legal implications. 40-50 year officers (37.5%) reported lack of knowledge. 66.9% identified left lateral as the recovery position. 22.9% stated that a victim with external bleeding should be taken to the hospital immediately, of which 23% would not apply pressure on bleeding site while 54% are incompetent at checking pulse. 79.7% have transported casualties of which 28.8% did not know log rolling technique. 20.3% and 14.5% disagreed on supporting and splinting a fractured limb respectively. From those who were trained in CPR (30.4%), 67.3% were incompetent, while those less than 30 years were most competent (60.4%) in comparison with other groups.

Conclusion: The police officers had unsatisfactory knowledge and practices of CPR and interventions for bleeding and fractures. These should therefore be focused in their further training.

Key words: First aid, CPR, Police Officer

Managing Corporate Reputation of IIHS, in order to develop in to New International Market context

Jayasena K J M S

Assistant Manager Marketing at International Institute of Health Sciences – Welisara Sri Lanka

In the context of introducing the institute and its core value of delivering the education service to the society, the developing corporate brand reputation is been used as an icon to enter in to new international market, which has been a trend which encourage the execution of corporate branding in the world. According to many researches in the context of employments in the world, there will be an alarming shortage of nurses and opening up more opportunities for qualified nurses in developed countries such Australia, UK and USA (Murphy, 2012). Example: "London still suffers from a critical shortage of nurses and only 40% of the new posts have been filled" (RCN Safe Staffing Report, Nursing Times, December 2014) London trusts increased nursing establishments in 2014 by 4% around 2,500 posts with more than a 1,000 extra nurses working in London's NHS, compared to a year ago and, overall 60% of these newly-created posts remain vacant. A detailed evaluation has been carried out to identify the corporate character of IIHS, through strategic process and stakeholder influence and competitive advantages. Therefore, **Monolithic** brand strategy is been used to develop their brand in to the international context and its activity level strategies have been discussed. In rational conclusion, it is mentioned that IIHS is highly likely to benefit through a corporate branding strategy, in developing corporate brand in to their new international market context.

Key words: Corporate Reputation, Core Value, Education, International Market, Nursing Employment, Competitive advantage.

E- Marketing Strategies at the International Institute of Health Sciences Sri Lanka.

Walawwattha K.G.A.S.M.¹

Senior Executive Coordinator- Operations at International Institute of Health Sciences – Welisara Sri Lanka

Introduction: E-Marketing is no longer an option, it is now a necessity. E- Marketing is a process of doing business via the internet. By sitting in front of internet device one can access all the facilities of the internet and unlike traditional marketing, E-marketing has proven to be a time saver.

Description: E-marketing was established in 1990's where the journal emerged from the 'Competence Center Electronic Markets' (CCEM) an industry funded research group founded in 1989 by Prof. Beat Schmid at the University Of St. Gallen Switzerland. The definition of E-marketing is not yet established as it is still highly puzzling. According to Sceats, M. (2000's), E-marketing can be defined as "The marketing that uses internet as a manifestation channel."

E Marketing involves using the internet and other emerging technology to research the market and carry out promotional activities. In E marketing there are some basic guidelines to practice, whilst targeting the appropriate audience and linking the ideal customer to provide information. Display Advertising, Search Engine Marketing, Search Engine Optimization, Social Media Marketing, E- mail Marketing, Referral Marketing, Affiliate Marketing , Inbound Marketing, Video Marketing have been identified as tools of E-marketing.

In Internet marketing, it is highly beneficial to use social media as a marketing tool. Social media sites and tools are used by a large number of people and a company must not fall behind on the times. Communication, education, collaboration, and entertainment are grounds for warranting E-marketing.

Conclusion: E marketing is a collaboration of elements that produce a successful web based advertising strategy or campaign. Identifying the tools needed and making the most of them requires an enormous amount of skill, practice and expert thinking minds. The work that is put in ultimately determines the level of success that will be achieved

Key words: E- Marketing, Internet, Social Media, Advertising

Benefits of pathway program in Nursing at the International Institute of Health Sciences Sri Lanka.

Ellawala Y.D¹

1 Manager Finance at International Institute of Health Sciences – Welisara Sri Lanka

Introduction:

This is an effort to identify the benefits from pathway programs in Nursing profession. A smart pathway provides the necessary foundation for future studies of students. They could even complete their desired degree faster by gaining credit through the pathway studies.

Description:

IIHS offers many pathway programs for the Sri Lankan youth to do their higher education while staying at their mother country. By means of this they can gain lot of monetary and non monetary benefits. Mainly they can save millions of money (Approximate cost saving for Nursing- Deakin Pathway is 4.8 million). Furthermore they can parallel follow the Age care professional course at IIHS for discounted price and this will be a definite qualification to find a part time job in Australia. Other than that, Recognition, Industry Experienced lecturer panels, State-of-the-art Training Facilities are justified as the value additions to what they pay. By living and studying in Australia can gain the benefits such as, World recognized university qualification, higher scale of salaries. Australia has a higher standard of living than the United States.

Conclusion:

Pathway programs in health not only provide a very cost effective option for international quality education, but they also provide guaranteed job opportunities for the Sri Lankan youth.

Key words: University Pathway Programs, Health Science Education, Nursing

Challenges in Recruiting and Retaining Nursing Professionals at International Institute of Health Sciences Sri Lanka.

Senarathne W. K. ¹

1 Manager Human Resource and Administration at International Institute of Health Sciences – Welisara Sri Lanka

Introduction:

In an academic institution, an academic employee's main function is academic teaching, academic research or coordination, irrespective of the contractual terms of the job holder. The purpose of the study was to identify strategies involved in appropriate recruitment and the factors that can improve retention.

Description:

International Institute of Health Science (IIHS) conducts many internationally recognized healthcare pathway-programs which allow Sri Lankan youth to develop into professionals. The institute offers nursing programs; as its main domain, of different pathway programs from certificate to PhD. The standard of the programs also defer based on the affiliated universities. The institutes' current challenges is to recruit quality academic staff and retain them in a changing challenging and competitive environment.

Despite working in clinical settings, changing careers to an academic context, is for a higher career development. This may be difficult to offer at the point of recruiting if the candidate has not had adequate experience. Adaptation to the job and administrative roles along with conducting lectures that adhere to international standards, are key elements that prove challenging to the recruited individual. Entertaining career expectations for better personal growth is also an important factor in retaining the individual.

Conclusion:

Based on the theories on strategies of recruitment and retention, the institute should develop a framework aligning to Organizational expectations as well as the employees' expectation.

Key words: Recruitment, Retention, Strategies

Assessment of Learning Styles among the new entrants to the diploma level allied health science programs.

Edirisinghe E.A.K.K¹

1 Deputy Chairman, Director Academics at International Institute of Health Sciences – Welisara Sri Lanka

Introduction: Howard Gardner described the Multiple Intelligences theory which classifies individuals according to their preferred methods of learning. Diploma level health science students after 01 year of study. learning styles would support to deliver the complicated yet vital concepts of health in a manner to suit their learning styles.

Objective: To describe the most preferred learning styles among diploma level health science programs.

Methods: A descriptive study was done on 60 students entered to diploma level health science programs at the International Institute of Health Sciences Sri Lanka, using a self-administered questionnaire. A standard online tool was used to evaluate the learning preferences of the students and they were classified statistically under 8 different learning styles.

Results:

The highest mean score was for the intrapersonal learning style 8.68 (out of a maximum 10). The mean scores for the other learning styles were 6.81 for linguistic, 7.29 for logical and mathematical, 7.41 for spatial, 6.81 for bodily kinaesthetic, 6.53 for musical, 7.2 for interpersonal and 6.92 for naturalistic (all out of a maximum 10).

Conclusions: The most prevalent learning style was intrapersonal. Possibly because the students come from the secondary education system of Sri Lanka, where students largely study on their own. Further, many students have a wider spread in their learning styles and likely a cause for this could be that they have studied at IIHS and have been exposed to the collaborative learning methods which may have expanded their learning styles. Having good spread of learning styles allow the lecturer to deliver the programmes in more diversified way by using many delivery methodologies. However the above can be considered when planning the delivery mode particulars like the lesson planning and when deciding session activities.

Key words: Learning Styles, Multiple Intelligence, Health science students

Challenges in Developing Curriculums to suit pathway programs in Health Care Education.

Josiah M. S.¹

1 Deputy Head of Research and Development at International Institute of Health Sciences – Welisara Sri Lanka

Introduction: Health Care training programs demand delivery of high quality and updated content and assessment methods that tests optimal competencies and sustained retention. These in turn make such programs quite costly as well. Pathway programs with international affiliations are successful solutions to minimize the costs. Multiple such affiliated pathways poses numerous challenges for developing curriculums to cater to those concerned foreign universities, whilst maintaining the standards of delivery and assessment. Further, the curriculums should consider the changing characteristics of the learners as well.

Method: In order to meet the said challenges, the curricula need regular; yet planned revisions. The International Institute of Health Sciences (IIHS) Sri Lanka has implemented a solution for this by instilling a Research and Development department that involves itself in curriculum development. The annual process starts with assessing the learner profiles and the learning styles of the latest student cohorts. Then all the affiliated curricula are reviewed for latest changes. The popular local programs followed by lateral entrants are also considered. The delivery and assessment methods are revised to improve student centricity and integration within the curricula. The results of these analysis are discussed at the Academic meetings and the development process is continued. The developed curricula are then reviewed by external experts.

Conclusion: Curriculum development for Pathway programs in Health Care needs to consider the learner profiles, the needs of the individual universities. The curriculum should be flexible enough to accommodate lateral entries and early exits as well. The affiliated curriculums should also be serially monitored and the incurred changes should be adopted if necessary.

Key words : Curriculum development, Health care curriculum, Nursing curriculum

Quality Control in Programme Delivery at International Institute of Health Sciences

Gunasekara M.¹

1 Manager- Academic Administration Department at International Institute of Health Sciences – Welisara Sri Lanka

Introduction

The key challenge in an academic institute is to maintain the quality in delivering the academic content in all the study programs. It is about designing lectures that are informative, engaging and participatory. It's not only about quality control in delivering the subject content it is also about maintaining the quality in administration processes in the organization in order to do a better service to the students.

Content/ Method

Aligning with the vision and mission of International Institute of Health Sciences, we are dedicated to deliver quality healthcare programs. The institute practices many mechanisms in order to maintain the quality in all the departments. The programmes delivered at IIHS are ISO certified and follow the ISO 9001:2008 standard. We are annually audited by our foreign affiliated universities and conduct internal departmental meetings. Bi-annually we conduct peer reviews and continuous professional development workshops are conducted at least three times in a year. Staff are encouraged to improve the delivery of the programme content using current international teaching methods which incorporate knowing the students learning styles and using the online platforms such as Moodle and Blackboard.

Conclusion

In future we are working towards delivering programmes fully online and the challenges we would face in moving into a fully online mode of delivery is the monitoring of quality and training of staff to deliver programmes on the online portal

Key Words: Programme Delivery, Quality

Improving online delivery methods used at the International Institute of Health Sciences Sri Lanka.

Dushyantha D.G.T.¹

1 Senior Clinical Coordinator at International Institute of Health Sciences – Welisara Sri Lanka

Analysis: The online delivery methods used at the international institute of health sciences Sri Lanka needed to be improved due to an organizational requirement. The student numbers have increased. The number of programs and the affiliated pathways for students have increased. Therefore there is a greater need for optimal resource utilization, more efficient distant delivery and assessment methods and to use more updated student friendly delivery methods.

Design: The lesson contents were re-structured to suit a leaner management system (LMS) and the infrastructure was planned accordingly to a high speed LMS.

Development: The most popular free and open source LMS software, the Moodle (version 2.9.1) was used as the main solution. A more user friendly and graphically customizable skin was purchased. SCORM 1.2 standards were used to generate sharable content. The internet connectivity was improved by installing a 4Mbps leased line. The moodle was hosted in a server with high popularity ratings for LMS.

Implementation: The curriculum contents were re-arranged to suit the Moodle (LMS) platform. Training sessions were conducted serially for all the course coordinators and the lecturers on content re-arrangement, uploading, interacting with students through the system, conducting examinations and on giving feedback. The implementation was done parallelly where the existing system also ran paralleled to the Moodle.

Evaluation: Qualitative evaluations were obtained from the lecturers on the useability of the system. A mini survey was conducted through the Moodle system itself to assess the satisfaction of the students. Both revealed good results in terms of user satisfaction and usability.

Key words: Learner Management Systems, Moodle, Allied Health, Nursing Education

A cost effective solution for international health conferences and knowledge sharing via Webinars.

Martinus S.K.P.L¹

1 Information Technology Executive at International Institute of Health Sciences – Welisara Sri Lanka

Analysis: Health industry and education industry conducts lot of conferences and forums for research, academic activities and knowledge sharing. Many of these are attended by foreign resource persons and participants. Yet a majority miss these opportunities both to contribute and to participate due to the costs involved in money, time and opportunity losses.

Design: A model containing real time live and online conferencing (in a dual mode) was designed, where the local presenters could present on a podium and the foreign presenters could participate online. The audience could either be present in the physical location or log in online.

Development: Google hangouts was used as a platform to conduct webinars at various official forums and conferences IIHS was involved in. Google IDs were created uniquely for the resource persons of each webinar.

Implementation: 5 Webinars were implemented in 5 national and international level conferences in Sri Lanka. Resource persons participated from India, Singapore, Malaysia, Australia, United Kingdom and USA. Webinar links were circulated in real time via the social media networks and to selected emails. Webinar recordings were uploaded on the specific youtube channel allocated for them.

Evaluation: Qualitative inputs were taken from three parties; the resource persons, the audience and the conference organizers. The inputs revealed that webinars extremely cost effective in terms of saving travelling costs, and saving time, avoiding work losses etc. Since the recordings were available for later viewing, the conferences had a more lasting impact.

Key words : Webinar, Health conference, Google hangouts

ABSTRACT

Perception & Experiences of Stakeholders on the Clinical Learning Environment of Nursing Students in Sri Lanka in 2015

Menike W. A. R. P.¹

Perera G.²

¹ Masters in Nursing followed at International Institute of Health Sciences – Welisara Sri Lanka

² (Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: Clinical practice is a fundamental component of the nursing training program. Therefore Clinical Learning Environment is a vital part of nursing training.

Objectives: This study was conducted to explore student nurses, ward sisters and nursing tutors' perspectives and experiences of their Clinical Learning Environments (CLE) in Sri Lanka in 2015 in order to provide evidence based information which can be used to underpin future planning for existing nursing programs in Sri Lanka.

Design and Methodology:

The Convergent Parallel Mixed Method Design was used. Quantitative data was collected from final year nursing students of three selected nursing schools. Clinical Learning Environment, Supervision + Nurse Teacher scale (CLES+T) was used to collect data. Focus group discussions were used to collect qualitative data from nursing tutors and ward sisters. supervisors

Results: Comparison of three nursing schools showed differences in the perceptions of students on CLE. As perceived by student nurses, the determinants of the quality of CLE are the pedagogical environment, and the role of nurse tutor. In addition, other stakeholders perceived the relationship of the students with supervisors, knowledge of supervisors in clinical teaching, increased number of students, their attitudes and motivation, the theory –practice gap, unrevised curriculum, distance to clinical field from nursing school and increased workload for nursing staff as important aspects related to the quality of CLE.

Conclusion:

It is imperative to ensure quality of clinical practice for nursing students in Sri Lanka. Recommendations include making strategies to meet challenges identified. Improvements are required for significant modifications to meet nursing schools' academic mission focusing on education, practice and research. Some of the nursing schools need more considerations to develop their CLE compared with other nursing schools.

Keywords: Clinical Learning Environments, Quality, (CLES+T)

Public Private Partnership in Health care Sector in

Sri Lanka: Special Focus on Clinical Diagnostic Services

Narangoda D B H

I Visiting Lecturer/Business Consultant and Coordinator for PhD Program at International Institute of Health Sciences – Welisara Sri Lanka

Objective: The main objective of this study is to understand the concept of PPP and the extent to how PPP can be used to improve the clinical diagnostic services in Sri Lanka.

Methods: This study is empirical study and the research methodology is mainly of a qualitative nature. Research data was collected by means of a literature study dealing with topics of public private partnerships, interviews and observations. Action Group discussions also were held with staff members of the Ministry of Health, Private Healthcare Regulatory Council, Board of Investment of Sri Lanka, PPP unit and WHO officials of Sri Lanka. Interviews were also conducted with members of Provincial Councils and public and private hospital officials. Web based questionnaire was also used to gather the information on perception and acceptance of the public private partnership among the health officials.

A sample of 18 healthcare institutions was examined under this research. These 18 institutes consist with public hospitals and private hospitals representing the three major districts in the country. Districts selected are representative of inner and outer economic core of country: Colombo, Gampaha, Galle

Sampling frame for government hospitals from MoH (Ministry of Health) listed hospitals and private hospitals from IHP (Institute for Health Policy of Sri Lanka) Database. Stratified sampling within districts, having stratified by size and nature (General, Teaching and District hospitals)

Results: Empirical findings provide evidence that there is an unmet demand for healthcare services in the country due to the rising Non Communicable Disease rate (NCD) and the expansion of ageing population. Health officials have also confirmed the results establish by the observations, that the PPP can find solutions to the issue related to the clinical diagnostic services in Sri Lanka. Among the various PPP models, the Design Build Finance and Operate (DBFO) model is preferred for improving the clinical diagnostic services in Sri Lanka which was established by literature.

Conclusions: There is a requirement to improve the healthcare services in Sri Lanka due to a rising demand. PPP can be a solution to address the issues pertaining to the healthcare services specially in the clinical diagnostic services as PPP is identified as a tool to improve the healthcare services in the world.

Key words : Clinical Diagnostic Services, Health Institutions, Non Communicable Disease Rate, Public-private partnerships, The Design-Build-Finance and Operate

WHERE SEX SELLS, STIGMA PREVAILS – A SYSTEMATIC REVIEW ON THE OCCUPATIONAL STIGMA RELATED TO SEX WORK AND THE RESULTING HEALTH OUTCOMES

Nadeeka Jayasinghe

1. Senior Lecturer, Faculty of Nursing, IIHS, Welisara.

BACKGROUND

Sex workers face discrimination and marginalization due to a multitude of contributors. Whilst it is a public health and an ethical imperative to provide care and access for the sexual health requirements of FSWs, it is also necessary to direct care for their general health concerns, as failing to act accordingly is a breach of an individual's right to gain quality health care.

PURPOSE

To explore occupational stigma and health outcomes associated with male, female and transgender sex workers at a global level.

METHODOLOGY

The PubMed/Mesh databases were searched utilizing the following key words: "Stigma" and "Sex Workers". The search was not restricted to a country or region as the intent of the systematic review was to gain a comprehensive insight into the current literature that analyzes stigma and health outcomes in varying demographics irrespective of geographical and legal boundaries.

FINDINGS

Occupational stigma was strongly associated with health care access amongst sex workers. Drug abuse, infectious diseases and mental health issues were noted as major health concerns whilst occupational violence was at an alarmingly high rate.

CONCLUSION

In order to provide basic health care needs it is vital to remove the barrier of stigma from the sex work industry and therefore changes to current structural policies in health and law enforcement must be addressed to achieve this outcome.

Breakfast Habits of Sri Lankan Urban Educated Working Women in the Age Group 28-32

D.R. Weliwita

Introduction

Breakfast is often referred to as 'the most important meal of the day'. Regular consumption of healthy breakfast is paramount in ensuring health and wellbeing of women of reproductive age. (Anita, 2008) The number of women pursuing careers outside of home has increased tremendously during the recent years. Family structure is changing into nuclear, which lacks the support system which was found in the traditional extended family system. In an attempt to balance the demands of work and home, skipping breakfast and consumption of a rushed unhealthy breakfast are common practices among working women in Sri Lanka.

Objective

This study aims to obtain an understanding of the degree of awareness regarding the importance of breakfast among working women in Sri Lanka.

Methods:

A Descriptive Cross Sectional Study was performed, with a sample selected from GCE Advanced Level batches of 1998, -2001 from the leading girls' schools in Colombo. This includes 35 women from each batch were randomly selected to get total sample of 105.

Results:

The Minitab statistical analysis software was used for analysis of data. The proportion of subjects who had good knowledge on the importance of regular breakfast and consequences of skipping breakfast was amounted to 53% , while 27% had fair knowledge, and 20% of the subjects had poor knowledge respectively.

Conclusion:

One in five (20%) urban working Sri Lankan women ,with an education level of GCE (A/L) or above is lacking in adequate knowledge on health benefits of regular consumption of breakfast and also consequences of skipping breakfast. The most common reasons for Skipping breakfast are subjective, and not based on lack of time for preparation or unavailability of food items.

Key words:

Skipping Breakfast, urban educated, working women

Assessment of Nutritional Status of Adolescents in Kandy District- Sri Lanka

Sharmila.K.L.H¹

Dr.S.Kumburage²

1 Academic staff at International Institute of Health Sciences

2 (Supervisor)Senior Lecturer, Faculty of Science, University of Peradeniya

Introduction

Adolescence is the transition stage between childhood and adulthood. Although 21% of the population of Sri Lanka consists of adolescents, studies on nutritional status among this group are limited.

Objectives

To assess the nutritional status, weight satisfaction, perception and to identify the weight practice methods of grade 11 adolescent students in Kandy district.

Methodology

A descriptive cross sectional study was carried out on 384 grade eleven students selected using random sampling from type 1AB and 1C government schools using a self-administered questionnaire.

Results

The prevalence of thinness (<5th percentile) was 49%, the prevalence of risk of overweight (85th -95th percentile) was 6.5%, and prevalence of overweight (>95th) was 2.1%. Boys were at higher risk of both underweight and overweight. The nutritional status showed statistically significant associations with maternal education level and the number of siblings in the family. Of all the students, 32.3% were not satisfied with their current body weight and most of them were girls (39.5%). Of the students who belonged to risk of overweight category 64% were not following any weight related practices to lose weight. Over half of the risk of overweight students' (60%) perception was that they belonged to normal weight category and 50% of overweight students assumed that their body weight is within the normal range and the other 50% assumed that they are in risk of overweight. But none of the overweight students perceived that they were overweight. Skipping breakfast was the major problem (36.7%).

Conclusion

Under nutrition and the risk of being overweight, overweight are problems among adolescence in Kandy district.

Key words

Adolescence, Nutritional Status, BMI (Body Mass Index), Sri Lanka

Factors influencing fast food consumption among undergraduate health science students at IIHS, Welisara, Sri Lanka.

Jayasinghe J.A.M.D ¹

Silva S.N.²

¹ Lecturer- Faculty of Nursing at International Institute of Health Sciences- Sri Lanka

² (Supervisor) Medical Officer- Ministry of Health (National Hospital of Sri Lanka)

Introduction

Fast food consumption is a popular food behavior and it has often been associated with negative impacts on nutrition and health

Objective

To identify the factors influencing fast food consumption among undergraduate health science students at IIHS following a preliminary study that revealed high consumption of fast food.

Methodology

An action research was carried out with a total of 146 (78% girls and 22% boys) students from 03 faculties.

Results

The average frequency of fast food consumption from the restaurants was 3-4 times per week and there is no significant difference between the frequency of fast food consumption and the study year. As expected, fast food consumption was considered as a part of an everyday diet among participants. More common associated factors with high consumption on fast food were increased availability, convenience, appetite satisfaction, presentation of food, variety of menu and enjoy with peers while brand ,prices, promotions and advertisements were less likely associated. Qualitative analysis of survey results and the “Nutrition module” in their curriculum shows a gap between the theory and the practice/ behavior.

Conclusion

Content or the delivery methodology of the nutrition module should be modified with the components to change the behavior on food consumption by improving the students’ engagement in problem based learning and case studies. Interventions should focus on decreasing the availability of unhealthy foods and promoting healthier options.

Recommendation

Further studies should examine effective ways of changing subjective norms and possible alternatives to fast food consumption for students to change their current food behaviors.

Key words: Fast food , change of behavior

Sustainable Business Management in Health Care Education

Anthony S. G.¹

*1 Assistant Manager in Research & Development at International Institute of Health Sciences
– Welisara Sri Lanka*

Introduction:

World Business Council for Sustainable Development in year 2004 defines Corporate Social Responsibility (CSR) as “the commitment of a business to contribute to sustainable economic development, working with employees, their families, the local community and society at large to improve their quality of life”.

Objective:

To elaborate International Institute of Health Sciences (IIHS) involvement in CSR activities based on its standards and also to discuss the way forward.

Description

As a healthcare institute IIHS should underscore its role as a good corporate citizen with a number of activities in the fields of education and research, environment, social needs, sports and culture to be the leader of sustainable development. IIHS CSR framework has developed based on its Size, Level of Diversification, Labour Market Condition and also Industry Life Cycle.

Inclusivity has addressed by developing multiple products which covers the wide spectrum in education process. Middle income families gain access to a world class education through pathway programs which offers in a cost effective manner. Through these activities, organization expects to improve energy efficiency in the economic environment. Along with empowerment in nursing profession, IIHS also address public health issues in different mode to the community. It also focus on environment to comply with Leadership in Energy & Environmental Design (LEED) in every aspects. The indoor and outdoor facilities have designed in environmental friendly manner along with a better waste management.

Recommendation

It is recommended that institute should develop a common framework to focus on future challenges to associate CSR in a global business environment. The institute also consider more in involving public private partnership to strengthen CSR effects.

It is to take initiatives to promote environmental responsibility according United Nation (UN) global compact which implemented for sustainability. Therefore, it is important to assess continuous acknowledgements from stakeholder to legitimate the company's motives to moderate the CSR effects.

Key words: Corporate Social Responsibility (CSR), Sustainability, Triple Bottom Line

Knowledge of central venous line care bundle among the intensive care nurses of national hospital Sri Lanka.

Sriyantha K.V.D.C¹

Sliva S.N²

1. An undergraduate; Bachelor of Nursing-Open University of Malaysia-Following

At the International Institute of Health Sciences, (IIHS) Welisara Sri Lanka

2. (Supervisor) Medical Officer; National Hospital of Sri Lanka

Introduction: A bundle is a structured way of improving the processes of care and patient outcomes: a small, straightforward set of evidence-based practices generally three to five that, when performed collectively and reliably, have been proven to improve patient outcomes.(Resar R, Pronovost P, Haraden C, Simmonds T, et al) Recommended care bundles will improve the quality of care and the patient safety and avoid the lengthy days in intensive care and the high cost.

Objective: To describe the knowledge and current practice of central venous line care (CVC) bundles among the intensive care nurses of National Hospital of Sri Lanka (NHSL).

Methods: A descriptive study was done on conveniently selected 366 intensive care nurses of the National Hospital of Sri Lanka (NHSL).

Results: Out 366 intensive care nurses (n=314) 86% were female nurses and (n= 50)14% were male nurses. The five steps of CVC insertion care bundle were known (n= 18) 5% nurses while all four steps of CVC maintenance care bundle were known 64 (17.8%). All steps of both bundles were known 5 (1.4%) nurses. All 5 intensive care nurses were distributed as(n= 1) 0.3% in the category of Neuro Trauma (NTU) , General Surgery (GSU), Cardio Thoracic (CTU),Neuro medical(NICU) ,Neuro surgical(NSU) units respectively . Cardiology Unit (CU) and the Medical Intensive Care Unit (MICU) nurse were shown zero score of knowing of both steps of the CVC care bundles.

Conclusions: Majority of the nurses demonstrated unsatisfactory awareness on care bundles.

Key words: Central Venous Line Care Bundle.

Attitude and awareness among the surgical section Nurses of Sri Lanka National Hospital in breaking bad news to patient

Senevirathna T.M.U.A.B¹

Silva S.N²

*1 an undergraduate; bachelor of nursing- open university of Malaysia- following at the international institute of health sciences.(IIHS) Walisara Sri Lanka
2 (Supervisor) Medical officer; National Hospital of Sri Lanka*

Introduction: Breaking bad news is a very stressful experience to the receiver. Most of time nurses have to intervene in this situation. Without having proper knowledge on the protocols and method and without the right attitude, nurses cannot complete this activity with the expected outcome.

Objective: To evaluate nurse's attitude, desire, awareness and training needs on breaking bad news in surgical section nurse's of Sri Lanka National Hospital (NHSL).

Methods: A descriptive cross sectional study was done on 186 nursing officers from surgical section of the National Hospital Sri Lanka using a self administered questionnaire.

Results: Out of 186 nurses 87% (n=162) was ever been involved in delivering breaking bad news (BBN). 6 % (n=12) of Nurses had been studied a protocol regarding BBN and 17% (n=28) of Nurses always have done all steps according to the protocol. 13% (n=21) identified the correct first step and experience of less than 5 years had better awareness of the first step (p=0.01). 79% (n= 146) was said they are uncomfortable when BBN, but they have done it. 17% (n=32) said they are very comfortable. But only 2 persons have identified correct first step among them. Only 4% (n= 8) nurse had get a training before and 96 % (n=178) nurses who thought that they need a training.

Conclusions: The general awareness among nurses on breaking bad news seemed poor; but it was somewhat better among graduates or current part time undergraduates.

Key words: Attitude, Awareness, Breaking bad news, Nursing officer, Patient

Public Perception on Professional Communication Skills of Government Nurses in Sri Lanka.

Thakshila Nayomi Rupasinghe D.D.¹

Sliva S.N²

1. An undergraduate; Bachelor of Nursing-Open University of Malaysia-Following

At the International Institute of Health Sciences, (IIHS) Welisara Sri Lanka

2. (Supervisor) Medical Officer; National Hospital of Sri Lanka

Introduction: Nurse is an advocate, educator and manager. Over time, nurses have had many images, ranging from the angel of mercy to the sexual stereotype sometimes portrayed in works of fiction. Florence Nightingale depicted the nurse as inferior to the physician.

But little attention has been drawn to assess the real public perception about nurses. It is obvious that no common man thinks or does any analysis of a nurse until he needs one or is in a situation where he/she interacts with a nurse as in case of a hospital admission.

So globally nurses' have an image which reflect to the public through their professional communication skills. Because nursing focuses on serving the needs of human as a biopsychosocial and spiritual being. Its practice requires not only scientific knowledge, but also interpersonal, intellectual and technical abilities and skills. This means a composition of knowledge, clinical work and interpersonal communication. Communication is a vital element in Nursing in all areas of activity and in all its interventions such as prevention, treatment, therapy, rehabilitation, education and health promotion.

Objective:

To identify and clarify public perception on government nurses' professional communication skills in Sri Lanka

Methods: Quantitative descriptive cross sectional method using 210 convenience sample.

Results: Findings shows that nurses do not pay more attention on making good rapport with patients and others. According to results nurses talk with patients whenever they have time. Poor concentration on patient's dignity and respect. They have forgotten their major roles such as health educator, health care promoter. Treating the patient as a human with dignity and respect should be doing in every time. Developing professional communicational skills of government nurses should be concerned.

Conclusions: Authorities which responsible on nursing education should be highly concerned on how to improve professional communication skills of government nurses. Personals who are in nursing management should determine to participate nurses in workshops relating to improving communication skills. Communication skills of government nurses should be evaluated in an appreciable method with participating all clients of nurses.

Attitudes of Nurses towards end-of-life care for themselves.

Silva H.N.S.D¹

Silva S.N²

1 Diploma student of nursing following at International Institute of Health Sciences – Welisara Sri Lanka

2 (Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: 88.3% of physicians decided to choose a “no-code” or a DNR order if hospitalized and would choose to die less aggressively at home. But their wishes were mostly over ridden.

Objective: To assess the attitudes of nurses towards the end-of-the-life care they would like to receive for themselves and their attitudes towards terminal illnesses.

Methods: A mixed method approach was used. A closed and open ended questionnaire was administered to 73 participants and 5 registered nurses who has more than 10 years of experience, working in hospitals both in Sri Lanka and abroad, were interviewed.

Results: 94.1% of the participants stated that they would like to die at home, spending their last hours at home surrounded by their loved ones and engaging in religious activities but 57.7% of unmarried nurse said they would agree on euthanasia if they had a terminal disease, and also 66.2% of them stated they would agree in DNR order if they happen to be admitted to the ICU, but 82.5% wanted to diagnose if they had a terminal illness or cancer but did not agree on euthanasia. Qualitative analysis confirmed the findings and revealed that despite having adequate confidence about the hospital care, nurses would choose to die at home, surrounded by their loved once and engaging in religious activities. Euthanasia was believed to be inappropriate as it is religiously incorrect and as death is a natural process.

Conclusion: The perception of death among nurses depends on their religious belief.

Key words : Euthanasia, Do Not Resuscitate, Nurses

Awareness of STD, HIV and AIDS among Adults in Sri Lanka.

Kankanigei C.P¹

Jayani K. A. D. C.²

Silva S.N³

1 Diploma student of nursing following at International Institute of Health Sciences – Welisara Sri Lanka

2 Diploma student of nursing following at International Institute of Health Sciences – Welisara Sri Lanka

3 (Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: Lack of knowledge about STD, HIV and AIDS is often the major hazard that leads general population to continuing risk behavior, avoiding or limited adoption for prevention measures, and also for the negative attitudes towards people with STD or HIV.

Objective: To assess the awareness of STD, HIV and AIDS's signs and symptoms and complications along with transmission methods and also prevention measures among the adults.

Methods: A descriptive quantitative study among conveniently selected 150 adults, was done using a self administered questionnaire.

Results: 77.4% of participants are sexually active but only 21.4% of them practice safe sex. 20.7% are not aware about the concept of STD, HIV and AIDS. 84.6% have never taken a HIV or a STD test. 28.8% of the participants believe that HIV can be cured and 58.6% are not aware about the ART treatments. 73.2% of the participant believes that HIV is transmitted through Sperm, 96% from the blood products but 14.8% and 2.8% believes it can be transmitted through saliva and stool. 69.5% of the participants are completely unaware about the HIV prophylaxis and its usage. 72.1% of the people are not aware about the fact that with proper and regular ART treatments their life span can be normal. 39.1% of the participants are not aware about the HIV screening tests and 47.1% of them are not aware about STD screening tests.

Conclusion: Lack of Awareness on STD, HIV & AIDS were identified among this Sri Lankan population.

Key words: HIV (Human Immunodeficiency Virus), STD (Sexually Transmitted Disease), AIDS (Acquired Immune Deficiency Syndrome), Awareness, Adults.

Attitude towards health information privacy and Electronic Health Records among Urban Sri Lankan Adults

Tissera S.R¹

Silva S.N²

1 Advanced Diploma student of Nursing following at International Institute of Health Sciences – Welisara Sri Lanka

2 (Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: From a traditional paper based system, Sri Lanka planning to move towards an electronic health record (EHR) system under the e-Health initiative of the government. It is important to evaluate the preparedness of the public before implementing functioning and an effective EHR systems in a country.

Objectives: To describe the attitudes towards Electronic Health Records among Sri Lankan Adults and their perception on health data privacy and IT related security practices.

Method: A descriptive cross sectional study was done on Sri Lankan urban and sub-urban adults using convenient sampling from Males and Females of over 18 years using an online data collection form based on a questionnaire.

Results: Among the 227 eligible participants, when asked about how concerned they were about the security of their health records, 40.5% responded stated they were concerned and 38.8% were very concerned. They were asked to rate the 'level of trust' they have on health institutes in Sri Lanka on a scale from 1 to 10 (1 lowest level of trust and 10 highest), 66.1% rated at 5 or less. 42.7% thought electronic records are more secure and 40.1% thought it would be equally secured as the current manual system. Only 27.3% responded favorably for the level of satisfaction on the existing health document maintenance systems in Sri Lanka

Conclusions: Therefore this research findings demonstrate that the urban public are mostly prepared to accept EHRs except for few concerns on privacy.

Key words: Health Information Technology, Electronic Health Records, developing countries, Manual Health Records, concerns, security, Health Information Exchange

Cultural competency and the proficiency in providing a culturally competent nursing care among the nurses in Sri Lanka.

Nazeer A.A.A.¹

James K.A.¹

Silva S.N²

1 Diploma student of nursing at International Institute of Health Sciences – Welisara Sri Lanka

2(Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: Nurses meet clients from various cultural backgrounds in practice. Therefore the nurses need to be culturally competent to render an effective client-centered care.

Objective: To assess the cultural competency among the nurses in Sri Lanka and the skill in adjusting the nursing care according to the clients cultural preferences and to identify the factors that cause the competency gap between the nurses.

Methodology: A mixed method study was done on 300 nurses practicing in Sri Lanka using a questionnaire and in-depth interviews with expertise in the field.

Results: The results shows only 49% of the sample could define the term “cultural competency” even though 86% of the sample knew why a nurse should be culturally competent. 94.1% agreed, culture has an effect on ones health while 58.6% agreed, that the nursing care delivered should be adjusted on cultural preferences. 91.4% agreed the nurses should be aware of different cultures that exist within their practice. Only 2.6% were confident in obtaining history in all three languages Sinhalese, Tamil and English while 90.1% feel frustrated when there is a language barrier. 62.5% feel more comfortable with clients with a similar cultural background while 70.5% out of them tends to feel uncomfortable with clients from other backgrounds. The qualitative results analysis came up with two themes that is nurses inbuilt attitude and exposure as the factors that creates the cultural competency gap between the nurses.

Conclusions: The nurses knowledge on cultural competency is satisfactory while their practice is poor.

Key words: Cultural competency, Cultural competency among nurses, Cultural diversity in nursing

Awareness of Causes for Kidney Failure among Katukeliyawa village people in Anuradhapura District

Senanayaka N.S ¹

Madurika D. ²

1 Diploma student of nursing following at International Institute of Health Sciences – Welisara Sri Lanka

2 2 (Supervisor) Lecturer; International Institute of Health Sciences

Introduction: Chronic kidney disease (CKD) affects several millions of people worldwide every year, including Sri Lanka. It is known to be common among North Central Province, especially in Anuradhapura District. Many factors predispose to kidney disease. Therefore it's important to be aware of them all in order to prevent it.

Objective: To assess the awareness on CKD and its associated factors among a rural Sri Lankan population in a high risk district.

Methods :: A descriptive cross sectional study, using a questionnaire was done on conveniently selected 150 adults from a rural village named Katukeliyawa in the Anuradhapura District (North Central Sri Lanka)

Results: Majority were between 18-60 years. Most were females. Nearly 60% had an income less than Rs.50,000 SLR. Only 40.7% of population were confident about their knowledge on CKD. 85.9% were aware of the main urinary symptoms associated with CKD. But majority identified Urinary infections and Bladder stones as the main causes. 52.7% had undergone screening tests and 2 were diagnosed of CKD. 62.7% of people use water filters but majority don't boil water before drinking. 46.0 % of the participants stated that they are always concerned about their health regarding CKD.

Conclusions: Although the awareness on urinary symptoms of CKD was satisfactory, the awareness on causes for CKD were poor.

Key words : Chronic Kidney Diseases (CKD), Katukeliyawa, SLR, Urinary Infection

The Assessment of Knowledge Regarding the Importance of Infant Nutrition among an Urban Sri Lankan community

Peries J.F.R.K¹

Silva S.N²

1 Diploma student of nursing following at International Institute of Health Sciences – Welisara Sri Lanka

2 (Supervisor) Medical officer; Ministry of Health Sri Lanka.

Introduction: Infant feeding is extremely important for the optimal growth and development of a child as it involves the rapid growth phase of the brain with the main development milestones. Though the global and local guidelines provide extensive recommendations, the actual knowledge of the urban mothers regarding the same remains unknown.

Objective: To identify the knowledge among urban Sri Lankan adult females regarding Infant feeding.

Methods: A descriptive cross sectional study was done on 135 conveniently selected urban Sri Lankan females using an online questionnaire & an interviewer based questionnaire.

Results: 61% were below 25yrs & with GCE A/L as the highest level of education. 68.4% agreed to be giving liquid food as the first type of food to the infant but 40.4% selected mashed rice as their preferred food item to be given after weaning is started. 44% started solid food at 9-10 months. 84.6%, 58.1% & 47.8% introduced the child to sweet food, salty food & biscuits at 1 year of age, respectively. 66.9% agreed to encouraging “Independent Eating” only at 1 year. Only 18.4% chose to sit at the dinner table for feeding and only 66% thought feeding time should be half an hour. Increases were seen in independent eating (4% to 7%) and in introducing biscuits (3% to 8%) with the higher numbers of children in the family.

Conclusions: Therefore, it can be said that there is a disparity between the knowledge that mothers have, with the application of said knowledge.

Key words: Infant nutrition, Infant feeding, Nursing in infant feeding

Assessment of musculoskeletal conditions and gait analysis among professional Fashion models in Sri Lanka

Jayalath J.S.S¹, Karunratne M.D.A.I², Sukashini R³

Silva S.N⁴

1 Diploma student of physiotherapy following at International Institute of Health Sciences – Welisara Sri Lanka

2 MSc student of Physiotherapy following at Coventry University – United Kingdom.

3 Head of Physiotherapy Department at international Institute of Health Sciences.

4 (Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: Fashion models are thought to be an elevated risk for musculoskeletal conditions related to high heel effect and their gait pattern. Catwalk is a deviation of normal gait pattern which can leads to various musculoskeletal conditions.

Objective: To assess the musculoskeletal conditions related to uses of high heels and analyzing catwalk t pattern of fashion models in Sri Lanka.

Methods: A quantitative study was done on 40 Female fashion models selected using convenient sampling, using a interviewer administered questionnaire.

Results: Out of 40 fashion models 62.5% are underweight. &0% of them are skipping at least one meal per day. 80% of majority have musculoskeletal pain, among that 17.5% have hip pain, 30% have low back pain, 20% have upper back pain, 37.5% have calf pain, 35% have heel pain and 50% have toe pain. 100% of then wear high heel while 22.5% using it every day and 72.5% using it more than twice a week. More over 32.5% are using 2-5 inches of heel and 62.5% are using more than 5 inches of heel. 50% of majority of them have right side Calf hypertrophy while 22.5% of them have Left side calf hypertrophy. 45% of them have presence of Hallux valgus. 45% of them have Lordosis and 37.5% are having knock knees. 55% have hip hiking while they are walking. Mean value of Step length is 71.55 and mean value of stride length is 32.88.

Conclusions: As upcoming profession, musculoskeletal issues of Fashion models are yet to identified.

Key words: Fashion models, Musculoskeletal pain, Catwalk analysing.

Awareness of Mothers with regards to gross motor development of Infants and Children in the Colombo area

De Silva N.T¹

Kanuwana K.P.N.H²

1. *Diploma student of Physiotherapy following at International Institute of Health Sciences- Welisara Sri Lanka*
2. *Lecturer; Institute International of Health Sciences- Welisara Sri Lanka*

Introduction: Health care systems in the world depends on domestic monitoring of Gross Motor Development (GMD) as the main mode of development monitoring in infants and children. GMD is supposed to be done by the parents: mainly the mothers.

Objective: To describe the knowledge of urban mothers on GMD monitoring and the factors that influence their knowledge of it.

Methods: A descriptive cross sectional study was done on conveniently selected 200 urban mothers from Colombo district.

Results: Only 16.3 % of the chosen sample have had a higher education. 94 of them have had more than one child, whilst 13 of them claimed a child of theirs had a developmental issue. The awareness on GMD milestones were 18% for head control, 14% for rolling over, 38% for crawling, 51% for sitting, 49% for standing and only 46% for walking. The practice of stimulation manoeuvres were 69% for placing the baby on the tummy, 33% for sitting up, 67% for giving toys, 47% for giving food to pick and 31% for assisting with walking. 39% of mothers were reluctant to leave the child to freely move about on the solid ground. Only 140 mothers recorded the GMD monitoring. 89% attended Well Baby clinic regularly. 93% of the mothers knew genetic factors affected GMD while 96% of them knew that nutritional factors had an affect too. And 72% of them thought religious reasons also had a role.

Conclusion: According to this study over-all awareness of mothers regarding the GMD milestones and the stimulation manoeuvres were found to be low.

Key words: GMD milestones, stimulation manoeuvres, domestic monitoring

Prevalence and factors predisposing to back pain among motorcyclist in Western province of Sri Lanka

Rifan.M.R.M¹

Sukashishini.R²

1 Diploma student of physiotherapy following at International Institute of Health Sciences – Welisara Sri Lanka

2 (Supervisor) Head of Physiotherapy department; International Institute of health Science

Introduction: Back pain (BP) is known to be associated with prolonged sitting and abnormal sitting postures. Since Prolong sitting and possibly abnormal sitting postures can be associated with motorcycle riding, it is worthy to study back pain among motorcyclist.

Objective: To determine the prevalence of back pain and its associated factors among motorcyclist in western province of Sri Lanka.

Methods: A descriptive study was done on conveniently selected, 160 Male motorcyclist in western province of Colombo using a self-administered questionnaire.

Results: 72 out of 160 motorcyclists had acute BP. The mean riding hours for a day was 2(hours). 66% of motorcyclist experienced (BP) with minimal 15 hours of riding for a week. 31.2% of them had lower back pain (LBP) while 22.2% had it in the middle and only 3.2% had it in the upper back. 56.5% of them were using 100cc bikes while 31.2% were using sport bikes and 19% were on scooters. 86.4% of them haven't got any treatment while 13.6 had just been to general practitioners. 55.2% have been riding bikes for more than five years, 31.8% less than 4(years) and 13% less than a year. 29.2% of them, back pain has lasted for more than 6 months while 10.4 % lasted more than a month. Out of 72 motorcyclists who had acute (BP) 24% was overweight and 37.5% were normal both groups frequently experienced (BP).

Conclusions: Back pain was common among motorcyclist even with shorter riding times, normal BMIs and good postures.

Prevalence of Neck pain among young bankers using computers in Private Banks in Colombo

Keerthana reka.M¹

Sukashini.R²

1 Diploma student of physiotherapy following at International Institute of Health Sciences – Welisara Sri Lanka

2 (Supervisor) Head of Physiotherapy Department; International Institute of Health Science – Welisara Sri Lanka

Introduction: Neck pain is a common problem among workers throughout the industrialized world especially in bankers due to prolonged sitting and maintaining abnormal postures with the use of computers. Neck pain is responsible for disability and discomfort in many young Bank workers.

Objective: To identify the Prevalence of neck pain, to find out the gender who are affected the most and to determine the most affected age group among young bankers in Colombo.

Method: A descriptive study was done on 160 bankers in the private banks in Colombo using a self-administered questionnaire.

Results: Out of 160 53.1% of the bankers had neck pain and 50.6% of them were male while 49.4% were female. 20% of them have been working less than a year, 48% were less than 3 years and 31% were more than 5 years. 90.6% of the bankers work with computer more than 5 hours per day. Out of 90.6%, 89% are suffering from neck pain and 43% of them had it in the middle part, 40% in the lower and 17% in the upper part. 30.5% have taken treatment, out of which 40% from GP, 33.3% from Physiotherapist. Even though 65.6% of the bankers claimed that they follow the ergonomic system, 45% of them are suffering from neck pain. 28% of the bankers stated that working in awkward same position contributed to their neck pain.

Conclusion: The results of this study indicate that prolonged working hours with computer, maintaining abnormal postures and the poor ergonomic system in banks cause neck pain among Young bankers.

Key words: Neck pain, Sri Lankan Bankers, Ergonomics and Neck Pain

Public Attitudes towards individuals with Down syndrome in Maldives

Usaid F.¹

Kanuwana K.P.N.H²

1 Student following Diploma in Physiotherapy at International Institute of Health Sciences – Welisara Sri Lanka

2 (Supervisor) Lecturer; International Institute of Health Sciences

Introduction: In the Maldives, 50 individuals with Down Syndrome (DS) have been registered in the capital city of Male' and an estimated amount of 300 individuals from the Atoll's. As DS is perceived social stigma it is essential to gain an understanding regarding public attitudes towards individuals with DS as they determine their acceptance within society.

Objectives: To determine various public attitudes towards individuals with Down syndrome in Maldives

Method: A quantitative study conducted online amongst the general public using sampling from both Males and Females in Maldives using an online data collection form based on a questionnaire.

Results: Among 74 participants, 51.4% agree that prenatal screening should be implemented as routine procedure and 40.5% agrees that it would influence their decision in carrying out the pregnancy. 36.5% strongly agrees that individuals with DS should be placed in special schools and 37.8% agrees that they should be placed in regular classroom settings, 54.1% are favorable in placing Individuals with DS in workplace settings while 54.1% are comfortable in maintaining friendship and socializing with DS individuals.

Conclusions: Prenatal screening is recommended as per research, while more research is required regarding placement of DS children in educational settings as well as formulating methods to reduce social stigma.

Key words: Down syndrome, Public, Attitudes, Acceptance

Prevalence of Cricket Related Shoulder Pain among Club Cricketers in Colombo Area.

Godellawatta C.D¹

Silva S.N²

1. *Diploma student of physiotherapy following at International Institute of Health Sciences – Welisara Sri Lanka*
2. *(Supervisor)Dr. Nishan Silva Head of academic affairs, International Institute of Health Sciences – Welisara Sri Lanka*

Introduction: Shoulder pain (SP) is known to be common among club cricketers and can be associated with prolonged and inappropriate techniques related to different activities in cricket.

Objective: To identify the prevalence of SP, associated high risk cricketing activities and the treatment seeking practices of them.

Methods: A descriptive study was done on conveniently selected 120 male club cricketers (aged 18-30) from cricket clubs in Colombo using a self-administered questionnaire.

Results: Out of 120 participants, 46 sustained SP during last 6 months, of which 24 had been playing cricket for more than 10 years while the other 22 for less than 10 years. 44% of players have experienced moderate pain, 39% experienced mild pain and 17% experienced severe pain. 59% sustained SP during fielding, 39% during bowling, and only 2% while batting. 66.6% of the fast bowlers SP was most common among fast bowlers (63.3%) than spin bowlers and fast medium bowlers. However 66.6% of bowlers and 50% of the all-rounders sustained SP while fielding and not while bowling. 41% with SP have had physiotherapy and 17% have just ignored their SP. 22% had used self-treatment for SP and out of them 70% had used ice, 20% used massage and 10% had used local applications. 60% of players has stopped playing while undergoing treatment for SP whereas 36% hadn't stopped.

Conclusion: The prevalence of SP among club cricketers is high and it depends on their main role on the field, style of play and use of improper techniques.

Keywords: Shoulder pain (SP), Club cricketers.

Awareness and Knowledge of Prevention and Basic Rehabilitation Protocols of Sports Injuries among Senior School Athletes in Sri Lanka

Fonseka, M. J¹, Karunaratne, M.D.A.² Jayalath J.S.S³

Silva S.N⁴

1. Advanced Diploma in Physiotherapy Graduate affiliated with Coventry University, Coventry UK; followed at International Institute of Health Sciences – Wellisara Sri Lanka

2. Student following MSc in Advancing Physiotherapy Practice at Coventry University, Coventry UK

3. Undergraduate student in Physiotherapy affiliated with Coventry University, Coventry UK; following at International Institute of Health Sciences – Wellisara Sri Lanka

4. (Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: Sports injuries are gradually increasing all over the world. School athletes are the first stepping stone in improving knowledge and skills in the community, therefore understanding and improving their knowledge is of great importance. Prevention of injuries and proper first aid helps minimize injuries and reduce further complications.

Objective: To identify the knowledge of prevention and rehabilitation of sports injuries among senior school athletes in Sri Lanka

Methods: A descriptive cross sectional study on senior school athletes in Colombo was done using a sample of 150 conveniently selected students, using a self-administered questionnaire with 10 close ended questions and analyzed using descriptive and analytical statistics.

Results: Out of 150 participants, only 45 students have adequate knowledge of cryotherapy, 51 have basic knowledge of relieving cramps, 69.3% continue stretching though they have pain, 67.3% are unaware of proper bandaging protocols, 39.3% understand splinting and its uses and 26.7% are well informed on the necessity of CPR. Whereas, out of the 150 students, 80 students are aware of emergency wound care, 64% know standard first aid for ankle sprains, 75.3% are aware of the purpose of vapo-coolant spray, and 99.3% perform warmup exercises and 96% practice cool down exercises.

Conclusions: Senior school athletes perform warm up and cool down exercises which is an integral part of injury prevention, but when considering basic first aid and post injury rehabilitation there are many aspects in which majority of the athletes are lacking in knowledge and training.

Key words: Senior School Athletes, Sport Injuries, Prevention

**Assessment of the perception of nurses on clinical supervision in nursing at
National Hospital Sri Lanka**

Mulleriyawa K.M.¹

Jayawardhana P.L.²

1. Undergraduate. Bachelor (Hons) Nursing Science, Open University Malaysia.

2. Supervisor - Head of Nursing Department - IIHS Sri Lanka

Abstract

Introduction - Clinical supervision is a major concept of in-service education of nursing. Through participation in clinical supervision, nurses are able to provide feedback and input to their colleagues in an effort to increase understanding about clinical issues. In this sense, clinical supervision is designed to serve a peer-educative function.

Objective –

To identify the recent status, the need, the barriers regarding clinical supervision in nursing at the National Hospital of Sri Lanka.

Methods – A descriptive study was done with questioning the 120 nursing officers of NHSL from several sections and several age groups by using a self administered questionnaire.

Results – Out of the distributed 120 questionnaires 115 were returned. 87% of the respondents were females. 2. Majority of them were below the age 35. 3. 66% had positive ideas about their supervisors. 83% said supervisors positively support their education. 78% said supervisors support to relieve stress. 78% said supervisors support to perform better nursing care and 67% said supervisors understand the difficulties in practice. 70% were happy with supervisors spending time with their staff. And 77% said that the supervisors follow up on their duties.

Conclusions – It means that the majority of the nurses are satisfied with the supervision they receive and they perceive that supervision is essential to them for a better nursing practice and.

Key words –Clinical supervision, Nursing Supervision

KNOWLEDGE AND PRACTICES REGARDING HYGIENIC HABITS AMONG AGE 11 & 12 YEARS CHILDREN IN A SUBURBAN SCHOOL OF SRI LANKA.

Palihawadana .A

Rathnayake .A

1. *Student of bachelor of nursing science affiliated to Open University of Malaysia: following at International Institute of Health Sciences*
2. *(Supervisor)Lecturer at International Institute of Health Sciences- Welisara Sri Lanka*

Introduction: *Hygienic habits are first key steps in a healthier life. Knowledge and the caring about personal hygiene assure prevention of illness. Attitudes, skills and the knowledge are some of the measurements that leading pathways to hygiene behavior. Therefore it generally recognizes and targets this age group to persuade towards hygiene habits.*

Objectives: 1.) To assess the awareness of importance of hygiene practices. 2.) To assess the perception of hygienic practices. 3.) To assess the awareness of hygiene practices in gender wise. 4.) To identify the sources that help to increase the knowledge related to the hygienic practices.

Methods and materials: A cross sectional study was conducted in suburban government national school among age 11 & 12 years of 123 number of students were interviewed using a predesign questionnaire.

Results: 123 students were interviewed out of 54% were male. Findings on the study details revealed that 69% were strongly agreed with hand washing before meals. It was found that 98% of them wash their hands with soap and water after using toilet. 45% of girls wash their hands with soap and water after sneezing or cough and 40% is the boy's score. 46% took bath on every day. Out of them 43% of them girls and 51% of them boys. 98% students use tooth brush and tooth paste to brush their teeth. 93% of students brushed their teeth twice a day. 76% of them were provided drinking water by their home environment. Out of them 80% are girls and 72% are boys. 46% of students get from school water points. 94% of them obtain the personal hygiene education from their school. 66% of them get the education from TV and Radio.

Conclusion: Majority students were practicing hygienic habits. Application of new concepts and the periodic hygiene education is needed. Personal hygiene education is needed to emphasize in school curriculum.

An assessment study of causative factors for accidental traumas of Accident Service at National Hospital of Sri Lanka in year 2015.

Dissanayake T.R.

tharangaroshini@gmail.com

(Undergraduate student in BSc (Hons) Nursing Science affiliated to Open University - Malaysia; following at International Institute of Health Sciences – Welisara Sri Lanka)

ABSTRACT

Introduction: *ABSTRACT*

Trauma is a major cause of death and disability all over the globe. The causes vary from road traffic accidents, violence and sports injuries to various other accidents. The management of a trauma patient includes the initial assessment with resuscitation and the subsequent management of complications. With aggressive care of these patients, majority of patients can survive and return to normal life. These injuries become fatal when ignored, unidentified or inadequately treated. Trauma causes morbidity and mortality among all age groups in Sri Lanka. Identification of serious conditions and manage them well is an important factor. This is an assessment study of causative factors for accidental traumas of Accident Service at National Hospital of Sri Lanka in year 2015.

Objectives: To identify and assess various causative factors that influence the injury for the patients admitted to the accident service at National Hospital of Sri Lanka..

Methods: This study design is descriptive cross sectional study done using a conveniently selected sample of 100 patients admitted to Accident Service of National Hospital of Sri Lanka. This study was done as an interview method.

Results: 60% of patients were male and 40% of patients were female. The main cause of accident is RTA. There were 46% patients with RTA. And there was significant number of patients who had fallen on the floor and fallen from height. Motor bike is the common vehicle involved in accidents. 60% of patients were breadwinners while other 40% percent of patients were not the breadwinners of family

Conclusion: So many people are aware of safety methods when using vehicles. But vehicle accidents are common and most of them are breadwinners.

Public Attitude towards Mentally Ill in a Semi-urban Area in Sri Lanka

De Silva S.T¹

Silva S.N²

1. *Undergraduate. Bachelor (Hons) Nursing Science, Open University Malaysia.*
2. *(Supervisor) General Practitioner. Head of Academic Affairs /Lecturer in allied health - IIHS Sri Lanka*

Bachelor of Nursing, Open University Malaysia.

Abstract

Introduction: Public attitude towards mentally ill can be vary from a community to community. These attitudes can be negative or positive, and may have a significance influence over the lives of the people with mental illness.

Objective: To assess the public attitude towards mentally ill in a semi-urban area in Sri Lanka.

Methods: A descriptive cross sectional quantitative study was done on 120 participants selected using random sampling from Malabe area in Sri Lanka using a self administered questionnaire.

Results: According to analysis, males had more positive attitude towards mentally ill than females. Those who were unemployed were more positive than those who were employed. People with a higher education showed a more positive attitude. Young people were more likely to hold a positive attitude. But the age group >60 years also held a positive attitude. Those who had an immediate or close relative with a mental illness held more positive attitude than who did not have any known person with a mental illness.

Conclusions: According to these results, majority of people in a semi-urban area in Sri Lanka have positive attitudes towards mentally ill. Education can have a direct impact towards the attitude of the people. According to the results it can be assumed that next generation in this area will be more positive towards mentally ill. Also, it is important to conduct further studies to identify the public attitude towards mentally ill in urban / rural areas in Sri Lanka.

Key words: Mentally ill, Public attitude, Semi-urban area

Assessment of the level of awareness about stress and stress management among school children aged 17 and 18 years old in Gampaha District, Sri Lanka.

Perera M.B.S.P ¹

Jayasinghe J.A.M.D ²

1 Student in Bachelor (Hons) of nursing science affiliated to Open University of Malaysia; following at International Institute of Health Sciences – Welisara, Sri Lanka

2 (supervisor) Lecturer / Coordinator –Advanced Diploma in General Nursing at International Institute of Health Sciences – Welisara, Sri Lanka

Introduction: Stress commonly affects children and adults alike. Stress not only has negative effects on daily performance of expected duties of children such as studies, but it can negatively affect their growth and development as well.

Objective: To assess the level of awareness on the stress and stress management among school children aged 17 and 18 years, in Gampaha District, Sri Lanka.

Methods: A descriptive cross sectional study was done on 976 school children (biology and mathematics followed as their advance level subjects) using a self administered questionnaire.

Results: 98.56% of them have heard about the stress but only 42% of them were aware that stress has both good and bad effects. 59% of them had never heard about stress management techniques but most of them have followed various types of techniques without being aware of them. Majority of them (432) have watched TV and have listened music to reduce stress. Additionally, 671 of them have thought that childhood abuse was the main cause for a stressful mind. However, 474 of them have said that their parents were the best persons to reduce their stress but only 8 of them have named the best person as a doctor or a nurse.

Conclusions: Awareness about the stress and stress management in the sample was comparatively low but the students' awareness about the causes of stress was satisfactory. Additionally, the healthcare professionals' involvements were not enough for the stress management.

Key words: Stress, Stress management, School children, Awareness

RESEARCH REPORT ON ``THE JOB SATISFACTION OF NURSING STAFF IN THE DURDANS HOSPITAL IN COLOMBO, SRI LANKA ``

Peiris M.N.M¹

Sister Geraldine Michael²

1 Undergraduate student in B.S.C Nursing science affiliated to Open University, Malaysia following at International Institute of Health Sciences-Welisara in Sri Lanka).

2 (Supervisor /Nursing sister International Institute of Health Sciences)

Abstract

Introduction: In any hospital quality of care for the patients by the nursing staff is influenced by staff job satisfaction. Job satisfaction of the employees will always have a positive impact on customer-perceived service quality in health care services. Such impact is particularly important in private hospitals as there are several competitive hospitals available in the same area. To attract and to keep long term relationship with their clients these hospitals must have well satisfied staff who could be able to offer better quality of care for patients. It is important to find out if the nursing staff of a particular hospital is satisfied with their present jobs and whether socio-demographic factors such as age, gender, marital status,, too, play an important role in determining the job satisfaction of Nurses.

Objective: To assess the effect of selected variables on job satisfaction of Nurses in the Durdans Hospital of Sri Lanka

Methods: hospital- based descriptive study was done on 100 Nurses(both male and female) selected using cross sectional sampling from typical nurses in leading private hospital using interviewer administered questionnaire.

Results: The level of job satisfaction of the nurses of the Durdans hospital is fairly high. Eventhough if nurses have children, It would not be affected to the job satisfaction. Service period in healthcare setting is not much considerable to diminish the job satisfaction. Job satisfaction of the nurses in critical care unit is slightly lower than nurses who are working in wards. Middle aged nurses are significantly having low satisfaction level when compared with young and old aged nurses. 50% B.S.C nurses are unhappy with the job. Inadequate salary (unsatisfied:82%) for the nurses is most significant factor which influence for their satisfaction. The present salary increment (unsatisfied:70%) is not considerably enough for the nurses that would lead to make them unsatisfied. Other influencing factors for job satisfaction are the available time for lunch and breaks (unsatisfied:48%) and getting sufficient support from the supervisor(unsatisfied:38%). This study showed that professional support plays an important role in determining job satisfaction.

Conclusions: As a whole the nursing staff of the Durdans hospital is satisfied of their present jobs. Professional support plays an important role in determining the job satisfaction of Nurses. Working conditions contributed more than the remuneration in determining job satisfaction of Nursing officers.

Awareness of anaphylactic management among Sri Lankan nurses

Samarakoon S.B.R.S.M¹

Silva S.N²

1Diploma student of advance general nursing following at International Institute of Health Sciences- Welisara- Sri-Lanka

2(Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: Anaphylaxis being a medical emergency, can be encountered both at outpatient or inpatient settings. Since it can be triggered by medications and blood products and also since it causes rapid clinical deterioration and death, practicing nurses should be well aware of its management and should be highly competent in doing so.

Objectives: To assess the awareness among nurses of recognizing and managing an anaphylactic attack.

Method: A quantitative study was conducted among 150 conveniently selected nurses in the Colombo district using a self administered questionnaire.

Results: 63% of participants stated any healthcare worker should be able to recognize an anaphylactic attack and respectively 26%, 5%, 4% & 2% stated Nurses, Doctors, EMTs & Patients responsible. 91% of nurses were competent to identify an anaphylactic attack. Only 21% of nurses were aware of expected role in such an event, while 78% were only able to recognize some of the roles. 72% of nurses stated all healthcare workers should be able to manage an attack though only 1% claimed competence in managing an attack effectively. 46% of nurses were able to identify all the indicated medications while 26% were aware of the adrenaline dose. 14% were aware of the best route to administer adrenaline. Only 38% were aware when to repeat the dose.

Conclusion: The awareness of managing an anaphylactic attack among nurses remains at an unsatisfactory level. The knowledge about medications, dose, and their administration also remained low.

Prevalence of Psychological problems among Young Adults in Sri Lanka

Jayani K. A. D. C.¹

Silva S.N²

1. Diploma student of Nursing following at International Institute of Health Sciences – Welisara, Sri Lanka

2. (Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: Somatoform disorders are mental illnesses that cause bodily symptoms, including pain. Somatoform disorders, illness worrying, anxiety disorders, and depressions are common in young adults, yet, they are unrecognized.

Objectives: To identify the prevalence of common psychological disorders such as somatoform disorders, illness worrying, anxiety and depression.

Methods: A descriptive study was done on 200 young urban adults aged between 18-25 selected using convenience sampling from the Gampaha district using a self-administered questionnaire.

Results: 13% of the population were severely worried about having an illness. 46% of them were females. 53.8% of them were males. But 61.5% of them were not suffering from any long term disease. 14% of the population suffer from severe anxiety. 57% of them were females. 43% of them were males. 71.4% of them were not suffering from any long term disease. 13.5% of the population suffer from severe depression. 55.5% of them were females. 44.5% of them were males. 74% of people who have severe depression have severe anxiety.

Conclusion: More males worry about having an illness in future than females. Worrying about having an illness which is not currently present is higher in the people who don't have any long term disease.

Key words: Somatoform disorder, illness worry, anxiety, depression, psychological disorders, young adults, long term diseases.

Nutritional supplement use among school level athletes in Sri Lanka.

Dassanayaka E.M¹

Silva S.N²

1 Diploma student of biomedical science following at International Institute of Health Sciences – Welisara Sri Lanka

2 (Supervisor) Medical officer; National Hospital of Sri Lanka.

Introduction:Sports supplements (SS) use is seen among school athletes in Colombo but their actual practices and recommendations and associated risks are unknown. As well as the knowledge on the products they use is unknown.

Objective: To assess the knowledge & Practices regarding approved and non-approved sports supplements and the knowledge on banned doping agents.

Methods:A descriptive study was done on 130 conveniently selected school athletes among leading schools in Colombo using a self administered questionnaire.

Results:The sample population included 13.1% female athletes and 73.4% Male athletes. The participants were from ages 15-20. From the majority 62.3% took dietary supplements and 56.9% of the population took supplements with a doctor's recommendation. 45.4 % of athletes agree that anabolic steroids can improve sports performance and 50% believes that energy drinks can improve sports performance. 56.9% agrees that with doping body shape and muscle mass can be increased. 33.1% agrees that doping is the easy option to achieve the desired capability. 55.4% agrees that doping can cause harm to the user. 46.2% disagrees that taking a doping agent is an ethical deed. Also 45% disagrees respecting individuals who drug dope. 2.3% from the sample have taken a banned substance.

Conclusions:The use of nutritional and sports supplements are common among school level athletes also majority is aware of the risks. But given the circumstances if they are provided with the substance they are ready to use them.

Key words:Sports supplements, Drug doping, Anabolic steroids, Performance

Patients' satisfaction about private sector primary care nurses in urban General

Practice clinics.

Mendis N.R.N¹

Silva S.N²

1 Diploma student of nursing at International Institute of Health Sciences – Welisara Sri Lanka

2 (Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: Patient satisfaction of services provided by primary care health services depends on many factors. One key factor in this depends on is the nursing services received in primary care. Since majority of the primary care in Sri Lanka is provided by the private sector, it is important to assess patient satisfaction on this.

Objective: To assess the satisfaction among the public on nurses working in dispensaries in Sri Lanka.

Methods: A descriptive study was done on 200 individual selected using convenient sampling among dispensaries in Gampaha district, Sri Lanka.

Results: 59.3% of the sample had long term illnesses or disabilities and all of them preferred speaking to a nurse. 70.9% of the sample used to make appointments with nurses while 57.8% out of them were comfortable in discussing their health concerns. 98.9 % agreed that they get individual attention by the nurses. Majority of the sample that is 34.2% spends around 20 minutes with the nurse without even making any pay. Significantly, the whole sample believes that the nurses are professional and admits that the care given is of high quality. All 100% of the sample said that the nurses could understand their concerns while 93.5% admitted that it was very useful in their recovery.

Conclusions: Majority of the public were very much satisfied with the nurses and their practice at the dispensaries.

Key words: patient satisfaction, nurses practices, health education

CANCER-RELATED AWARENESS AND HEALTH PRACTICES AMONG THE URBAN SRI LANKAN COMMUNITY

Perera M.P.H.¹

Silva S.N.²

¹ *Diploma student in Nursing at International Institute of Health Sciences- Sri Lanka*

² *(Supervisor) Medical Officer- Ministry of Health (NHS)*

Introduction: In 2013, 25,000 Sri Lankans were diagnosed of cancer with 14,000 reported deaths. Moreover the incidence of cancer is observed to be increasing gradually by an average of 15,000 new cases annually.

Objectives: To assess the basic knowledge of cancer and its relationship to health-seeking behavior among the urban public.

Methodology: A descriptive study was done on 467 urban dwellers of Sri Lanka, who were selected through convenience sampling using an online self-administered questionnaire.

Results: Adolescents (13-19 years) knew most (71.09%) whilst 40-65 years knew least (42.42%) regarding signs. Adolescents had the highest awareness (71.88%) regarding risk factors while 40-65 years; the least (42.42%). Only 60.85% and 20.99% identified family history and viral infections as risk factors respectively. 78.43% adults (more than 65 years) and 42.19% adolescents were not aware of preventable cancers. 40-65 year adults had the highest awareness regarding HPV vaccination (31.06%). The population was more aware of screening for breast cancer (30.82%) than for prostate cancer (14.64%). If faced with a cancer symptom, 65.63% adolescents reported they would make an appointment within a month, whereas 52.94% adults (more than 65 years) would go as soon as possible. 92.42% 40-65 year adults would avoid consultation since they have other worrisome problems, while 76.56% adolescents avoid because they are worried about their diagnosis.

Conclusion: Generally adolescents had more cancer-related knowledge than the other groups. However the 40-65 group displayed the most cancer-related health practices (e.g. screening) among the population.

Key words: Cancer, Public Awareness, Cancer-related behavior

Assessment of Exposure of Youth to Cancer Causing Agents Via Foods.

Bandara G.¹

De Silva P.M.P.²

1 Diploma student of biomedical science following at International Institute of Health Sciences – Welisara Sri Lanka

2 (Supervisor) BSc. Special in Chemistry; USJP

Introduction: The urban population in the Western province of Sri Lanka is increasingly being exposed to cancer causing agents via foods which are risk factors for colorectal ,prostate,gastric cancers etc. It is important to identify the extent of this exposure and the knowledge of the public in this regard.

Objectives:To identify the awareness of carcinogenic substances via foods and some selected risk factors for cancers among youth population.

Methodology:300 people of the age group of 16-29 from a urban area in Western Province of Sri Lanka were conveniently chosen. Data was collected using an interviewer administered questionnaire and analyzed using descriptive statistics.

Results:69.3% were female and a majority of people have completed A/Ls. 8.3% obese , 17% were over weight and 19.7% were under weight. 12 of people ate sausages daily for over 15 years and 27.7% ate weekly. 16.3% had a high salt consumption. 4% of people used alcohol beverages every day. 21.3% eat beef every week. 46% of them are not aware about sausages are carcinogenic. 32% of them were not aware about beef and 56% not aware about pork being carcinogenic. 52% are not aware about barbeque chicken as carcinogenic. 52% of them were not aware cooking meat with high temperature is carcinogenic.

Conclusion:The consumption of cancer causing agents were moderate among the participants and the awareness on the carcinogenicity of them was very poor.

Awareness among youth regarding risk factors that leads to gastritis:
*A study for assessment of knowledge, attitude and practice among youth in
Maldives*

Mariyam Shazra¹

Silva S.N²

1 Diploma student of nursing following at International Institute of Health Sciences – Welisara Sri Lanka

2 (Supervisor) Medical officer; Ministry of Health Sri Lanka.

Introduction: Gastritis is a common complaint among the Maldivian youth who present to health care settings. Gastritis is directly related to the lifestyle and habits of individuals. Though many suffer from it, the awareness of its causes and preventive measures are little known about.

Objective: To assess the knowledge, practices and attitudes towards the risk factors of gastritis among youth in Maldives

Methods: A descriptive cross sectional study on 115 conveniently selected Maldivian youth using an online questionnaire.

Results: Out of 115 subjects, 60 were diagnosed with gastritis and 64 were experiencing symptoms of gastritis. 40.9% of this population claims to skip meals. Most commonly skipped meal was lunch (39.8%). 35.7% prefers to have breakfast between 10 to 11 58.8% of the subjects consumes fast food occasionally. 44.3% consumes spicy food often. 49.6% consumed caffeinated drinks. Awareness about meal patterns (75.7%), carbonated drinks (73.9%) and spicy food (74.6%) are noted as the major concerns. 61.7% believes that stress can be a factor influencing gastritis, 89% do not believe that NSAIDS could influence gastritis. Awareness regarding factors such as smoking was 27.8%, alcohol was 31.3% exercise was 11.3% and other factors such as anxiety was 3.5% for factors that influence gastritis.

Conclusions: Majority of the population is aware of the risk factors, however it seems to have been neglected. Further research has to be done to seek for the reasons.

Key words: risk factors for gastritis, knowledge, practice

Relationship between peak expiratory flow rate with academic activities and exercise patterns among school children in Colombo, Sri Lanka

Bandara D.M.P.A.¹

Silva S.N²

1 Diploma student of Physiotherapy following at International Institute of Health Sciences – Welisara Sri Lanka

2 (Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: Peak Expiratory Flow Rate (PEFR) is an important measurement of lung functions. The values of PEFR vary with physical activity and respiratory diseases as well as age, sex, weight and height. Physical conditions are known to affect the academic performances as well as peak expiratory flow rates.

Objective: To identify the academic performance among healthy physically active school children in Colombo district and their relationship with peak expiratory flow rates.

Method: A descriptive study was done on 250 Male and Female (age 12 – 13) students using convenient sampling from government schools in Colombo and using an interviewer administrated questionnaire.

Results: 127 out of 250 were male (50.08%) and 123 were female (49.2%). 79 out of 250 were 12 years and 171 students were 13 years. According to BMI, 86 students were underweight, 22 students were obese and other 142 were of normal weight. Out of 250 students 79 students were asthmatic and others were normal. 67.6% of students were engaged in sports activities and other 32.4% were not involved in any activity.

According to the above results for the students who were asthmatic, their PEFR mean value was 256.08 and for the rest it was 289.62. Students who were engaged in sports activities; their mean PEFR was 306.6 and the students who are not involved in any sport PEFR was 265.8. And also according to results female students mean PEFR was 267.64 and mean value was 290.77

Conclusions: The PEFR values are altered by physical activities, gender and asthmatic conditions.

Key words: Peak Expiratory Flow Rate (PEFR), Academic performance, lung function, Body Mass Index (BMI)

The impact of the staff nurses' support on student nurses education in the clinical learning environment for enhancing quality care at Kandy General Hospital, Sri Lanka.

Bandara H.M.T.W¹

Silva S.N²

1. Undergraduate student in BSc (Hons) Nursing Science affiliated to Open University - Malaysia; following at International Institute of Health Sciences – Welisara Sri Lanka

2. (Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: Clinical learning is the vital and effective part of the student nurses' education. Student nurses should be adequately supported by staff nurses for enhancing their clinical skills for provisioning quality care for patients.

Objectives: To describe the staff nurses' support for student nurses' clinical education and its impact and explored whether student nurses get adequate support from staff nurses.

Method: A mixed method was followed in this research. A self administered questionnaire was used to gather data from 50 3rd year student nurses in the quantitative arm. Open ended questions and in depth interviews used for the qualitative arm.

Results: Only 4(9%) students held the view of yes about staff nurses' support. (n=44) whereas 6(14%) students were against that view and they held the view 'not at all. Eleven students (25%) were satisfied with staff nurses' support in somewhat. Twenty three (52%) were not satisfied with staff nurses' support significantly. academic year and clinical settings greatly affected getting support from staff nurses.

Conclusion: Staff nurses should always make positive impression in student nurses mind and clinical learning will be successful if student nurses get orientation and awareness of their clinical practice. Moderate percentage of students had gained their skills somewhat in the absence of adequate support from staff nurses.

Key words: student nurses' education, clinical learning environment, staff nurses' support

STUDY OF KNOWLEDGE AND PRACTICE OF REPRODUCTIVE HEALTH AND HYGIENE AMONG FEMALE YOUNG ADULTS

Pasquel M.D¹

Silva S.N²

1 Advanced Diploma student of General Nursing following at International Institute of Health Sciences – Welisara Sri Lanka.

2 (Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: Learning about menstrual hygiene is a vital aspect of health education for young female adolescents. Menstrual Hygiene is linked with different types of misconceptions and social taboos. Insufficient knowledge and not receiving adequate attention for menstrual hygiene and management effects on reproductive health.

Objective: To estimate the level of knowledge and menstrual hygiene practice among female young adults.

Methods: A descriptive study was done on 200 female young adults aged between 18-35 using convenience sampling in Gampaha District using a self administered questionnaire.

Results:

Conclusions:

Key words : Menstrual hygiene, Reproductive health, Adolescent

Implications of high-heeled shoes on gait pattern of young females in Colombo.

Kanuwana N.H.¹, Kasunka L.G.K.², Silva S.N.³

1, 2, Lecturer, International Institute of Health Sciences – Welisara Sri Lanka

3, Senior house officer; National Hospital of Sri Lanka

Introduction: The use of high-heeled shoes is a habit that's becoming increasingly common. But it can trigger several changes in postural alignment, and gait deviation. These changes in posture and gait might be more for some individuals depending on their physical characteristics.

Objective. To assess the effect of high heels on the gait pattern of young females and the effect of their physical characteristics to the gait changes with high heels.

Methods :: A descriptive cross sectional study involving 40 young adult females between the ages of 20 and 30. Their normal Cadence, Stride length and Step lengths were measured and the same measurements were repeated after 30 minutes of walking on 3 inch high heels.

Results: The mean cadence was (56.7), mean stride length (36.48) and the mean step length (68.59) was without high heels. After 30 minutes of walking on high heels; cadence (Mean 56.00) and step length (Mean 38.56) were decreased and the stride length (Mean 67.81) was increased. The step length decreased more in those with wider hips. The stride length difference (without-with heels) more in those with wider hips. The cadence (without-with heels) decreased more in those with wider hips.

Conclusion: Wearing high heels changed the gait pattern more in those with wider hips and those who were taller. Wearing high heels generally made everyone walk faster with shorter steps.

Key words: Cadence, Stride length, Step length, Hip circumference.

GOVERNMENTAL COST REGARDING TO THE SPINAL INJURY PATIENTS IN SPINAL INJURY MODEL UNIT IN NATIONAL HOSPITAL OF SRI LANKA

Niroshanie R.A.C¹

Ms Rathnayake R.M.A.M.K²

1 Undergraduate student of Nursing following at International Institute of Health Sciences – Welisara Sri Lanka

2 (Supervisor); Senior Lecturer of nursing International Institute of Health Sciences – Welisara Sri Lanka

Introduction: The Spinal Injury Model Unit was opened in 2012 for spinal cord injured patients at the National Hospital of Sri Lanka (NHSL). It consist of 14 beds with a mini rehabilitation unit with trained staff.

Objective: To identify the category of spinal injury patients (Complicated Spinal injury patients (SCI), Surgically managed patients or conservative SCI patients) have incurred a higher treatment cost.

Methods :: Twenty consecutive patients were selected in the spinal Injury model unit of NHSL belonging to the categories, which are surgically managed patients, complicated patients and conservative managed patients. Cost calculation were done on each category using data from the actual costs incurred by the hospital and data from the previous studies.

Results:

Total cost for patient management were found to be Rs 82,470 (584USD) for surgically managed, Rs 98,684 (696USD) for those with complications and Rs 45,889 (324USD) for those managed conservatively. Mean cost for complicated patients is more than twice that of conservative patient. .

Conclusions:

Hence it is clear that in the health care sector, the government expenditure is much greater for complicated clients rather than that of conservative clients managed at an acute spinal care unit per month.

Key words : Spinal injury, Government expenditure

Awareness of preventive measures regarding dengue fever among residents of rural area in Ratnapura district.

Lokugalappaththi K. P¹

Edirisinghe K²

1. *Undergraduate. Bachelor (Hons) Nursing Sciences, Open University Malaysia.*
2. *(Supervisor) MBBS, Msc, MD (Medical Administration, TTA Cert IV (Australia)
Bachelor of Nursing, Open University Malaysia*

Abstract

Introduction: Dengue is a mosquito-borne viral disease which is most rapidly spread. Dengue is a major public health problem in Sri Lanka. Dengue fever control is basically depends on the control of vector mosquito. In the recent dengue epidemics many cases has been reported from the Ratnapura district.

Objective: To determine awareness of preventive measures regarding dengue fever among residents of rural area in Ratnapura District.

Methods: A descriptive cross sectional quantitative study was done on 210 participants selected using convenience sampling using a self administered questionnaire.

Results: Majority of the respondents (62%) were females. Out of 210 respondents 206(98.05%) knew that the dengue fever is transmitted by a mosquito. Only two people could identify the correct answers for breeding sites of mosquito. Only three people could identify the 3 symptoms of dengue fever (Headache, fever rash). Majority of the respondents (57%) are not aware of the biting time. All of the respondents use cleaning gutters to control vector mosquito in the environment. All of the respondents (100%) use mosquito nets as practicing method to prevent from dengue fever at home. Most of the study population were using (187, 89%) television as a source of information.

Conclusion: Majority of the study population had a moderate level of knowledge about the dengue fever. Practices of preventive measures also remain in a moderate level. Findings highlight the need for further information, education and communication programs in the community.

Key words: awareness, dengue, preventive measures, rural residents

Correlation between Height and Arm Span among Young Adults

L.G.K. Kasunka

Lecture, International Institute of Health Sciences – Welisara Sri Lanka

Introduction

Height and arm span are significant parameters for measuring the development of young adult. It can be varies in different populations. This study has done to show whether there is any relationship between height and arm span for Moodbidri population.

Objective

Study was done with purpose of investigate strong relationship between arm span and height of young adult in Moodbidri.

Subject and method

Height and arm span were measured in 34 boys and 119 girls from Moodbidri population with the help of standiometer and calibrated steel tape. Height of all the students was measured in anatomical position keeping all the subjects erect. The height measured was vertical distance from the vertex to floor. Arm span measured was the straight distance between tip of middle fingers right and left, when the arms are fully stretched and are parallel to the floor. All students were free from any kind of physical deformities which can affect Height or arm span. For statistical analysis (Statistical Package for Social Sciences) **SPSS + Version 16** was used.

Result

Mean height for girls 157.38(SD =6.96) cm and for boys 167.93(SD=6.98) cm.

Mean arm span for girls 161.63 cm and for boys 176.2 cm.

The correlation coefficient between height and arm span was 0.890 for girls and 0.826 for boys.

$P < 0.05$ for both groups .correlation is significant at the 0.01 level.

Conclusion

Height and arm span have strong correlation and arm span can be used as reliable parameter for predicting the height of young individuals.

Body Image and Self-Esteem among Adolescents in Sri Lanka

Jayani K. A. D. C.1

Silva S.N2

1. Diploma student of Nursing following at International Institute of Health Sciences – Welisara, Sri Lanka

2. (Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: Body image is how a person view their physical self, whether they feel they are attractive and whether others like your looks. Self-esteem is how much a person feels that they are worth. Self-esteem is important because feeling bad about themselves can affect their mental health and behavior. Among many adolescents, body image can be closely linked to self-esteem.

Objectives: To identify the self-esteem, anxiety, and depression related to body image dissatisfaction.

Methods: A descriptive study was done on 300 students aged between 13-18 selected using convenience sampling from Negombo using a self-administered questionnaire.

Results: 5.6% of adolescents were overweight. 81.8% of them are females. 18.1% of them are males. 70.7% of adolescents are not concerned about their body image. Majority of them were females. 25.7% of adolescents are slightly concerned about their body image. Most of them were females. 23.6% and 21.6% of adolescents who are underweight and in normal weight were slightly concerned about their body image respectively. 45.4% and 22% of adolescents who are overweight are slightly and mildly concerned about their body image respectively.

Conclusion: Most of the adolescents were not concerned about their body image. But worrying about the body image is higher in people who are underweight.

Key words: Body image. Self-Esteem, mental health, underweight, over weight, adolescents,

Health Seeking Behaviors among Sri Lankan Expatriates living in Australia

Silva H.N.S.D¹

Samarakoon S.B.R.S.M²

Silva S.N³

1Diploma student of advance general nursing following at International Institute of Health Sciences- Welisara- Sri-Lanka

2Diploma student of advance general nursing following at International Institute of Health Sciences- Welisara- Sri-Lanka

3(Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: The latest distribution of Sri Lankans in New Zealand counted in 2011 states a total of 86,413 are currently present and is increasing and according to latest researches. This study is based on finding reasons behind the increase in mortality levels in hospitals of the developed western countries, as to why the mortality rate involves more Asians than local population.

Objectives: To determine the health seeking behaviors of the Sri Lankan expatriates living in Australia and to describe the factors that affect the health seeking behaviors of the Sri Lankan expatriates living in Australia.

Methodology: A quantitative study was conducted among 35 conveniently selected Sri Lankans currently living in New Zealand using a self administered questionnaire.

Results: 67.6% of the population stated that they get ill occasionally (once in 6 months) or even more, but 67.6% of them didn't seek medical assistance during every occasion, when assessed the reason for it 50.2% of them said to have financial issues and 32.8% stated it was difficult to make an appointment. 91.2% of the population preferred to be treated by healthcare professionals of Sri Lankan origin as 61.3% felt more comfortable and 19.4% said they trusted them more than healthcare workers of New Zealand origin. 58.8% have never obtained medical advice from Sri Lanka for an illness they suffered in New Zealand, 55.9% of them have requested medicine from Sri Lanka to be used in New Zealand.

Conclusion: Majority of the Sri Lankan immigrants consider Sri Lankan healthcare system and professionals more reliable comparing to New Zealand approaches.

Rehabilitation of a client with an ischaemic stroke and end stage metastasis; a case study

Kasthuriarachchi H.I 1

Silva S.N2

Diploma student of Nursing following at International Institute of Health Sciences – Welisara Sri Lanka

2 (Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction

Strokes are well known to be associated with metastatic breast cancer. Since extensive metastatic breast cancer implies poor prognosis as well as negligence of early symptoms, it is challenging to decide the extent of management (especially rehabilitation) of the strokes in them.

Case description

A 70 years old female presented with sudden shortness of breath on February 2015 who had a history of diabetes and hypertension. She presented with a right sided pleural effusion which had been recovered, a mild left ventricular hypertrophy and secondary deposits in lungs from a well differentiated breast mass which had a history of 8 years. The history indicates gross negligence of obvious symptoms due to fear. In addition, she has a 1st degree family history of breast cancer. She presented with left sided paralysis following a right MCA territory stroke, which caused aspirational pneumonia. And she remains hemiplegic and dependent.

Discussion

Her condition needs palliative care and stroke rehabilitation. But her disseminated metastatic cancer had been due to low compliance and neglected treatments. This indicates attitudes of the patient and possibly the family as well. However with the new developments and especially in the face of disability, these attitudes might change. Evaluating these factors to determine the level of expected compliance and the expectations of the family and the patient is important before considering an extensive rehabilitation plan as required for significant hemiplegia with complications. Therefore discussions on further management should consider the practical implications besides the client's autonomy, compliance and the beneficence of her health.

Learning with Social Media; a student's perspective

Tissera S.R¹

Silva S.N²

1 Advanced Diploma student of Nursing following at International Institute of Health Sciences – Welisara Sri Lanka

2 (Supervisor) Medical officer; Health Ministry of Sri Lanka

Purpose: To describe the different dimensions of teaching-learning activities possible with Social Media.

Design/methodology/approach: Evaluate the Teaching - Learning activities and Student-Teacher Interactions that take place over Social Media platforms such as Facebook pages (for academic activities, for research etc), Groups, individual and group chat and individual profiles, YouTube channels and Google hangouts (Webinars) used by International Institute of Health Sciences Sri Lanka. Their Teaching-Learning capabilities were evaluated from a Health Science Students perspective and various dimensions demonstrated on the above aspects were described.

Findings: Several dimensions of Interactions and Teaching learning activities were noted. They are as follows.

Facebook was used for knowledge sharing (facts and material) as files, for interactions (Group/Pages), for collaborations via group chats or pages and real time participation as in a group chat that discusses questions. This was specifically seen in assignments and self-study activity discussions and in research. Facebook can also be used for motivation by sharing inspirational material.

YouTube was seen being used to review the missing lectures recordings with comments and feedback. Google Hangouts were used for Knowledge sharing and for international collaboration and promotes real time participation.

The use of these media were not merely as an adjunct or a paralleled support, but at times was the main content delivery mode for some sections of the lessons.

Practical implications: Social media proves to be a very useful tool for Teaching and Learning activities and for Student Teacher Interactions, especially when it comes to the younger generations.

Investigating Nurses' informational support to family members of ICU patients treated at Intensive Care Unit in Teaching Hospital Peradeniya, Sri Lanka.

Samaranayake P. A¹

Silva S.N²

1 Undergraduate student of BSc (Hons) Nursing Science affiliated to Open University - Malaysia; following at International Institute of Health Sciences – Welisara Sri Lanka

2 (Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: When a person admitted to an Intensive Care Unit, family members get stress and panic. They are emotionally become discouraged with the fear and anxiety due to inability of image what will happen to their loved person. Hence information provide by nurses to the relations are very vital in an Intensive Care Unit.

Objective: To evaluate whether the relations get enough information about their patient and to explore factors that influence such communication.

Methods: A quantitative study was done on each family member of 100 patients who got admitted to Intensive Care Unit in random sampling using questionnaire based on Likert scale.

Results: facilitative factors between nurses and families' communication consisted with emotional support, getting involvement of family members in patient care, clear explanations of nurses and etc. The barriers that has identified for the informational support were low education level of family members, their language, unexpected ICU admissions of patients and etc. According to data analysis 71% family members were satisfied with informational support of ICU nurses. A significant positive correlation was found between family members' educational level and nurses' informational support. In further only 27% family members were able to know the prognosis of their patients.

Conclusions: The findings have made foundation into the recognition of the important barriers and facilitators in communication between ICU nurses and the family members of the patients.

Key words: Intensive Care Unit, Prognosis

Rehabilitation needs among sub urban elderly population in Sri Lanka

Jayalath J.S.S¹

Silva S.N²

1 Diploma student of physiotherapy following at International Institute of Health Sciences – Welisara Sri Lanka

2 (Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: Elderly population is gradually increasing all over the world as well as in Sri Lanka. With age, physical illness are also increasing; increasing the need for rehabilitation. This need is yet to be identified or described.

Objective: To identify the rehabilitation needs and awareness of Physiotherapy in related with social factors among sub urban elderly population in Sri Lanka.

Methods: A quantitative study was done on 160 sub urban elderly selected using convenient sampling, using an interviewer administered questionnaire.

Results: Out of 160, 90.6% are married. Though 80.6% have children, 65% only live with their children. Regarding the conditions 10.6% are obese, 10% have Stroke, 13.1 have neuropathies, 13.8% have Foot conditions related to Diabetes, 29.4% have Osteoarthritis, 3.8% have Rheumatoid arthritis, 25% have Chronic back pain, 15% have Fall related Musculoskeletal pains, 10.6% have Fractures, 16.3% have Other deformities which require to take Physiotherapy Treatments. 74.4% are currently on treatments. Among them 41.9 have prescribe for the Physiotherapy treatments and only 30% are taking Physiotherapy treatments while 33.8% of them are taking Ayurvedic treatments. Regarding risk factors for above conditions 36.9% have Diabetes, 56.3% have Hypertension, 13.8% have Heart attack, 37.5% have Cholesterol, 9.4% are taking Alcohol, 16% are Smoking, and 6.3% have Mental Stress. Majority of 49.4% haven't Proper knowledge regarding Physiotherapy Treatment.

Conclusions: Though the significant amount of them require Rehabilitation due to Social, Economic and other issues they couldn't full fill it.

Key words: Rehabilitation needs, Elderly Population, Physiotherapy.

Importance of family support on disabled children receiving institutionalized care

Kasthuriarachchi H.I 1

Silva S.N2

1 Diploma student of Nursing following at International Institute of Health Sciences – Welisara Sri Lanka

2 (Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: Most children with disabilities continue to spend most of their lives in specialized institutions; though they have the need and equal right to live in a family environment. Children with different impairments need additional support and care from family members and caregivers; possibly more than ones without such impairments.

Objective: To determine the effects of family support on the care given to, and on the well-being of disabled children who receive long term institutionalized care.

Methods: A qualitative study was done among 6 caregivers using in-depth interviews at a specialized center for disabled children in Sri Lanka.

Results: The qualitative inputs can be described under 4 themes. They are reasons for low family support, negative impact of low family support, positive impact if receiving family support and the care givers view. Busy environment, easiness, poverty, no parents, difficult to handle them, bad luck and social class were the reasons given for low support from the families. The low support of the family, in turn causes psychological impacts, low health improvements, social isolation, and no place in the field. In contrast, they have the uniqueness at the institution which may not let them to feel isolated. Positive impacts of family support were on psychological status, self-esteem, self-confidence and health support. Caregivers had a good perception on their training, self-satisfaction and religious views.

Conclusion: This study shows the influence on the impact on children according to the level of family support and the equal right to live in a family environment.

Compassion fatigue among Sri Lankan Nurses

Tissera S.R

Silva S.N

1 Advanced Diploma student of Nursing following at International Institute of Health Sciences – Welisara Sri Lanka

2 (Supervisor) Medical officer; Ministry of Health, Sri Lanka

Introduction: Compassion fatigue (CF) is a unique form of burnout that affects individuals in caregiving roles especially on the nurses. Health care delivery is considered a noble act / profession in Sri Lanka. Therefore it is important to research on a worldwide prevalent entity like CF, among nurses coming from a traditionally culturally caring background.

Objectives: To evaluate the variations of compassion fatigue among Nurses across their academic and practicing years and to find their perception on it.

Method: A qualitative ethnographic study was done on judgmentally selected Nursing students following Advanced Diploma in General Nursing at International Institute of Health sciences, and Practicing Nurses, using focused group discussions for data collection.

Results: Following the thematic analysis CF among nurses in Sri Lanka could be described under three themes: Presence of CF, Reasons for CF and Implication of CF. Presence of CF was seemed less among students and junior nurses, but more among the senior nurses. The reasons for compassion fatigue were many. The nature of the work setting (more in ETU/ICU), activities involving nursing supervisors and those influenced by external parties like doctors, seemed to increase CF. Implications of CF were seen both on self-satisfaction and on job satisfaction of the nurses. And CF seemed to affect junior nurses in patient care activities.

Conclusions: Compassion fatigue is seen among senior nurses due to more distancing from training and more exposure to deaths and other animosities; leading to several negative implications on care giving and on one-self as a nurse.

Key words: Compassion fatigue, student nurses, exposure, academic years, practicing years

Acute Knee Injuries among Squatters in Weight Lifting

Fernando M.P.L

Silva S.N²

1 Diploma student of physiotherapy following at International Institute of Health Sciences – Welisara Sri Lanka

2 (Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: Acute Knee injuries (AKI) is known to be common among the squatters in weight lifting. It works more muscles, with heavier weights, than more popular exercises like the Bench Press. It's therefore more popular among body builders.

Objective: Assessment of prevalence of acute knee pains among squatters in weight lifting and the factors that affect them.

Methods : 51 Squatters were conveniently selected from gyms in Raddolugama Housing Scheme (a suburban Sri Lankan population) and a descriptive cross sectional study was done using an interviewer administered questionnaire.

Results: Thirty four of the 51 participants were regularly doing squatting. They have been on average approximately doing 1.5 hours of gym exercises for 4 days a week for over last 5 years. Twenty two of them had experienced an acute knee pain at least once during the training period. The pain had lasted for few days in 10 of the injured participants and 10 had it for up to one week. In addition, pain was there for more than one week in two of them. Twenty one of the injured squatters had done warm up exercises before and after. Thirteen of them had started with light weights. Shoes were worn only by 19 out of the injured participants. The awareness of the correct technique was assessed and 19 out of 51 were aware of the proper technique.

Conclusions: There was a significant association between lack of awareness of the correct squatting technique and acute knee pains.

Prevalence of Musculoskeletal Pains and Stiffness among Dentists in Colombo, Sri Lanka

Shabbir. S¹

Kanuwana. K.P.N.H.²

1. *Diploma student of physiotherapy following at International Institute of Health Sciences – Welisara Sri Lanka*
2. *Supervisor –Physiotherapy lecturer at International Institute of Health Sciences*

Introduction: Many Dentists experience musculoskeletal pathologies, pain and stiffness due to the rigors of dental work. However this is not a subject that has been looked into or researched in Sri Lanka and hence adequate steps are not taken to overcome this problem

Objectives: To identify the prevalence of musculoskeletal pains and stiffness experienced by dentists associated with their dental workstation in Sri Lanka

Methodology: A descriptive study was done on 30 graduated dentists having a work experience of 1 year or more in leading hospitals of Colombo using a self administered questionnaire.

Results: The study showed that 55.9% of dentists have pain out of which 23.5% have it for more than 6 months. Most dentists (26.5%) complained of back pain out of which 11.8% complain of back, neck and shoulder pain simultaneously. Majority (41.4%) of the dentists experience pain while treating patients. Findings show that nature of most dentists' pain is intermittent (52.9%) and pain is relieved for most while rest (35.2%) and at night (20.6%). It was observed that the number of patients attended per day by the dentists had a significant association with the pain they experienced.

Conclusion: The study revealed that most dentists are suffering pain while treating patients. Majority of them have back pain while some of them having neck and shoulder pain as well. Further analysis is necessary to implement interventions for good ergonomics.

Key words: Dentists, musculoskeletal pathologies, pain, stiffness and dental work station

Assessment of the effect of education on the procedure on pre procedural anxiety among patient who are awaiting for coronary angiogram and percutaneous coronary intervention in cardiology unit in National Hospital in Sri Lanka.

Jayani Chandika Kumari H. H.M. G

1 B.s.c (Hon) student of Nursing following at International Institute of Health Sciences – Welisara Sri Lanka

*2 (Supervisor) Dr. S. N. Silva (MBBS) Senior house officer- Internal Medicine ; National Hospital of Sri Lanka
Lecturer, International Institute of Health Sciences*

Introduction: Coronary angiogram is a common diagnostic investigation and percutaneous coronary intervention is a common treatment used for the patients with Coronary Heart Diseases in Sri Lanka.

Objective: To evaluation of the effect of knowledge on the invasive procedure on anxiety among patients who awaiting for Coronary Angiogram and Percutaneous Coronary Intervention.

Methods: A descriptive study was done on 110 patients' selected using convenience sampling from the Cardiology Unit at the National Hospital of Sri Lanka using a questionnaire administered before and after an educational video.

Results: Majority of patients presented between ages 41 -50 which was 35% out of the total and more were male patients, the percentage was 56%. When considered educational level majority were included to up to A/L group which was 38% out of the total. Additionally 61% of patients were lived in urban area and 39% was presented from rural areas. 69% of patients had more than Rs 15,000 monthly income and 31 % of patients' monthly income were below Rs 15,000. When considered nature of the employments of patients more were self-employers which was 29 % out of 100 patients. According to the civil status more were married patients, the percentage was 69%. The level of knowledge in majority of patients was poor and level of anxiety was high before the video information. The patients showed improved level of knowledge and lower level of anxiety after the video information.

Conclusions: The pre procedural anxiety levels were high for both Coronary Angiograms and Percutaneous Intervention. But it was successfully reduced using an educational video.

Key words: Coronary artery disease, coronary angiogram, percutaneous coronary intervention, knowledge, anxiety, video information

Capacity of a patient with Parkinson disease to consent for surgical intervention

Samarakoon S.B.R.S.M¹

Silva S.N²

1Diploma student of advance general nursing following at International Institute of Health Sciences- Welisara- Sri Lanka

2(Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: Parkinson is a progressive neurological condition which can leads to mild cognitive impairment and dementia. As a consequence clients will be having difficulties in giving consent for invasive medical or surgical procedures.

Case description: 79 years old gentlemen present to the hospital with mild chest pain accompanied by ECGs with mild dysarrhythmias. After consulting a surgeon, the client was requested to undergo a CABG. He reported a history of Parkinson disorder (from 11 years), regular seizure episodes monthly from 9 years, and well controlled DM and hypertension. At first the client has hesitated to undergo a surgical intervention due to his current health condition but due to repeated forcing episodes from behalf of the surgeon, the client has given the consent. After the surgical intervention the client resulted in a coma state due to an ischemic stroke.

Discussion: The overall health status of our case did not seem to look dis-satisfactory, but when considering the medical history of our case with a holistic view he has had a brain disorder named as Parkinson for 11 years along with regular seizure episodes for a period of 9 years, in addition to his neurological disturbances he was a diabetic patient in addition he was a hypertensive patient as well, considering all the above circumstances it can be concluded that our case was not fully cognitively capable of making sharp decisions, during the time of giving his consent he must have not been fully aware of the consequences of his surgery.

**Study on Influence of Sleep Quality on Satisfactory Work Performance
among Undergraduates & postgraduates in Sri –Lanka**

Kankanigei C.P¹ ,

K. A. D. C. Jayani²

Silva S.N³

1 Diploma student of nursing following at International Institute of Health Sciences – Welisara Sri Lanka

2 Diploma student of nursing following at International Institute of Health Sciences – Welisara Sri Lanka

3(Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: Sleep deprivation is said to be negatively related to academic and general performance, in addition it affects negatively also in attention, memory and problem solving skills which are crucially related to their academic performances.

Objective: To assess the factors that affect the sleep quality among the undergraduates and postgraduates and how sleep quality will affect on their academic and general work performances.

Methods: A descriptive quantitative study among the undergraduates & postgraduates in Sri Lanka was done using convenient sampling by using a self administered questionnaire.

Results: 18.2% of the participants are having less than 4 hour sleep on weekdays and 19% of the participants having less than 4 hour sleep even on weekends. 52.9% have respond that they are highly satisfied about their academic and workplace performances while only 27.3% is unsatisfied. Majority, 44.5% feels not refresh in the morning due to lack of sleep and 36.5% feels extremely drowsy. 51.1% of the participants affirm that they are subjected to repeated disturbances while sleeping and due to this reason 61.1% of them feels tired and sleepy during day time. 52.6% of the participants affirms that they are less active on academic and general work, 40.7% of them complain about Irritability, temper and moodiness and 38.5% have a poor quality of life due to lack of sleep.

Conclusion: Poor sleep hygiene was noted among these individuals and it seemed to affect their efficiency. However their awareness was not satisfactory.

Key words : sleep quality, performance satisfaction, undergraduates & postgraduates

Frontal Fungal Sinusitis with Intracranial Extension Case Study

Jayalath .J.S. S¹ , Mendis. N.R.N², Bandara.D.M.P.A³

Silva S.N⁴, Silva S.M.M⁵

1, 3 Diploma student of physiotherapy following at International Institute of Health Sciences – Welisara Sri Lanka

2 Diploma student of advance general nursing following at International Institute of Health Sciences- Welisara- Sri Lanka

4, 5 (Supervisor) Medical officer; Ministry of Health.

Introduction: Fungal Sinusitis with intracranial extension is rare, serious and life threatening condition which needs to surgical, medical and physiotherapy management. It has the tendency to invade in to blood vessels and cause thrombosis with cerebral infarction or vascular rupture with cerebral hemorrhage. Ultimately it can lead to limb weakness, vision disturbances, hearing loss and memory impairment.

Case description: 49 years old male present to the hospital with chronic frontal headache. He has past history of Diabetes Mellitus, Hypertension, and dyslipidemia. After investigations and examination it diagnosed as Frontal fungal sinusitis with intra cranial extension up to the right frontal lobe. He had Aspergillus debris in right side frontal sinus cavity due to that and there was edematous mucosa within the frontal sinus cavity. Right side frontal sinus trephination surgery had to be performed. Previously there was no limb weakness, visual disturbances or hearing loss but gradually he developed those and the severity of them increased. These multiple conditions needed physiotherapy management and medical management. Ultimately client passed away after many years of treatment due to the disease sequel and poor response to treatment.

Discussion: This case is about a rare complication of possibly neglected chronic sinusitis which might have later got a superimposed secondary fungal infection. His diabetic status with a possible immune compromised state could have contributed to the extensive nature of the disease and also its poor prognosis.

Assessment of conformity standards in terms of equal public usability of staircase access among public buildings in Colombo, Sri Lanka

Bandara D.M.P.A.¹, Jayalath S.S.², Kanuwana N.H.³

Silva S.N⁴

1, 2 Diploma student of Physiotherapy following at International Institute of Health Sciences – Welisara Sri Lanka

3 Physiotherapist/ Lecturer, International Institute of Health Sciences – Welisara Sri Lanka

4(Supervisor) Medical officer; National Hospital of Sri Lanka

Introduction: ‘Protection of the rights of persons with disabilities’ act, no. 28 of 1996, under section 23 and section 25 demands staircases to be included in public buildings. This is reinforced under the National Policy on Disability for Sri Lanka by the Ministry of Social Welfare in 2003. Though staircases are included in public buildings as mentioned in the act; their quality and specifications in keeping with it, is not known.

Objective: To describe the suitability of staircase access among public buildings in Colombo Sri Lanka.

Methods : A descriptive cross sectional study involving 100 staircases among conveniently selected, commonly used public buildings within city limits of Colombo, Sri Lanka in 2015.

Results: 78% of staircases had single or both-side handrails and 22% hadn’t any handrails. 55% staircases had both-side handrails. 51% of staircases had handrails extending beyond the ends of the staircases. 49% didn’t have handrails extending beyond the staircase ends. 69% of staircases had a suitable decorative nosing and 31% didn’t have any decorative nosing. 58% of edges had bright contrasting colours and 42% did not have any. Although 84% lighting was adequate during the day time, 16% did not have adequate lighting. 62% of staircases had adequate lightning facilities at night and 38% did not have lighting to suit the night. Only 68% of staircases had rough standard surfaces and 32% were too slippery.

Conclusions: It can be implied that staircase users are at risk of inconveniences and even injuries due to inconsistencies among staircases and their poor quality.

Key words: Staircases, Access to Public buildings, staircase standards

Knowledge regarding Coronary Artery Disease among patient in Cardiology clinics in National Hospital of Sri Lanka

Arawatta A.M.T.T.¹

1 Bsc. (Hons) student of Nursing following at International Institute of Health Sciences – Welisara Sri Lanka

2 (S. N. Silva (MBBS)) Senior house officer- Internal Medicine ; National Hospital of Sri Lanka ,Lecturer- International Institute of Health Sciences,Medical officer; National Hospital of Sri Lanka

Introduction: Coronary Artery disease is a major public health concern and continues to be the main cause of death all over the world and a major cause of hospital admissions. Also Coronary artery diseases occurrence in younger patient is on the rise due to multiple risk factors such as high blood sugar, high blood pressure, high lipid level, smoking, stressful life style, lack of exercise, dietary factors and genetic factors.

Objective: To assess the knowledge on Coronary Artery Disease among adult patients attending the cardiology clinics at National Hospital of Sri Lanka.

Methods : A descriptive study was done on 120 adults selected using convenience sampling from the cardiology clinics at the National Hospital of Sri Lanka.

Results: Among 115 studied participants; majority of 68 were male and majority were in over 51 years. About 51.1% had secondary education. About 28.6% of all participants were self employ, 80% were married, 59.1% lived in the city and 73.9% had more than 15,000 monthly income. While majority of participants had poor knowledge regarding the various aspect of heart disease and signs and symptoms overall knowledge regarding the CAD prevention was good. Out of 115 participants there were 47 of women participants. Although average of them couldn't identify the relationship between heart disease and it's level of riskiness after menopause, the overall knowledge regarding this fact was high. Higher awareness scores were found among older age, higher educational levels, widows and married participants.

Conclusions: The overall awareness on coronary heart disease prevention is better than the awareness of its signs and symptoms.

Key words : Coronary Artery Disease, high blood sugar, high blood pressure, high lipid level, smoking, stressful life style, lack of exercise, dietary factors and genetic factors, signs and symptoms.

**The awareness regarding cardiac catheterization of cardiac patients in cardiology unit,
National Hospital of Sri Lanka**

Jayawardna K.P.D.M.M.P

1 BSC (Hons) Nursing student of Open University of Malaysia following at International Institute of Health Sciences – Welisara Sri Lanka

*2 Supervisor: Dr. S. N. Silva (MBBS) Senior house officer- Internal Medicine ; National Hospital of Sri Lanka
Lecturer, International Institute of Health Sciences, Sri Lanka.*

Introduction: Most of the cardiac patients are suffered and worried about cardiac catheterization procedures. They always pass the stressful moments in the cath lab. Though they were had health education and given informed consent, patients have very shallow knowledge or wrong concepts about the procedure they are waiting to undergo. Hence, this topic helps to identify patients' knowledge regarding cardiac catheterization, as well as the resources they used to obtain knowledge.

Objectives: To identify patients' knowledge about cardiac catheterization in the cardiology unit at National Hospital of Sri Lanka.

Methods: A non-experimental descriptive study. Convenience sample was 100 patients from the cardiac wards in National Hospital of Sri Lanka who are awaiting to undergo cardiac catheterization over five weeks period.

Result: A majority (58.9%) had poor knowledge about cardiac catheterization. Reported consequences of given information (57.7%), taken the information from the medical officer (20.8%), from nursing officers (17.3%), 42.3% told there was no any proper teaching session. Satisfaction level of the information giving system is around 40% - 45%. 59.8% wanted to change the education session. Majority (49.5%) said procedure explanation was not clear, not enough (59.8%), 47.5% participant faced language problems and could not understand the medical terms. 77.3% accept to participate their family members.

Conclusion: Even though a health education session held prior to the procedure, the majority of the participants had poor knowledge about their procedure and its complications. Meanwhile patients were not satisfied about the current information giving system.

Frontal Alpha Asymmetry as a pathway to behavioural withdrawal in depression: research findings and issues

Jesulola, E.A.¹, Sharpley C.F.^{1,2}, Bitsika, V.², Agnew, L.L.¹, Wilson, P.¹

¹ Brain-Behaviour Research Group, University of New England, Armidale, New South Wales, Australia, 2351

² Centre for Autism Spectrum Disorders, Bond University, Robina, Queensland, Australia, 4229.

Literature Review

Purpose: To clarify the relationship between depression and frontal lobe asymmetry (FLA) whilst describing the theoretical model of depression and EEG alpha asymmetry.

Design/methodology/approach: Detailed examination of the relevant literature published between January 1985 and June 2014 was carried out through a search of PUBMED using combinations of the following keywords: *frontal, EEG, electroencephalography, asymmetry, depression, anxiety, co-morbidity, co-morbid, psychological disorders, treatment, and therapy*. Only studies which actually determined asymmetry by EEG data and that were reported in peer-reviewed journals in English or translation were included and reviewed. The review addressed the following questions: what is the relationship between resting and task-related FLA and depression? what is the relationship between FLA and depression with co-morbid psychological disorders, majorly anxiety? what is the influence of various therapeutic interventions upon FLA?

Findings: FLA can be demonstrated in depressed individuals. There was no consistent asymmetry pattern for co-morbid psychological disorders (except for anxiety, with some evidence of opposite direction alpha asymmetry). Psychotherapies and other forms of treatment for depression significantly improve the overall cerebral activity.

Practical implications: This review specifies the need for further exploration and investigation of the way that frontal and other brain regions interact to initiate the withdrawal behaviour that is common in depression, how it happens across genders, depression severities and symptom profiles, and whether FLA is a common neurobiological substrate for other mental disorders.

Originality/value: This review identifies possible areas of further research in understanding depression pathophysiology so that targeted and individualized treatments may be developed and implemented.

Building Predictive Algorithms to Accurately and Objectively Diagnose Coeliac Disease from both Histological and Gene Expression Data

Charlesworth RPG¹, Andronicos NM², Scott DR³, McFarlane J⁴ and Agnew LL⁵

¹ PhD Student of Clinical Immunology studying at the University of New England – Armidale, NSW, Australia

² (Co-Supervisor) Lecturer in Molecular and Cellular Biology; School of Science and Technology, University of New England.

³ (Gastroenterologist and Clinical Consultant) Tamworth, NSW, Australia.

⁴ (Co-Supervisor) Professor Biology, Biomedical Science and Pharmacy, School of Science and Technology, University of New England

⁵ (Principal Supervisor) Senior Lecturer in Biomedical Science; School of Science and Technology, University of New England

Introduction: Coeliac Disease (CD) is a chronic autoimmune disorder targeted against the harmless grain protein gliadin which affects around 1 in 300 people worldwide. CD is currently diagnosed using both serological and histological metrics although there is debate as to the accuracy of these measures.

Objective: We have developed and tested a fully-annotated and MIQE-compliant 87-gene qRT-PCR array which was specifically designed to investigate the hypothesised immune pathways and processes of active CD. We have also analysed both healthy and CD mucosa under a number of standard histological stains to investigate morphological changes which occur during the condition. The aim of this research was to then examine both these datasets using discriminant analysis to generate linear predictive algorithms able to accurately and objectively classify the disease severity of CD patients.

Methods: Discriminant analysis was used to analyse both these datasets and generate linear predictive equations to determine CD Marsh score (truth parameter) from the histological and gene expression data.

Results: Using histological data alone, we generated two predictive algorithms able to accurately predict CD Marsh score 79.2% of the time. Using gene expression data alone, we generated two algorithms able to accurately predict CD Marsh score 96.3% of the time. Using both histological and gene expression data, we generated two predictive algorithms able to accurately predict CD Marsh score 99.3% of the time.

Conclusions: We have successfully generated three sets of predictive algorithms which are able to correctly predict CD severity using histological data, gene expression data and these two measures combined.

Valuing the pharmacopoeias of First Peoples: The benefits in an era of antimicrobial resistance

Lyddiard D¹

Jones G.L & Greatrex B.W²

1 Doctoral research student, School of Science & Technology, University of New England, Australia

2 Supervisors, School of Science and Technology, University of New England, Australia

Literature review

Introduction

Antimicrobial drug resistance is a major threat to public health. The available therapies for treating infections are rapidly shrinking and new alternatives are needed. Modern techniques such as “high throughput screening” for drug discovery have been unsuccessful in keeping up with resistance and so a change in approach is necessary.

Objective

To present evidence for the benefits of valuing the medicinal plant knowledge of First Peoples as a potential source of novel antimicrobial therapies.

Methods

Literature from multiple disciplines including ethnobotany, natural product chemistry, public health, indigenous health and microbiology are analysed. The review attempts to encompass views from multiple sectors and thus includes scientific studies, recorded oral histories, and governmental and international reports.

Results

A growing body of evidence suggests that new antimicrobial lead compounds and therapies may be found when the medicinal plant knowledge of First Peoples are valued and explored. Examples include the well-known ‘tea tree’ (terpinen-4-ol rich *Melaleuca alternifolia*) oil and lesser studied compounds isolated from the *Eremophila* (Emu Bush) genus. Despite the growing evidence there remain large gaps in the current research, especially with regards to safety and *in vivo* efficacy. In addition to pharmacological potential, there are benefits to First Peoples in having their knowledge celebrated.

Conclusions

Looking at the pharmacopoeias of First Peoples as a source or lead for novel antimicrobial therapies is an option that deserves greater attention. An appreciation of such knowledge in the public health and research sectors is necessary to ensure resources are focused towards potential new discoveries.

Feasibility of antimicrobial stewardship in small, rural hospitals in the New England Tablelands Cluster

Carey B.M.A.¹

McGuren T.²

Stupans I.³

Braslins P.G.⁴

1 Bachelor of Pharmacy with Honours student, University of New England, Armidale Australia

2 (Project Supervisor) Lecturer in Pharmacotherapeutics, University of New England, Armidale Australia

3 (Co-Supervisor) Professor of Pharmacy, University of New England, Armidale Australia

4 (Co-Supervisor) Infectious Disease Specialist, Armidale Rural Referral Hospital, Australia

Introduction: Australia has one of the highest antibiotic prescribing rates in the world. In hospital, up to half of all antimicrobial prescriptions are deemed be inappropriate. Antimicrobial stewardship (AMS) initiatives have been introduced in Australian hospitals to optimise use of antimicrobial agents. However there are few initiatives that cater for the diversity of different rural areas and the limited access to resources in small hospitals.

Objective: To investigate the feasibility of implementing or stepping up AMS in small rural hospitals in the New England Tablelands.

Methods: A feasibility study of a modified version of the 5x5 Antimicrobial Audit tool was conducted at Glen Innes District Hospital and Glen Innes Multipurpose Facility. Semi-structured interviews of prescribers and nursing staff at these sites were also conducted to identify barriers and enablers to AMS.

Results: Of 4 eligible patients, the 5x5 Antimicrobial Audit showed that 100% of antibiotics prescribed had a clearly documented indication. However 75% were non-concordant with local or Therapeutic Guidelines. Non-concordance was not documented and no intervention was made to clarify reasons for this. Key themes extracted from semi-structured interviews were overcoming existing prescriber practises, poor access to resources and acknowledgement of antimicrobial resistance.

Conclusion: Implementation of AMS is feasible in small, rural hospitals in the New England Tablelands Cluster. However the 5x5 Audit tool is not a suitable initiative due to difficulty making an intervention and lack of data. AMS initiatives are better implemented when the unique nature of each facility is considered.

A Systematic Review of Treatment Effectiveness for Plantar Fasciitis

Koralegedera, I.¹

Farr, C.²

1. *M.Sc. Advancing Physiotherapy Practice at Coventry University - Coventry, United Kingdom*

2. *(Supervisor) Senior Lecturer; Coventry University - Coventry, United Kingdom*

Introduction: Plantar fasciitis is considered as one of the most common foot pathologies among adults. There are number of treatment options available for plantar fasciitis; yet there is no common agreement on treatment effectiveness in terms of pain relief.

Objective: To identify the most effective conservative treatment for plantar fasciitis foot pain.

Methods: Systematic review study design was used to analyse the data from PEDro, AMED, PubMed, MEDLINE, The Cochrane Library, CINAHL, SPORTDiscus, Science Direct and SAGE journals. Only the randomised controlled- trials (RCTs) were included to the analysis of the study.

Results: 9 RCTs in 3 most commonly used different treatment categories (Extracorporeal shock wave therapy, Botulinum toxin- A and plantar fascia stretching) were evaluated. It included a total number of 757 subjects including 434 female patients and 289 male patients. All three categories showed positive results in relieving plantar fasciitis foot pain. Extracorporeal shock wave therapy (ESWT) and Botulinum toxin-A (BTX-A) groups showed greater pain relief than plantar fascia stretching group. When analysing the associated factors for the effectiveness of the treatments (pros and cons), ESWT showed higher promising results than the BTX-A and plantar fascia stretching groups.

Conclusion: All three conservative treatments (ESWT, BTX- A and plantar fascia stretching exercise) are highly beneficial in reliving the plantar fasciitis foot pain. Moreover all these three conservative treatment approaches are effective in improving the general foot function. However ESWT is more effective in pain reduction and improvement of overall foot function among the other conservative treatments.

Key words: Plantar fasciitis, physiotherapy, physical therapy, conservative treatment, pain, effectiveness



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