

# International Research Conference

Bio - Inquirer  
2014

## Bio Inquirer Research Forum 3 : Health Research Unlimited



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**29<sup>th</sup> Nov 2014**



**8.30am - 5.00pm**



**Auditorium  
International Institute  
of  
Health Sciences  
Welisara**



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Diploma in Teaching and Supervision



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## Message from the Dean- IIHS

A warm welcome to all of you...



The Bio-inquirer Research Forum today is another step in the forward march of IIHS in the direction of improving various endeavors in the field of healthcare education.

Ours is the only institution (at our level of recognition) in the island that has provided this platform for students in this field. Going by the previous similar for that we held, we can safely say that we have not only started a trend but also raised the awareness of established professionals as to the value of such projects in the field of healthcare education. I am reliably informed that this is a “looked forward to” event by others in the field of healthcare education.

The content of the forum is what gives it meaning. The quality of the presentations is what gives it stature. Our intent is not for publicity but for inculcating the discipline of research in education – an area that is neglected by almost everyone else.

Research is not an easy endeavor. It is more than reading professional publications. It demands the effort of planning, gathering data, tabulating data, analyzing the data and then reaching a conclusion (result). It is during these various steps that we “learn”. The result itself may not be that important. The process is.

Our presenters today have gone through this process, guided by people who have travelled this path before. Today we have modern technology to help us speed things up and make for better visual presentations, but the quality of the work will have to show to be meaningful. During my time as a student almost everything we did was manual, not digital. Today research is more comfortable but yet remains rigorous.

I wish the forum all success and applaud the presenters for their hard work.

**Dr. Nihal De Silva, MD, MPH, ACOG**

**Dean- IIHS.**

### **Insight to the birth of Bio- Inquirer**



Healthcare service is considered as a priority service segment in any country and it is a dynamic industry where it undergoes a rapid change due to various reasons. Technological revolution, change in the epidemiological and demographic pattern, multiple socio- economic and environmental elements are some of the reasons for the dynamism in this sector. These rapid changes have lead to demands which cannot be fulfilled by the existing systems, methods and the already scarce resources. Therefore, it is mandatory that a new approach is needed to counter these new challenges in order to sustain respective healthcare systems. To be successful, the new approach has to be a global collective effort and a collection of best practices which are evidence based reflections of the professionals all around the world. One of the best ways to do this is by creating a global platform for professionals.

Bio-Inquirer is a “Global Incubator” formulated in the year 2013 with a view to organize four dimensions (SGER), **Stimulate, Grow, Exchange and Recognize** the international Health and Bio-Science knowledge. The main focus of Bio- Inquirer is on the healthcare sector, which indeed is hungry for a paradigm of knowledge. This is an open forum organized by International Institute of Health Sciences and Green Healthcare Pvt Ltd, pioneers in the healthcare industry in Sri Lanka.

Bio-Inquirer will incubate global knowledge through conferences, research forums, publications and supporting professional and student exchange programmes. This is open for professionals and students in healthcare and Bio -Sciences industry.

Within a space of one year, Bio-Inquirer has organized two main conferences and two forums in Sri Lanka with the participation of healthcare professionals from 04 countries such as Australia, United Kingdom, Malaysia and Sri Lanka. This was closely supported by the Australian High Commission through Austrade and the Ministry of Health through the Western Provincial Health Ministry under the exceptional leadership of Dr. Amal Harsha De Silva.

The first conference was held in May, 2013 on the theme “Research Process” and was conducted with the participation of representatives from La Trobe University Australia, TAFE South Australia, Charles Darwin University Australia, Open University Malaysia, Coventry University, UK and IIHS, Sri Lanka. The “Research Forum -01” was held with the participation of the same professional group where 28 researches on healthcare was presented and later published through the 3<sup>rd</sup> issue of the Bio - Inquirer magazine.

The research published was on Nursing and Physiotherapy disciplines ranging from undergraduate to post graduate studies.

The second conference was held in November, 2013 and was on Infection Control under the theme “Target Zero HAI” and was conducted with the participation of professionals from La-Trobe University Australia, Charles Darwin University Australia, Open University Malaysia, Coventry University, UK, Ministry of Health, Sri Lanka and IIHS, Sri Lanka. The “Research Forum -02” was held with the participation of the same professional group where 27 researches on healthcare was presented and later published their research through the 4<sup>th</sup> volume of the Bio-Inquirer. The research published was from Nursing, Physiotherapy, Medical Administration and Biological Sciences disciplines ranging from undergraduate to post graduate studies.

The third conference and the 5<sup>th</sup> event organized by Bio-Inquirer under the theme “Trauma and emergency care” with the participation of Mr. Tim Morse from Coventry University UK, Dr. Leonard Ranasinge from California Northstate University College of Medicine, USA, Dr. Hernanado Garzon from Sacramento County EMS, USA, Ms. Renee de Prazer from Global Health Alliance Western Australia, Dr. Adrian Meedeniya from Griffith University, Australia, Mr. Rames Prasath from Open University Malaysia, Dr. Gamini Goonetilleke of Sri Jayewardenepura General Hospital, Dr. Samitha Samanmalee of Health Education Bureau, Dr. Nihal De Silva and Dr. Kithsiri Edirisinghe of International Institute of Health Sciences.

“Research forum - 03” is held today with participation of more than 50 healthcare professionals.

Bio- Inquirer could not come so far in a short space of time without the support and the encouragement of some important personalities and organizations. Dr. Nihal De Silva, Dean of IIHS, Dr. Amal Harsha De Silva Additional Secretary to the Ministry of Health, Mr. David Samuel of Austrade, Dr. Nishan De Silva of NHSL, vibrant IIHS team lead by Ms Nishani De Silva and most importantly all the university partners and their leaders from around the globe who have believed in the concept of incubation of knowledge.

It is wise to look at a quote on by Anlis Nin .... “The possession of knowledge does not kill the sense of wonder and mystery. There is always more mystery. Therefore room for endless growth and finally will contribute to improve the quality of mankind!

You are requested to contribute to the 4D concept of Bio- Inquirer by **Stimulating, Growing, Exchanging and Recognizing** the international Healthcare and Bio-Science knowledge across the globe.

**Dr. E. A. K. K. Edirisinghe**  
**MBBS, MSc, MD (Medical Administration),**  
**Master trainer (Australia), TAE (Australia), Cert. IVLP (USA)**  
**Deputy Chairmen / Director-Academic, Strategy & International Affairs**

### **Profiles – Panel of Judges**

**Dr. A.K.L. Jayawardena**



B.Tech (Madras), PG Dip (Sri Lanka),  
MBA(Sri .J), DBA (Canberra)

Dr Ananda K.L Jayawardana is a lecturer in Management in the Research School of Management at the ANU. He was formally a Senior Consultant to the Postgraduate Institute of Management, University of Sri Jayewardenepura, Sri Lanka and served as an Executive Director of Asian Cotton Mills Ltd, a large public sector company in Sri Lanka. He has over 25 years of industry experience.

Ananda has his teaching interests in wide range of areas, Strategic Management, General Management, Total Quality Management, Operations and Project management and Productivity Management. He teaches both at postgraduate and undergraduate classes. He is the course coordinator for Management People and Organization, Management and Organization and Strategic Management. He has received the Master Professor award in the Glo Bus strategy simulation where ANU students in 2007 won the final in the world championship. In 2007, he was selected for the Master Professor Award, based on the performance of teaching of Corporate strategy using the strategy simulation, among 1300 instructors in 80 universities and schools from 16 countries. Throughout the years ANU students in Corporate Strategy and Strategic Management have featured in the top 10 over 200 business schools engaged in the simulation all over the world.

Ananda's research interests are in the areas of human resource management, operations management and quality management. He has published several articles in refereed journals; Journal of Educational Management, The Economic and Labour Relations Review, South Asian Journal of Management and Sri Lankan Journal Management.

He is an associate editor of the Sri Lankan Journal of Management, Postgraduate Institute of Management, University of Sri Jayewardenepura, Sri Lanka

Ananda pioneered the concept of Self Managed Teams ( SMT )in the Textile Industry. He introduced the first self managed teams in Textile Industry in 1992 at Asian Cotton Mills (ASCOT), which first featured in the International Textile Conference in 1993 in Hong Kong and subsequently the case study based on ASCOT Self Managed Teams featured in International QC conventions/seminars in India ,Yokohama, Taiwan,



Singapore, and Colombo. This attempt won him the first prize in the case study competition for productivity improvement at the National Productivity Awards, 1996. Dr Jayawardana serves in the advisory committee of the Sri Lanka Association for Advancement of Quality and Productivity. He served as a member of the Productivity Steering Committee of the National Productivity Secretariat, Sri Lanka.

### **Research Interests**

Ananda's research interests lie in areas of human resource management, operations management and Quality management

## **Dr. Nihal de Silva**



MD (Japan), MPH (USA), ACOG  
Former Associate Prof.- Stanford University – USA

### **Areas of Expertise and Research Interests**

Dr. de Silva holds a MD degree by National Osaka University and the unrestricted Japanese Medical License by the Ministry of Health. He has undergone a Combined Surgery and Anesthesia training at the University of Osaka Medical School Hospital, Japan. Dr. de Silva has followed a University of Hawaii Surgery/ Obstetrics/ Gynecology training program at Queen's Medical Center, Honolulu, Hawaii. He entered the Master's in Public Health (MPH) Program at the University Of Hawaii School Of Public Health under a federal grant. He completed the OB-GYN residency program and passed the Federal Licensing Examination (FLEX) and obtained an unrestricted medical license in the State of Hawaii. He has completed the MPH degree with emphasis on Maternal and Child Health.

### **Dr. De Sliva's Research area includes:**

*Obstetrics & Gynecology, Public Health, Maternal & Child Health*

### **Teaching Experience**

Dr. De Silva has worked as an Associate Clinical Professor of OB-GYN at the University of Hawaii and also as a Visiting lecturer, University of Okinawa, Japan.

### **International Professional Experience**

Head of Maternal Fetal Medicine, Kaiser Permanente Hospital Network Hayward, California. USA.

**He has worked as the Chief Primatologist for ARAMCO (Arabian American Oil Company) Hospitals in Dhahran, Saudi Arabia.**

### **Professional Memberships and Awards**

- Certified by the American Board of Obstetrics and Gynecology. (Diplomat)
- Fellow Member of the American College of Obstetrics and Gynecology.
- Fellowship at Stanford University in Maternal Fetal Medicine
- Founding Board Member/Director of American College of Health Sciences in Sri Lanka.

## **Dr. Adrian Cuda Banda Meedeniya**



B.Sc (H), Ph.D.

Group Leader, Cell Transplant Therapy and Neuroanatomy,  
Eskitis Institute for Cell and Molecular Therapies  
Manager, Microscopy and Digital Imaging Facility, National  
Centre for Adult Stem Cell Research, Eskitis Institute for Cell and  
Molecular Therapies

### **Academic Profile & Working Experience**

Dr. Adrian Meedeniya, has obtained BSc (Hons) Aquatic Biology, University College of Wales Aberystwyth, Wales, UK, 1989, Honours, Marine Biology, Flinders University, Adelaide, Australia, 1992 and PhD in Neurophysiology, Flinders University, Adelaide, Australia, 2000.

He started his career as a Research Assistant (P/T), Rock Lobster Research Unit, South Australian Department of Fisheries, Adelaide, Australia. As a Senior Research Fellow in Neuroanatomy, Manager of the Griffith Imaging and Image Analysis Facility, Adrian currently heads a team focused on neuro-anatomical studies. He has published on the anatomy and physiology of the peripheral nervous system, embryonic and adult stem cells in disease therapy, adult neural stem cell research, models of neurodegenerative disorders and anatomical techniques (27 peer reviewed articles). Dr. Meedeniya supervises undergraduate, Honours and PhD students in research spanning computing, oncology and fundamental neuroscience.

He is a reviewer for Brain Research, Clinical and Experimental Pharmacology and Physiology, Molecular and Cellular Endocrinology.

His research expertise include Adult Stem Cell Biology, Olfactory Neurobiology, Animal models of Neurodegenerative disorders, Neuroanatomical studies, Behavioural studies and Repair of the nervous system via transplant therapies.

## **Mariyam Nashrath**



Master of Nursing Science in Nursing Administration,  
Bachelor of Nursing, Diploma in Nursing and Midwifery

### **Areas of Expertise and Research Interests**

Ms. Mariyam Nashrath holds a Master of Nursing Science in Nursing Administration degree by Chiang Mai University, Thailand. She has completed her Bachelor of Nursing in Maldives College of Higher Education, Maldives in 2007 after completing her Diploma in Nursing and Midwifery in Maldives College of Higher Education, Maldives in 2000.

She had joined Indira Ghandi National Hospital, Maldives as a Staff Nurse grade 2 where she had been appointed as the Senior Staff Nurse in 2005. Till 2009 she had worked as the Senior Staff Nurse at Indira Ghandi Memorial Hospital and from 2011 to date Ms. Mariyam Nashrath works as the Director of Nursing at ADK Hospital, Maldives.



## **Dr. Kithsiri Edirisinghe**



MBBS, MSc, MD (Medical Administration)  
Master trainer (Australia), TAE (Australia)  
Cert. IVLP (USA)

### **Areas of Expertise and Research Interests**

Dr. Kithsiri Edirisinghe (MBBS, MSc, MD (Medical Administration), a consultant Medical Administrator has over 20 years" experience in the field of medical administration. He has administered many hospitals in the government sector from Peripheral units to a Teaching hospital. He pioneered the building of a chain of hospitals in the private health sector of Sri Lanka and has over 5 years" experience in administrating Healthcare Training Institutes. He was the former Deputy Director of the Teaching Hospital Ragama and the former Chief Executive Officer of Hemas Hospitals (Pvt) Ltd.

### **Dr. Kithsiri's research interests include:**

Health Systems, Processes & Quality

### **Training Expertise**

Apart from his qualifications in medicine and health administration, he also possesses a Certificate 4 in Training and Assessment and is an Australian Certified Master Trainer. He was recently selected by the US Government to undergo a leadership program in the area of alternatives to Higher Education

### **Professional Awards**

Dr. Edirisinghe also won the Grid India Entrepreneur of the Year award for 2010.

## **Mrs. Jayawardena**



MSc in Nursing (USJP & Uni. Adelaide), BSc Nursing (OUSL), Dip. General Nursing Proficiency (Sri Lanka) Dip. Nursing Education & School Admin.(India), Cert. Midwifery, Cert. Mgt Development (SLIDA)

### **Areas of Expertise and Research Interests**

Mrs. Jayawardhana is a registered nurse in Sri Lanka with more than 30 years' experience in Nursing. She has obtained a Master of Nursing from University of Sri Jayawardhenapura, Sri Lanka and University of Adelaide, Australia. She has received her Bachelor of Nursing from Open University of Sri Lanka. Apart from that she has completed Diploma in General Nursing Proficiency, Diploma in Nursing Education and School Administration, Certificate in Midwifery & Certificate in Management Development.

### **Teaching Expertise**

Mrs. Jayawardhana has 24 years of tutoring experience in Nursing Schools in Sri Lanka. She was the Principal at Nurses Training School, Kandana, Sri Lanka.

**Mrs. D. L. Lalitha Peiris**



BSc in Nursing, Diploma in Teaching and Supervision,  
Diploma in Nursing

Mrs. Peiris serves as the President of Nurses' Council Sri Lanka and she was a former Principal of the Post Basic College of Nursing, Colombo. Mrs. Peiris has 38 years of experience in nursing. She has worked 10 years as a practical Paediatric nurse at Lady Ridgeway Children's Hospital Colombo. She has also worked as an Anaesthetist nurse at New Jeddah Clinic Hospital, Kingdom of Saudi Arabia for nearly 2 years.

Mrs. Peiris's Academic contribution is given to students following Diploma in Nursing, Higher Diploma in Teaching & Supervision, Higher Diploma in Ward Management & Supervision, Diploma in Midwifery, Certificate Course of Operating Theater Nursing, Intensive Care Nursing and Paediatric Nursing. She trains nurses as Diabetes Educators and conducts training courses in Intensive Care Skills and CPR.

**Areas of Expertise and Research Interests**

Nursing, Teaching & Supervision, Ward Management, Midwifery, Operating Theater Nursing, Intensive Care Nursing, Paediatric Nursing

## **Dr. George Perera**



Head of Academic Affairs - IIHS

PhD, MS (Fordham University, New York

### **Areas of Expertise and Research Interests**

In 2008, Dr. George Perera completed a doctoral degree with a focus on educational technology and professional development and in 2003, a MS program in Adult Education and Human Resource Development with TESOL from the Curriculum and Teaching division of the School of Education, Lincoln Center Campus at Fordham University, New York City. These degree programs involved him in research related to adult education, organizational learning, instructional technology, foundational theories of learning, instructional design and instructional methods. He completed BA in English Literature, Western Culture and Philosophy from University of Kelaniya, B.Th in Theology and B.Ph in Philosophy from University of Urbaniana, Rome.

### **Teaching Expertise**

Dr. George Perera worked as an Adjunct Online instructor for the MS in Adult Education and Human Resource Development distance education program at the School of Education, Fordham University (2009-2011). He was also Associate and Director of Adult Religious Education at Church of Holy Family, The United Nations Parish, New York. He worked as an Assistant Lecturer for BA program at Aquinas College of Higher Studies (1999 – 2000). He was a high school teacher and the Dean of Studies at St. Joseph's Seminary Private School, Sri Lanka.

He had an internship experience at Regional Educational Technology Center, Fordham University from 2003 to 2005 working with and supervising K-12 teachers in educational technology training projects. He was the Student Representative at the Curriculum Committee, Fordham University in 2003.

### **Professional Memberships**

Dr. George Perera has membership in the following honor societies and professional associations: Phi Kappa Phi International Honor Society; Kappa Delta Phi International Honor Society in Education; International Society for Technology in Education; American Educational Research Association.



**Ms. Dilum Weliwita**

Senior Lecturer – Faculty of Nursing

M.Sc in Food and Nutrition, B.Sc. Nursing

**Areas of Expertise and Research Interests**

She has obtained B.Sc. Nursing (Adult) from University of Middlesex, London/ UK. She has obtained a Certificate Course in Human Nutrition and Dietetics from UOC in 2012, She has also followed other academic programs related to Intermediate Nursing Development Management and Leadership, Advanced Physiology for Nurses, Diabetes care for Adult, Clinical Teaching And Assessing from University of London Kings College, London, UK.

**International Professional Experience**

She has started her career in International setting as a Junior Staff Nurse in 2003 at Guy's and St. Thomas Hospital NHS Trust, London, UK. Later she became the Deputy Manager, Nurse In-charge & Staff Nurse at Guy's and St. Thomas Hospital NHS Trust, London, UK; Nurse Practitioner (Part time) at Honey Pot Medical Center, Harrow PCT: Nurse In-charge at BUPA Healthcare Services – Heath grove Lodge, London. Currently she is a visiting lecturer at IIHS.

**Plenary Session : “Education for working mothers in the Asian Context”**

Nishani De Silva, EMSc (Health Administration), BBA (Hons) HR, CIMA Adv Dip. Ma  
Director Operations - IIHS.



With fewer and fewer babies being born; it is no surprise that these “precious babies” need to be cared for and who better to provide this care than the mother? However with the rapid social and economic changes in Asia, more and more women are employed today. It is no surprise that the schedule of a working mother is much busier than that of others. However what’s expected from her in her work place does not change based on this.

How then can a working mother look at the much needed professional or academic development? Until the recent past, this was nearly impossible. However the access to internet and the expansion of online learning has tremendously contributed to the increase in accessibility to education for working mothers. The convenience of learning from home and the flexibility online education provides has given the working mother the ability to further her education. Hybrid study programs offer the support needed for clarifications and allows time for discussions and sharing of experience. While reducing the number of face to face sessions and the hassle of travelling, this method has proven to be very effective for working personnel.

Being a mother is not an easy job, neither is it easy working fulltime. It is not easy to do either of the two while studying. Put all three together and you really have a challenge on your hands. But each has its own rewards and the collective rewards make all the additional efforts worth it!

## **Awareness of Dengue fever among the urban youth in Sri Lanka**

*Nazeer A. A. A.<sup>1</sup>*

**Introduction:** Dengue fever is a serious disease going on in Sri Lanka which is transmitted by carrier mosquitos. According to the epidemiology unit of health ministry of Sri Lanka 57.82% out of 23,355 cases reported in 2014 are from the western province. In this research dengue awareness among young people in Colombo and suburbs, specially after infection is assessed in November 2014.

**Objective:** To assess the dengue awareness and knowledge that is needed after acquiring the infection among young people in Colombo and its suburbs.

**Methodology:** A descriptive study was done on 150 individuals residing in Colombo and its suburbs within the age 16-25 years using a simple online questionnaire which was provided to the participants via a popular online social network.

**Results:** Though 90% of the participants knew common signs and symptoms of fever only 48% knew the specific symptoms of dengue fever. 66% knew that the same set of drugs given to fever cannot be given to dengue fever while 86% knew blood tests are done to detect dengue. Though only 16% of the participants had sufficient knowledge on contra indicated food, 66% knew the reasons for the contra indication while only 32% knew there is only a chance for papaya leaf extract to cure dengue. 86% knew that some official should be informed when there is an infection going on while only 52% knew where and whom to inform.

**Conclusion:** Urban youth in Sri Lanka lacks sufficient awareness after infection on dengue fever.

## **Effectiveness of contemporary nurses' training in Sri Lanka: Perception of stakeholders in transferring Theory into practice**

*A.J. Abeysiriwardhana<sup>1</sup>*

**Background:** Rapid change and increased complexity of health care environments demands that health care professionals are adequately prepared to provide high quality, safe care. Researches revealed knowledge; skills, attitude, aptitude, values and satisfaction of nurses training design and perception of training are important variables which influence training effectively.

**Aims:** Identify stakeholders' perceptions of the effectiveness of contemporary nurses training.

**Methods:** Descriptive study, conducted with final year nursing students, nursing in charge (senior nursing officer in clinical setting) and nursing tutors in nurses training schools. Sample selected from government nurses training schools in Western Province and their related teaching hospitals. N=478 and included 28 nursing tutors, 300 students and 150 nursing officers. Self-administered questionnaire given to data collection.

**Results:** Correlational coefficient of tutors is 31.8%, Student 9.2% and nurse 10.2% according to these findings, nursing tutors perception of effectiveness are greater and nurse and students are approximately similar. Students effectiveness =  $49.26 + 0.675 \text{ Student} + \text{error}$ , Tutors effectiveness =  $37.35 + 1.21 \text{ tutor} + \text{error}$  and Nurse Effectiveness =  $42.65 + 1.138 \text{ nurse} + \text{error}$  were revealed. Above all variables' value indicate highest constant value and its display some non-identified area for the effectiveness of nurses training than stakeholders perceptions.

**Conclusions:** These studies proved that effectiveness not mainly depend on knowledge, skills, attitudes, aptitudes, values and satisfaction. According to above results effectiveness of nurses training measuring indicators change needs to be further investigated. There should seem to be some gray area mainly affect for the effectiveness and visible theory practice gap identified by the stakeholders.

**Keywords:** *Effectiveness, Training, Student, Nursing, Tutor*



## **Risk Factors Associated with Attempted Suicide by Self Poisoning in Patients Admitted to the General Hospital Polonnaruwa.**

*Rathnayake R.M.A.M.K.<sup>1</sup>, Tennakoon S.<sup>2</sup>*

**Background:** Deliberate self-harm (DSH) is recognized as an important public health problem worldwide and self-poisoning is one of the commonest modes used in DSH. The magnitude of this problem is high in South Asian countries, including Sri Lanka. This study was conducted in district of Polonnaruwa in order to describe socio-demographic and other leading risk factors for attempted suicide by self-poisoning.

**Methodology:** The study was conducted at the General Hospital Polonnaruwa and the selected population was patients admitted to the hospital after an intentional suicide attempt by self-poisoning. Subjects were interviewed based on a questionnaire after obtaining written consent. Accessible population was 78 patients within a period of 35 days.

**Results:** Data was analysed by using SPSS17. Chi Square and SD were used as appropriate. 53.8% were males while 46.2% were females. Mean age and  $\pm$ SD of attempters was 27.6  $\pm$ SD years. Majority (47.4%) was unmarried. More males (69.2%) were employed while more females (55.6%) were unemployed (CS=16, DF=1,  $P < 0.05$ ). It was the first time of deliberate self-poisoning for more males (97.6%) than for females (83.3%) (CS=4.6, DF=1,  $P < 0.05$ ). More females had found the poison from their surroundings while males got it from shops and pharmacies. Domestic violence appears to be the commonest leading factor among females (55.6%) and it was condemnation and major losses among males.

**Conclusion:** Attempted suicide by self-poisoning is becoming a public health problem due to multiple factors. The leading factors responsible for attempted suicide by self-poisoning were the male gender, being in the third decade of the life time and being single. Unemployment and domestic violence are increasing the risk of self-poisoning among females. Availability of poisonous substances in living places was another risk factor. Except for the gender and age all the other factors are controllable and preventable factors. However, effective suicide preventive and control measures need to be taken in the form of early identification of suicide-prone individuals in order to decrease the incidence of attempted suicide. More studies and analysis on suicides and suicidal attempts are required to identify high risk populations. Apart from that government institutes and local NGOs can make a significant contribution to control this public health issue by providing social and psychological support for identified high risk groups.

## **Detailed assessment of a Caudal Agenesis child to design holistic care plan.**

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2. (\* Supervisor): Medical Officer, Ministry of Health

**Introduction:** Caudal regression syndrome or sacral agenesis is a congenital disorder in which there is abnormal fetal development of the caudal partition of the spine. It is often associated with structural and systematic problems derived from the caudal eminence.

**Case Description:** 7 year old boy, third child of a diabetic mother presents with multiple congenital abnormalities at birth: Sacral agenesis, absent vertebral bodies below D10, Bilateral Congenital Dislocation of the Hip, Bilateral femur fractures, Bilateral lower limb deformities along with short lower limbs, 90% flexion contractures of both knee joints, Bilateral undescended testis, and fecal incontinence. Recent physical examination revealed improvements with no rehabilitation. Activities except walking done, leading a normal life.

A proper rehabilitation program consisting of medical, mental, social and spiritual management should be planned. Physiotherapy management includes a unique treatment regime in Orthopedic, Musculoskeletal, Cardiorespiratory, Genito-urinary, Neurological and Gastrointestinal systems related interventions. The medical management should include the above medical and surgical disciplines. In addition, the child's developmental and educational needs have to be addressed. Psychological wellbeing, adequate motivation and family education and training should accompany those interventions. Long term complication prevention should be strategized taking common non communicable diseases also to consideration.

**Discussion:** It is a rare and sporadic disorder yet similar cases reveal that these patients lead otherwise normal lives except for neuromuscular deficits of the lower limbs and sphincters.

Treatment requires a long term multidisciplinary and a holistic care approach. Main aim is to increase functionality of everyday life.

**Key words:** *Caudal Agenesis, Pediatrics, Multidisciplinary approach, Holistic care*

## **Risk activities related to traditional fishing activities leading to musculoskeletal problems among Sri Lankan fishermen.**

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**Introduction:** Traditional activities and methods put the fishermen at risk of acquiring musculoskeletal pathologies of various degrees. Although the population of fishermen in the island is quite large, these aspects have not been studied.

**Objectives:** To describe musculoskeletal problems among traditional Sri Lankan fishermen and the possible occupational risk activities leading to them.

**Methodology:** A qualitative research was conducted in 3 rural Sri Lankan fishing villages in the coast of the Eastern province of Sri Lanka using semi structured interviews, visual ethnography – using photographs and participatory observation as data collection methods.

**Results:** The risk activities were identified under three themes; specific traditional fishing related activities, activities associated with the use of sub-standard equipment and general poor postural practices. The specific risk activities related to traditional fishing as an occupation were, fishing with seines (long drag nets), casting fishing nets, traditional spear fishing and stilt fishing (a unique traditional fishing method where fishermen balance themselves on pole).

The activities related to using sub-standard equipment were carrying weights (fish baskets, nets) on stick, fishing with low quality rods, pushing the wooden boats to sea and pulling them back to the shore and doing most of the fishing activities bare-footed on a sandy shore.

In addition to the above special activities, poor postural activities such as lifting, long standing, bending, squatting and carrying in general were identified. Except for few young fishermen most of the others complained of numerous musculoskeletal problems.

**Conclusion:** Traditional activities carried out using sub-standard equipment in unsuitable postures increases the risk of musculoskeletal pains among these fishermen.

## **Musculoskeletal and general First aid knowledge and practices among traditional fishermen in the Eastern province of Sri Lanka.**

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**Introduction:** Traditional Sri Lankan fishermen sail in groups on conventional boats using traditional sails and oars. Since most of their activities are based on physical activities than equipment, they are more at risk of musculoskeletal injuries.

**Objectives:** To describe the knowledge and practices of first aid for musculoskeletal injuries among traditional Sri Lankan fishermen.

**Methodology:** A descriptive cross sectional study was done on 110 conveniently selected fishermen from 3 traditional fishing villages in the district of Trincomalee in the Eastern province of Sri Lanka. An interviewer administered questionnaire was used to gather data.

**Results:** Out of the 110 fishermen, 99 have never had any first aid training. First aid kits were not available with 105 of them and only 20 had at least some medication or equipment on board. 76.4% of them considered carrying instruments and drugs was unsuitable due to its load. 38.2% allowed muscle or joint pains to settle on its own while 10.9% used an indigenous medication. 68.2% did not practice either resting or compression for strains or sprains. None used ice. 76.4% had no emergency communication system and 26.4% had no system at all to communicate. Only 16 thought it is important to use a proper vehicle to transport the injured. 22 did not know proper first aid for bleeding and 65 did not know for burns. 80% did not know about CPR.

**Conclusion:** The knowledge and practices of first aid for musculoskeletal injuries and for general conditions were poor among the fishermen.



## **Description of musculoskeletal problems and related practices, among suburban pregnant mothers.**

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**Introduction:** Pregnancy brings about a series of anatomical and physiological changes in the body which leads to many specific problems among which musculoskeletal problems have a higher frequency. Lack of awareness on treatment options and poor practices can bring about serious damages and complications.

### **Objectives:**

- Description on types of musculoskeletal problems during pregnancy and the treatment taken.
- Knowledge, attitude and awareness on antenatal exercises and physiotherapy.

**Methodology:** A descriptive study was done on 70 pregnant women using convenient sampling from 4 clinics in Gampaha using a self-administered questionnaire.

**Results:** Out of the concerned set of the pregnant population, 83.1% experienced some sort of musculoskeletal pain. 44.3% displayed a regular prevalence of experiencing lower back pain, and 41.4% of the whole population was experiencing ankle pain. 45.3% of the population suffered from pains at night. 76% find sleeping to be most irritable with muscle pain. 64% takes no action for the pains they are experiencing. Only 29.9% of the pregnant ladies were aware of antenatal exercises and 22.5% were aware of Physiotherapy.

### **Conclusion:**

Majority of them experienced Musculoskeletal pains among which Lower Back Pain was the most prevalent. Awareness and practice of treatment and exercise was very poor.

**Key words:** *Pregnancy, Musculoskeletal problems, Treatment of aches*

# **Analyzing the effect of nurses' adherence for routine deep breathing and coughing exercises for older adults with Acute Exacerbation of COPD, Compared to no routine deep breathing and coughing exercises.**

*Ranasinghe, P.S. C. U.<sup>1</sup>*

**Introduction:** Chronic Obstructive Pulmonary Disease (COPD) is characterized by the slow progression of airway obstruction and hyperinflation. Particularly, older adults (> 65 years) are at a higher risk of developing COPD and its complications due to age related changes such as loss of recoil ability of the lungs, broncho-constriction and hypoxia. One of the fundamental nursing interventions for ineffective airway clearance is to assist clients with deep breathing and coughing every two hourly. The aim of deep breathing exercises is to reduce dyspnoea, minimize hyperinflation, and improve respiratory muscle performance and to optimize thoracic & abdominal motion by altering respiratory muscle recruitment whereas coughing is aimed to clear the pulmonary secretions from the lungs by manipulating lung volumes, gas flow, pulmonary pressure and compressive forces. However, nurses' adherence for routine deep breathing and coughing exercises is unclear.

**Objective:** Analyzing the effect of nurses' adherence for routine deep breathing and coughing exercises for older adults with Acute Exacerbation of COPD (AECOPD), Compared to no routine deep breathing and coughing exercises.

**Method:** Cumulative Index to Nursing and Allied Health Literature (CINAHL) and The Cochrane Library data base have been searched for related literature from 2009 by using a defined search strategy.

**Results:** This review included four systematic reviews and a quantitative study. Findings of this review revealed that deep breathing had positive short term effects in people with AECOPD but did not improve resting lung function or gas exchange. Further, the duration, frequency, techniques of deep breathing / coughing and nurses' adherence to the regimen also have illustrated a therapeutic value.

**Conclusion:** There is a need of further quantitative studies on deep breathing and coughing exercises on older adults with AECOPD and specifically a comprehensive nursing definition of the regimen.

## **Reflection on a research on Efficacy of High Voltage Pulsed Current for Wound Healing of Pressure Ulcers in Patients with Spinal Cord Injuries.**

*Herath, H.M.C.W.B.<sup>1</sup>*

### **Summary of the paper**

The purpose of the research was to determine the effect of high voltage pulsed current for healing pressure ulcers in patients with spinal cord injuries.

Patients were randomly assigned to each group. The study group consisted of male patients who were diagnosed with incomplete or complete spinal cord injury, had a pelvic pressure ulcer classified as grade II, grade III or grade IV, and were smokers. Patients were randomly divided into the HVPC group and the placebo HVPC group. Patients and clinicians were blinded to the treatment. Authors used this to control known placebo effect on healing of pressure ulcers.

Grade II ulcer group: Patients in both groups healed completely.

Grade III ulcer group: Patients in the HVPC group showed a consistent pattern decreased wound surface area. Two patients in the placebo group showed periods of increased wound surface area while 3 patients showed a consistent decrease in wound surface area.

Grade IV ulcer group: At the end of the treatment session, patients in the HVPC group showed a 67% decrease in wound surface area while patients in the placebo group showed a 15% decrease in wound surface area.

The results of the study proved that use of HVPC increase the healing of pressure ulcers in patients with spinal cord injuries. When comparing the characteristics in both groups, there's a considerable difference in the duration of spinal cord injury. It can be reduced the validity of the research.

### **Reflection**

During clinical practice as a student PTA I will be able to treat patients with different impairments and sometimes will have to apply e-stim to those patients. Prior to reading this article, my opinion was e-stim is a contraindication for patients with spinal cord injuries as they have impaired sensation. But, now there is a way to apply e-stim to a SCI patient in order to enhance healing of pressure ulcers in inpatient settings.

## **A Study on Academic Stress among Advanced Level Students in Sri Lanka**

*Chathurika Jayani K. A. D.<sup>1</sup>*

**Introduction:** The advanced level students in Sri Lanka are experiencing academic stress in daily life. Stress can affect student's learning ability and memory status. It is important to identify the causes and risk factors associated with the academic stress among the advanced level students in Sri Lanka.

**Objectives:** To describe the academic stress among Advanced Level students, which includes identified causes and risk factors of academic stress.

**Methodology:** 100 Advanced Level students aged 17 and 18 from a school in Western Province of Sri Lanka were conveniently chosen. Data was collected using a questionnaire and analyzed using descriptive statistics.

**Results:** 40% of the students experience academic stress. 72.5% of them were males and 27.5% of them were females. 39% of the students who experience stress don't take treatments for stress. But 34% of them use music and/or meditation to relieve stress. 43.28% of male students and 33.33% of female students experience stress. 39% of the students experience stress in exams. 23% of the students experience both academic stress and exam stress. 41.97% of the students who are 17 years old experience stress. 31.57% of the students who are 18 years old experience stress. 49% of the students don't get enough time to finish writing tests and exams. 14.28% of the students believe that the exams are hard and 14.59% of the students believe that the studies are hard. 45.45% of the students experience more than one headache per week. 20% of the students have marks less than 40. 18.36% of the students are not satisfied with their own academic works.

**Conclusion:** Lack of social and leisure activities, money problems, responsibilities within the family, transportation, excessive class hours, relationship problems, high family expectations and sleep were the major causes identified for academic stress.

## **Assessment of Nursing Professionals' Knowledge, Attitudes and Practice towards in Pain Management**

*Rajarithne I.C.P.<sup>1</sup>*

### **Objective:**

- To examine the level of knowledge related to pain assessment among nurses caring for patients in surgical wards in Sri Lanka.
- To assess the attitudes among nurses in pain management who works in surgical wards in Sri Lanka.
- To identify the practice of nurses and barriers in managing the pain of the patients with surgical conditions in Sri Lanka.

**Methods:** The data was collected using quantitative and a cross sectional design, through a questionnaire consisted of 25 questions to collect demographic data, level of knowledge, attitudes and practice towards pain management of the participants.

Questionnaire delivered among 130 registered nurses in surgical wards, National Hospital of Sri Lanka.

**Results:** The majority of the sample is females less than 5 years of working experience. Only 5 participants of the sample have completed up to Bachelor in Nursing education, 70% of the sample had participation in a training program in pain management after starting work as registered nurses.

Results indicated a deficiency in both knowledge level and attitudes had increased with education level. Applying knowledge in to practice in pain management indicated considerably low scores among nurses who work in surgical wards in National Hospital of Sri Lanka.

### **Conclusions:**

- Nursing professionals in surgical wards of NHSL have a moderate deficiency in their knowledge regarding management of pain.
- The majority of the nurses have negative attitudes towards pain management.
- The deficiency is more marked in applied knowledge in to practice, due to lack of guidelines and protocols, poor documentation and poor supervision.



# **Assessment of knowledge and preventive practices regarding chronic kidney disease (CKD) among adults in Kurunegala, a rural area in the North Western province of Sri Lanka**

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

**Introduction:** Chronic kidney disease (CKD) is a major health problem in Sri Lanka since past 10-20 years. It has progressively ravaging many poor rural communities in Sri Lanka and It common among people who engaged in agriculture around 40-60 years of age.

**Objective:** To assess awareness and knowledge of lifestyle practices regarding CKD prevention among adults in rural areas of Sri Lanka focused on kurunegala in the North Western province.

**Methods:** A descriptive study was done on 120 farmers' selected using convenient sampling from a community of farmers in Kurunegala Sri Lanka, using a self-administered questionnaire.

**Results:** 41.1% people had someone in the family with CKD. Out of them, 31.8% never tested their urine samples. 45.8% thought contaminated water is the main risk factor for this condition and 20.9% thought toxins and 9.4%; diabetes.58.1% farmers didn't use proper safety precautions during the handling of agrochemicals and petrochemicals. 72.1% had use Ayurveda medicine longer than one month. 55.8% people receive information from the media.

**Conclusions:** The awareness on kidney disease, risk factors and preventive measures were not satisfactory among farmers and their families in Kurunegala.

**Key words:** *CKD: chronic kidney disease*

## **Identifying and assessing the pre- operative anxiety of patients who are undergoing Ear, Nose and Throat (ENT) surgery in ward 3 of Colombo North Teaching Hospital (CNTH) –Ragama**

*R/N, Dasanayaka I.M.D.K.<sup>1</sup>*

**Introduction:** Pre-operative anxiety causes complications during surgery and leads to poor post-operative outcomes as well.

**Objectives:** To identify and assess preoperative anxiety of patients who are with ENT surgery.

**Methods:** This is a descriptive cross sectional study done using a conveniently selected sample of 100 (male and female) patients admitted to ward 3 - Colombo North Teaching Hospital, Ragama- Sri Lanka. Data was collected using the Amsterdam Preoperative Anxiety and Information Scale of a standard anxiety scale tool and descriptive statistics were used to analyze the results.

**Results:** Mean anxiety score for question 1, 2, 4 and 5 was 11 and for 3 and 6 were 5. 68% (male- 32%, female-36%) patients were anxious before surgery and 32% (male- 18%, female-14%) patients were not anxious on surgery and anesthesia. There was a high level of pre-operative anxiety in females as compared to males. Out of 68 anxious patients, 38 patients were anxious on Surgical Procedure and 18 patients on Anesthesia and 12 patients on both facts and they needed more information on Anesthesia and Surgical Procedure.

**Conclusion:** The patients experienced very high levels of preoperative anxiety. Establishment of preoperative counseling clinics and proper informed consent taken before surgery will probably help in reducing preoperative anxiety.

## What determines the knowledge on sexuality among victims of spinal cord injury in Sri Lanka?

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**Introduction:** Spinal cord injury (SCI) is well-known to have a major impact on reproductive health. Although SCI victims have the potential to lead a satisfying sexual life, their knowledge on this aspect has been inadequately assessed. Objective of this study was to assess the knowledge on sexuality related to SCI, its sources of information and the factors affecting their knowledge among rehabilitated SCI victims in a developing country.

**Methods:** A cross-sectional study was conducted among victims with SCI of at-least 6 months and rehabilitated at main state rehabilitation hospitals in Sri Lanka. 200 patients aged >18 years at the time of SCI were identified from the hospital registers maintained during 2007-2013. A self-administered postal questionnaire obtained information on socio-demography, SCI, sexual practices and knowledge on sexuality related to SCI. Knowledge was assessed by 8 questions (score range: 0-15 converted to 100%).

**Results:** Of the 159 respondents (79.5%), 89.3% were males. Participants' mean age was 36.45 (SD=8.7), educated beyond secondary school (45.9%) and sexually active (53.5%). The overall mean knowledge score on sexuality was 12% (SD=16.2). 42.8% sought information on sexuality mainly from health staff (31.4%), friends (13.8%) and internet (9.4%).

Knowledge scores were 18.4% (SD=2.1) among those educated beyond secondary school compared to 13.3% (SD=1.4%) in less-educated ( $p=0.04$ ); 12.1% (SD=21.6) among females compared to 12.0% (SD=15.5) males ( $p=0.05$ ); and 18.1% (SD=1.9) among sexually-active compared to 6.1% (SD=10.9) in sexually-inactive ( $p=0.001$ ).

**Conclusions:** SCI victims' knowledge on sexuality was poor. Rehabilitation programs should target especially the sexually-active and less-educated victims for education.

## **Assessment of factors influencing health seeking behavior of Maldivians with special insight on health spending related to overseas treatment**

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**Introduction:** The thesis examines factors influencing health seeking behavior of Maldivians with special insight on health spending related to overseas treatment. Among them, catastrophic health spending on overseas treatment is a major issue, and a challenge for the governments of the Maldives, due to increases in health expenditure by households causing financial difficulties.

**Objectives:** The study is of two arms. First, recognizing factors influencing health seeking behavior in terms of service utilization in the Maldives, which would improve knowledge required to target and prioritize the available resources. Second, analyzing the factors driving the study population towards foreign treatment to improve our knowledge for better resource mobilization and healthcare.

**Methodology:** Raw data were obtained through online survey using structured questionnaires where participants were interviewed for personnel information and details regarding their activities in response to health and ill-health. This preliminary raw data was then subsequently analyzed to determine which factors affected the use of health services in the Maldives and aspects that drive people in seeking health facilities of neighboring countries. The study also broadly discusses the issue of whether the study population's health needs are met.

**Results:** Sixty six percent of the population surveyed had taken sick and from among them 89.4% sought treatment. Type of treatment varied from formal to informal healthcare where the majority of participants preferred private healthcare in the Maldives and neighboring countries with more preferring healthcare facilities of neighboring countries if they had a choice. Despite the differences in quality of treatment available in the Maldives and neighboring countries, 53% of participants surveyed patients believed that their health needs were being met while 47% felt not. Based on the empirical data, various health determinants were identified, reflecting two different aspects of seeking healthcare 1) socio-demographic factors and 2) health facilities.

**Limitations:** There were some limitations in this study as online questionnaires aren't familiar among the study population and the current study does not assess disease severity. An area for further investigation includes health expenditure profile by households.

**Conclusion:** Thesis concludes by suggesting that policy makers, healthcare providers and professionals ought to take into account the pragmatic nature of the quest for healthcare, and the dissatisfaction from refraining to use the available healthcare facilities in the Maldives.

## **Awareness of Lung cancers among people in Uswetakeiyawa Sri Lanka in August 2014 and the possible environmental risk factors related to lung cancer in non-smokers.**

*De Silva, D.<sup>1</sup>, Kasthuriarachchi, H.<sup>2</sup>*

**Introduction:** The suburban population in the Western province of Sri Lanka is increasingly being exposed to cigarette smoke and environmental risk factors for lung cancers. It is important to identify the extent of this exposure and the knowledge of the public in this regard.

**Objectives:** To identify the prevalence of lung cancer and some selected risk factors among a suburban population.

**Methodology:** 150 people of the age group of 35-65 from a suburban area in Western Province of Sri Lanka were conveniently chosen. Data was collected using an interviewer administered questionnaire and analyzed using descriptive statistics.

**Results:** Smoking prevalence was 37.3% in ages between 35-65yrs. 22% of people smoke more than 5 cigarettes per day and 26% of them for more than 10 years. 11.3% were female passive smokers and 40.2% were male passive smokers. 53.3% were exposure to asbestos daily. 42.9% of smokers' exposure to asbestos. 2% had TB, 13.3% had asthmatic conditions and 19.6% of smokers had a history of asthma. 54% were aware that smoking causes lung cancer. 44.7% were not aware about passive smoking. 68% were aware that exposure to asbestos cause lung cancer. 58.7% were not aware that the exposure to radiation causes lung cancer. 65.3% were not aware that history of respiratory condition cause lung cancer.

**Conclusion:** Passive smoking, asbestos exposure and lack of awareness were the main risk issues identified.

## **Assessment of knowledge, attitudes & practices regarding Healthcare Waste Management among Healthcare professionals, in Southern Province Hospitals**

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**Introduction:** Healthcare Waste Management (HCWM) is considered as a vital component in any hospital management system as improper HCWM poses a great threat to humans and the environment that they live in. Healthcare professionals should have adequate knowledge, skills and correct attitudes regarding HCWM in order to control adverse consequences related to HCWM.

**Objective:** The aim of the study was to assess knowledge, attitudes and practices regarding HCWM among Nurses working at Public Hospitals in Southern Province.

**Methods:** A cross-sectional survey was conducted using a self-administered questionnaire in a sample of Nurses.

**Results:** About 72% of the participants had an adequate knowledge on HCWM. But, their knowledge on policy regulations and transmission of disease related to HCWM were somewhat poor. Only 33% of the participants had an unfavourable attitude regarding HCWM. Practices regarding HCWM in these participants were satisfactory, but skills in waste storage and use of protective equipments when handling Healthcare Waste were found to be not satisfactory. There was a positive correlation between knowledge and practices and between knowledge and attitudes related to HCWM in this sample of Nurses.

**Discussion and Conclusion:** Health education programs targeted at Nurses on HCWM would aid to minimise adverse health and environmental consequences of improper HCWM in hospital settings. Proper training programs on HCWM should be developed and conducted for nurses and such programmes would aid to improve practices regarding HCWM among Nurses.

**Keywords:** *Healthcare Waste Management, Nurses, KAP survey, Sri Lanka, Health policy*

## **Customer satisfaction in private sector hospital services; over view to Servqual model**

*Dr. Iddamalgoda H.<sup>1</sup>*

**Introduction:**Customer satisfaction in private health services is the key component in today's competitive world. This study was done in private sector hospitals in view to determine the customer satisfaction.

**Objectives:**The hypothesis in this study was that the customer perception is directly related to the customer satisfaction. Quantitative method has been utilized for this study mainly focusing 3 private hospitals in Colombo. The conceptual model was based on the dimension of the customer perception on service quality. The SERVQUAL service quality model was used to assess the aspects of the customer satisfaction.

**Methodology:**The survey was conducted only among the inpatients in three private hospitals. A close ended questionnaire was developed and was given to 450 respondents containing 37 questions out of which 27 questions fell into five quality variables of tangibles, reliability, responsiveness, assurance and empathy. The respondent's demographic data was also collected to identify the nature of the customers who access the private hospitals in Sri Lanka.

**Results:**The study results revealed that the majority of the customers who get inpatient treatment are executives coming from middle income families. This resulted in a mismatch between the executives and the income as they should have fallen into a higher income category. It also showed that the majority of the customers have a family composition of 4 and the decision making is done jointly with the partner. It also revealed that the doctors influence customers to select a hospital showing that our culture is doctor centric. The four highest levels of customer satisfaction were seen in assurance (84.5%), empathy (82.16%), tangibles (81.7%) and responsiveness (74.08%). The lowest level of satisfaction was seen in the variable of reliability. Only 49.7% of the customers were satisfied with reliability and 50.3% were dissatisfied. This indicated that the reliability is comparatively poor. Significant amount of dissatisfaction on service on time, service on preparation of discharge bill and the hospital charges was observed.

**Conclusion:**It was proven that the customer perception is directly related to the customer satisfaction. This survey identified number of specific areas of concern. It is suggested to pay much more emphasis on these areas and to incorporate a continuous quality improvement program.

**Key words:***Customer, Satisfaction, Expectation, Perception*



## **Risk of developing Diabetes Mellitus in future, among teenagers in Colombo Region, 2014**

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**Introduction:** Diabetes mellitus in teenagers are due to non-modifiable and modifiable risk factors. Non modifiable risk factors are age, sex and genetic factors. Modifiable risk factors considered as physical inactivity, bad food habits, high BMI, increased waist circumference and family history. The aim of this study is to identify those modifiable risk factors to develop diabetes among teenagers.

### **Objective**

- To assess the prevalence of developing diabetes mellitus type 2 among teenagers in future in Colombo region.
- To describe the factors that may be associated with developing diabetes mellitus type 2 among teenagers, in future in Colombo region.

**Methodology:** The cross sectional study on teenagers in 3 urban schools in Colombo region was done using a number of 150 conveniently selected sample. Data was collected using an interviewer administered questionnaire and data were analyzed using SPSS version 2.7.

**Results :** This research study shows that 34.27% of teenagers were physically inactive, 47.55% of teenagers were followed bad food habits, 35.66% of teenagers were had a history of diabetes from family, 12.58% of teenagers were increased waist circumference and 17.48% of teenagers were had a high BMI. 20.98% of teenagers were had 3 or more than 3 risk factors to develop diabetes.

**Conclusion:** This study identified those who are risk of developing diabetes in teenagers in Colombo region which is high than rural areas.

## **A Study of Gender Discrimination Imposed on Urban Healthcare Students**

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1. Student at International Institute of Health Sciences
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**Introduction:** Gender discrimination (G.D) or discrimination based on a person's sex. Although gender discrimination is traditionally viewed as a problem normally encountered by females, it has significantly affected males as well. Gender bias and role stereotyping do exist in healthcare settings and it affects the victim physically and mentally.

**Objective:** To assess discrimination imposed on urban health care workers, and to determine their response to discrimination

**Methods:** Quantitative, Cross-sectional method was used to collect data through interviewer administered questionnaires. 120 Nursing and physiotherapy students were used in this study.

**Results:** The majority of the females (57%) experienced discrimination in college while the majority of the males (80%) experienced discrimination in hospitals. 50% of females were discriminated by their colleagues while another 24% reported that it was their partner. 70% of males were discriminated by female patients. Male nurses report higher discrimination incidents (75%) than female nurses (61%), where they have been criticized about their occupation. On the other hand more female physiotherapists report discrimination (90%) than male physiotherapists (10%) regarding their occupation. Due to discrimination, 34% of the males and 14% of the females reported that they suffered from physical and mental health problems. Moreover 80% of the females and 28% of the males experienced restlessness. 63% of these victims who have told others were able to solve their problems. The majority of victims who did not tell anyone (37%) believed that their problem could not be solved.

**Conclusion:** By way of conclusion, the questionnaires explored above clearly posit that both genders undergo gender discrimination. However, it varies depending on the profession.

## **Descriptive study on prevalence of the tendency of postpartum depression in Kirulapone MOH area, according to employment status and education level.**

*Weerasinghe K.D.<sup>1</sup>, Dr. Silva S.N.<sup>2</sup>*

**Introduction:** Postpartum depression (PPD) is a least concern area in Sri Lanka. Even though there is a standard public health service, screening programs are not conducting in post natal clinics for PPD. So PPD is a hidden area and there is lack of statistics on prevalence of tendency for PPD.

**Objectives:** The objectives were to identify the depth of the problem of PPD in Kirulapone MOH area. And to evaluate the impact of employment status and education level for prevalence of PPD.

**Methods:** A descriptive study was done on 102 postnatal mothers selected using convenience sampling from postnatal mothers in Kirulapone MOH area using a self-administered questionnaire.

**Results:** Substantial number of women, (42.15%) having a tendency for PPD. When classify the sample, 60 had low risk, 10 had moderate risk and 12 had high risk for depression.

Employment states are impact on the risk for tendency of PPD in some point. Among not depressed women, 43 (71.6%) were unemployed and 23 (38.3%) were employed.

Risk for tendency of PPD is varying on education level of the mother. 35 (58.3%) among not depressed mothers had satisfactory education level and 25(41.6%) had not satisfactory education level.

**Conclusion:** Tendency of PPD is common in considerable amount. Employment states and educational level is having significant impact on tendency for PPD.

**Keywords:** *PPD, postnatal mothers, depression, employment states, education*

## **Association between urban dietary pattern and selected Non-communicable diseases among urban population, Sri Lanka.**

*Jayasinghe J. A. M. D.<sup>1</sup>, Professor SwarnaWimalasiri K. M.<sup>2</sup>*

**Introduction:** A cross-sectional descriptive study was conducted in Gampaha district to determine the association between dietary pattern and selected Non-communicable diseases among urban population in Gampaha district, Sri Lanka.

**Methodology:** The participants were selected by random cluster sampling from households living in the study area. Sample consisted of 150 males and 145 females of ages between 30-60 years. Participants were interviewed by a trained interviewer to collect data on demographic characteristics, health condition information and life style. Food Frequency Questionnaire (FFQ) was used to assess the individual's dietary pattern during the previous year. FFQ consisted of 107 food items and food items were categorized into 10 food groups. Body weight and height were measured by using Digital Weighing Scale and a measuring tape. Data was analyzed by using SPSS-20 software.

**Results:** Majority of this population (68%) was Overweight (BMI>26) and about 9% of population was obese (BMI>30) while 23% of population was having normal BMI (18-25). Hypertension was the most common disease condition of this population with a prevalence of 40.67% and it is high among the young population between the ages of 30-45years. Diabetes prevalence is 30.84% and heart disease prevalence is 16.94%. Heart disease and diabetes prevalence is high among the population of 45 -60 years of age. Dietary pattern of the participants consisted of high intake of meat, fish, fatty products, starchy products, sugar, salt, dairy products and beverages, and low intake of fruits, vegetables and cereals. This dietary pattern was positively correlated with diabetes, hypertension and heart disease.

**Conclusion:** This data suggests that urban dietary pattern is associated with obesity and diet related chronic diseases such as diabetes, hypertension and cardiovascular diseases. Therefore public health messages should emphasize the importance of improving healthy dietary habits and active life style among urban population.

## **Video Gaming and its Effects among age groups 12-28 years in Sri Lanka**

*Perera M. P.<sup>1</sup>, Dr. Silva N.<sup>2</sup>*

1. Student at International Institute of Health Sciences
2. (Supervisor) Lecturer at International Institute of Health Sciences

**Introduction:** More than 90% of young people from ages 6-25 years play video games, from which many of them play for more than 20 hours per week. Pathological gaming is one of the effects that past researches have confirmed. The prevalence rate of pathological gamers in US, Europe, Norwegia, China, Singapore and Taiwan have found to be 7.5% to 11.9%.

**Objective:** To assess the prevalence of gamers and those who can be categorized as pathological gamers. Identify effects and motivation behind gaming.

**Methods:** A mixed method approach was used to collect data through self-administered questionnaires, in-depth interviews and focus group discussions.

**Results:** 49% play video games more than 2 days per week and 31% of them play almost every day. 47% play video games more than 2 hours per day of which 11% play video games for more than 5 hours per day. 64% play online games and 21% of them would play for more than 7 hours a week. The longest time in hours played within one day was more than 8 hours in 46% of the sample. 18% state that they socialize with friends through online gaming. 20% of the sample have spent more than 6000/= on gaming during a 6 month period. 9% miss their meals, 34% misses their sleep and a further 5% have conflicts with their partners because of video games.

**Conclusion:** Video gaming practices are common among the youth and they seem to be having significant risks on various aspects of health.

**Key words:** *Video games, Youth*

## **Stress management in Maldives students in IIHS (International Institute of Health Sciences)**

*Buthoola Abdul Razzaq, AishathShamna, HawwaSaffath and FathimathShiunaNaseem*

**Introduction:** This research was carried to find out about the stress level and how to manage stress among college attending Maldivian students who are enrolled in IIHS. In a medical or biological context stress is a physical, mental, or emotional factor that causes bodily or mental tension. Stresses can be external (from the environment, psychological, or social situations) or internal (illness, or from a medical procedure). Stress can initiate the "fight or flight" response, a complex reaction of neurologic and endocrinologic systems.

Research was conducted throughout the month of September and October 2014.

**Objectives:** The main objective of this research was to find out the factors which cause stress in these selected students and provide methods to overcome the issues regarding stress.

**Methodology:** The research was done by gathering relevant data from the specified questionnaires and individual interview.

**Results:** Research shows that, maximum number of students get 6 hours sleep and 5 students get 4 hours and 5 hours of sleep however none of them gets 8 full hours of sleep. Pointing on to the data gathered 27 students take 4 hours to travel each day and 1 student take 5 hours. The research also shows that 2 students take 6 hours to travel per day. Furthermore assessing the students we gathered the knowledge that for 70% of students report that other activities clashes with their prayer time.

**Conclusion:** In order to decrease the number of issues concerning stress it is crucial that we provide information involving stress management. Moreover health education about importance of exercise, relaxing techniques and time management was taught to participants.

## **Contraceptive knowledge among teenagers in Gampaha district of Sri Lanka.**

*Manushi Chathurika H.N.D<sup>1</sup>, Dr Edirisinghe E. A. K. K.<sup>2</sup>*

**Objective:** To assess the level of awareness and knowledge of contraceptives among teenagers in Sri Lanka.

**Methodology:** A quantitative method was followed with a descriptive study, done on 200 Students in the Gampaha district within the age 13-19(grade10-12).A self-reported, open- and close-ended questionnaire was used to capture data relevant to the study's objectives and research questions.

**Results:** Though 92% of the total participants knew what contraceptives were, 8% did not know what it meant. 88% didn't know the part of the menstrual cycle in which females are more fertile, while 74% did not know whether a girl could get pregnant during her menstrual cycle.97% knew that teenagers under 16 cannot get purchase contraceptives legally, while 95% believes that if an underage goes to a GP and asks about contraceptives, the parents will be informed, in addition 87% believes that the reason for lack of knowledge about contraceptives is because of the fear that parents/guardians will find out,64% ensured that their existing knowledge was gained through the internet.66% does not have the access to gain advice while 86% preferred going to a friend to get advice on contraceptives while 14% preferred asking advice from a family member.77% suggested to conduct awareness building programs to increase the awareness levels in teens, whereas the others (23%) suggested that contraceptives should be legal for teenagers and the availability of contraceptives should be increased among teenagers.

**Conclusion:** Teenagers in Sri Lanka do not receive adequate information about this topic (contraceptives) due to the fear of being found out by their parents/guardians, embarrassment, thus they lack in sufficient knowledge about contraceptives.

## **Descriptive study on errors of prescriptions received that an urban Sri Lankan pharmacy.**

*Fernando A.M.D<sup>1</sup>, Silva S.N<sup>2</sup>*

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:** Thousands of medicine drugs prescribed in the Sri Lanka every day. Also they have been consuming by pharmacies in each and every hour. Errors can be included in prescriptions and they can effect to the potential patient safety.

**Objectives:** To describe the presence of prescription errors among prescriptions received that an urban Sri Lankan pharmacy.

To describe the types of errors among the prescriptions received that an urban Sri Lankan pharmacy.

**Methods:** : Descriptive cross sectional study was done on 100 prescriptions selected using Systemic sampling from that were received to urban pharmacy (UNIQUE) in Negambo , using a checklist.

**Results:** 100 prescriptions were used in analysis and all were detected as having prescription errors. The three most common types of errors were indication missing (94%), SLMC missing (63%), age missing (53%). Prescription errors were generated by poor handwriting. 10% of drug prescriptions had unclear handwriting. A large number of prescriptions contained more than one prescribing errors. Illegible prescriptions were less common, which considered more than five errors are recognized.

**Conclusion:** This study shows the statistics on presence of prescription errors and find out the various types of prescription errors miscarried from the prescribers. It is cleared that prescriptions errors are different in every prescriptions are can be happen often. The irrational practices of drug prescription identified and missing indication, age and SLMC were taken place.



## **Posture and ergonomic evaluation in transferring patients of health professionals**

*Selvarjah M.<sup>1</sup>, Dr.Silva N.<sup>2</sup>*

**Purpose:** To develop a model for assessing and preventing posture and ergonomics related issues among healthcare workers involved in patient handling.

**Design/methodology/approach:** Three articles are compared in this review.

- Low back load reduction using mechanical lift during transfer of patients:

Using Japanese care-workers (CWs) a study was conducted on low back loads and operation time during the transfer of a simulated patient, who was totally dependent from bed to wheelchair, using a mechanical lift (Lift) and manual transferring.

- Prevention of disabling back injuries in nurses by the use of mechanical patient lifts systems:

A review has been done on American nurses who are subjected to back pain due to patient handling and other occupational issues.

- A biomechanical and Ergonomic evaluation of patient transferring tasks: bed to wheelchair and wheelchair to bed:

A laboratory study was conducted in an effort to reduce back stress for nursing personnel while performing the patient handling tasks of transferring the patient from bed to wheelchair and wheelchair to bed.

**Findings:** Ergonomics involves the use of mechanical devices (e.g., walking belt and mechanical hoist) to aid in patient lifting and transferring tasks. The two-person walking belt using a pulling technique and Ambulift are recommended for transferring patients from bed to wheelchair and wheelchair to bed. For reduction of LBP risk for care workers, it will be important not only to use the Lift but also to observe proper procedure and raise care workers skill levels in patient transfer.

**Research limitations/implications:** These studies and reviews are limited to one discipline in health care, whereas posture and ergonomics become important aspects in transferring patients for any health professional.

**Practical implications:** To develop a back pain risk assessment and prevention model for specifically Nursing and Physiotherapy students.

**Originality/value:** The paper will elicit the common risk factors for all health care workers and specific issues for Nursing and Physiotherapy students with respect to back pain.

## **The Nutritional Habits of Fishermen in the Eastern Province of Sri Lanka, 2014**

*Fonseka, M.J<sup>1</sup>, Senanayake, S<sup>2</sup>, Thangavel, D<sup>3</sup>, Roche, S<sup>4</sup>, Silva, S. N<sup>5\*</sup>*

1. - 4 Undergraduate student in Physiotherapy affiliated with Coventry University, Coventry UK; following at International Institute of Health Sciences – Welisara Sri Lanka
5. (\*Supervisor): Senior House Officer in General Medicine, National Hospital of Sri Lanka.

**Introduction:** The aim of this study is to gain an understanding of the nutritional habits of Traditional fishermen in rural coastal village in eastern province Sri Lanka. There is a lack of knowledge on nutritional values among the fishermen of these areas, there by leading to musculoskeletal pathologies. Calcium and, Protein are key nutrients for the development of Muscle and soft tissue and have a direct influence on bones. .

### **Objectives:**

- To identify the knowledge on nutritional value of Calcium and Protein intake among fishermen.
- To describe the pattern of Calcium and Protein consumption.
- To check the level of water consumption and the quality of the water.

**Methods:** This study was carried out as a descriptive, cross- sectional study involving a sample of 75 conveniently selected samples out of fishermen's in trincomalee district in eastern province, Sri Lanka. Data collection was done using an interview administer questionnaire. Data were analyzed by using statistics.

**Results:** The results show that out of the 75 fishermen, 64 consume more than 2 liters of water per day, but unfortunately, all 75 consume tap water. It also shows that 95% of the fishermen take eat whilst working, and they all consume protein in the form of fish on a daily basis. It also shows that all fishermen obtain calcium in the form of small fish on a daily basis.

**Conclusions:** From the data collected, we can conclude that majority of fishermen do maintain a healthy diet, but there are some aspects of their diets which can be altered to improve the nutritional value of the food they eat. The amount of water consumed by most fishermen is satisfactory, but the quality of water needs improvement.

# **Investigating stress among undergraduate Asian international nursing students compared to their Australian counterparts during the first clinical placement in Australia.**

*Gamamedaliyanage Don, M.D.<sup>1</sup>*

**Introduction:** Nursing is identified as one of the most stressful occupations in the health and community sector. Particularly, international students face multiple sources of stress during their transition and these stressors can be classified as academic, personal and vocational challenges and sociocultural issues. Clinical placements greatly enhance nursing students' competencies and preparedness for future practice. Further, it believes that international nursing students suffer from greater level of stress during clinical placements than students from the host country. However, there is lack of recent relevant literature to assess Asian international nursing students' stress level compared to their Australian counterparts during their clinical placements in Australia.

**Objective:** Assess the stress levels of undergraduate Asian international nursing students compared to their Australian colleagues during the first clinical placement in Australia.

**Method:** A search strategy was designed and Cumulative Index to Nursing and Allied Health Literature (CINAHL) and The Cochrane Library data base have been searched for related literature from 2007 to 2014.

**Results:** This review included four quantitative studies and a qualitative study. According to the findings of this study, all nursing students are in an equal amount of stress regardless their year of studying. Financial issues, increased workload, lack of family support, new routine, ineffective time allocation, ill health, language concerns, perceptions of preceptors, peer student's pressure and social pressure are identified as possible causes for stress of international students. Further, type and level of stress also greatly influence by cultural background, social pressure, family and individual experiences. Consequently, this stress effect on physical, social and psychological health and wellbeing of the students.

**Conclusion:** Further studies should be conducted to assess Asian international nursing students' stress level compared to their Australian counterparts. Moreover, there is an increased need of a standard assessment scale to assess the stress level.

## **Description of Menstrual Knowledge and Health Care behavior among adolescent girls and women aged (18-35) in Republic of Maldives.**

*Mohamed M.<sup>1</sup>, Silva S.N<sup>2</sup>*

1. Undergraduate student in Diploma in General Nursing; following at International Institute of Health Sciences – Welisara Sri Lanka)
2. (Supervisor) Medical officer; National Hospital of Sri Lanka

**Introduction:** From puberty until menopause, a women's biochemistry waxes and wanes to her own unique monthly rhythm, known as the menstrual cycle. It is important that all the females should have the knowledge about menstrual health. However in Maldives people don't have much knowledge and they don't take it is an important part to know.

**Objective:** To identify the knowledge and the practices of menstrual health. And To find out the status of menstrual hygiene among adolescent girls in Republic of Maldives.

**Methods:** A descriptive study was done on 115 Female adolescent menstrual knowledge and health care behavior in Maldives, using an online questionnaire.

**Results:** 44% out of 115 females are maintain and noted menstrual date. And says 76% were get pain during their menstrual period. 81% has 3-4 days of bleeding. And 40% were not checked their hemoglobin level. 75% of females were thinking that they don't have to take medicine for menstrual pain. And 40% of females they did not checked their hemoglobin level. 47% are sometimes having heavy or prolonged bleeding. 83% are agreed with they have knowledge and understand menstruation. 89% think it is important to monitor menstrual cycle. 80% of females they understand menstrual health. 37% of females don't have regular menstrual cycle. 48% of female said they received information about menstrual health from school.

**Conclusions:** Even if 89% of females think it is important to monitor menstrual cycle. But there were 16% of females they don't understand menstrual health.

**Key word:** *Menarche- the first period.*

## **Abortions in Sri Lanka: Should it be legalized or remain as illegalized?**

*Peiris N.<sup>1</sup>, Gunasekera M.<sup>2</sup>*

**Introduction:** According to the World Health Organization there are approximately 43.8 million (125,000 per day) abortions out of increases by 100 million souls every year.

In Sri Lanka, the number of illegal abortions, according to the 2008 statistics, numbered over 175,000 each and every year. Serious complications were occurred due to illegal abortion causing morbidity and mortality. Therefore we need to build up a discussion among legal parties and medical community in order to reduce the number of maternal deaths caused from illegal abortions.

### **Objectives:**

The data have been collected on following objectives:

- Believes and attitude towards abortions.
- Causes of abortions.
- Consequences of abortions
- Use sex education as a variable to prevent unwanted pregnancy

**Methods:** This is a descriptive and cross-sectional study. I conversantly selected adolescents, women who are going through menopause stage, health care professionals and adults in Sri Lanka. Data was collected using an online questionnaire.

**Results:** 47% were unaware of the abortion rate and 43 % were unaware of that 25% of maternal deaths occur as a result of complications due to unsafe abortions in Sri Lanka. Thus, 87% of individuals thought that sex education should happen and mostly selected 16 years and above age group as the suitable age group to be given sex education. In addition, 51 %, 14 % and 24% strongly agreed and agreed for abortions to be legalized in rape, outside illegal marriage and if mother is below the age of 18 years, respectively.

**Conclusion:** According to the data I have been collected, majority thought abortions should not be legalized but was agreed that sex education should be important be given for adolescents.

# **A study of prevalence of lower limb injuries among basketball players in Sri Lanka 2014**

*Bandara D.M.P.A.<sup>1</sup>*

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

**Introduction:** Basketball is one of world's most popular sports and is one of the highest contributors to sport and recreation-related injuries. On average a basketball player run 2.72 miles and jumps more than 100 times per game. The defensive techniques generate higher pressure and stress to lower extremity and pelvis area. In Sri Lanka some players don't have standard playing surfaces or shoes specifically designed for Basketball. These factors can increase the risk of lower limb injuries.

**Objective:** Identifying the risk factors for lower limb injuries among basketball players in Sri Lanka and improving knowledge on prevention.

**Methods:** Descriptive and quantitative study on 70 randomly selected basketball players using an Interviewer administered questionnaire.

**Results:** 43 out of 70 were male (61.43%) and 27 were female (38.57%). 39 out of 70 got lower limb injuries (55%). Out of those 39, 25 were male (58.15%) and 17 were female (51.85%). Out of injured players 84.61% were above 165cm.

46.16% got injured while rebounding, 38.46% while defending, 10.26% while running and 5.12% while performing other playing actions.

74.35% played more than 10 hours per week and 25.65% played less than 10 hours. Out of 70 players, 48.57% used branded shoes specially designed for basketball, 27.15% wore sportswear and 24.28% used normal shoes. Out of players who got injured 41.02% wore branded shoes, 23.09% sportswear and 35.89% used normal shoes.

**Conclusion:** Risk of lower limb injuries can increase due to four main risk factors, duration of playing basketball, height of the player, shoe type and playing actions.

**Key words:** *Basketball players, Lower limb injuries, Defending, Rebounding, Branded and sportswear*

## **The Nutritional Habits of Fishermen in the Eastern Province of Sri Lanka, 2014**

*Fonseka, M.J<sup>1</sup>, Senanayake, S<sup>2</sup>, Thangavel, D<sup>3</sup>, Roche, S<sup>4</sup>, Silva, S. N<sup>5\*</sup>*

1-4 Undergraduate students in Physiotherapy affiliated with Coventry University, Coventry

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5. (\*Supervisor): Senior House Officer in General Medicine, National Hospital of Sri Lanka.

**Introduction:** The aim of this study is to gain an understanding of the nutritional habits of Traditional fishermen in rural coastal village in eastern province Sri Lanka. There is a lack of knowledge on nutritional values among the fishermen of these areas, there by leading to musculoskeletal pathologies.

### **Objectives:**

- To identify the knowledge on nutritional value of Calcium and Protein intake among fishermen.
- To describe the pattern of Calcium and Protein consumption.
- To check the level of water consumption and the quality of the water.

**Methods:** This study was carried out as a descriptive, cross- sectional study involving a sample of 75 conveniently selected samples out of fishermen's in trincomalee district in eastern province, Sri Lanka. Data collection was done using an interview administer questionnaire. Data were analyzed by using statistics.

**Results:** The results show that out of the 75 fishermen, 64 consume more than 2 liters of water per day, but unfortunately, all 75 consume tap water. It also shows that 95% of the fishermen take eat whilst working, and they all consume protein in the form of fish on a daily basis. It also shows that all fishermen obtain calcium in the form of small fish on a daily basis.

**Conclusions:** From the data collected, we can conclude that majority of fishermen do maintain a healthy diet, but there are some aspects of their diets which can be altered to improve the nutritional value of the food they eat.

## **Economic impact of a running selected specialised health service in selected islands**

*Mahakalanda S. J. <sup>1</sup>, Edirisinghe Dr. E. A. K. <sup>2</sup>*

1. Masters student at IIHS Welisara
2. CEO IIHS Welisara

**Introduction:** Non communicable diseases (NCDs) have become one of the most significant burdens to all health systems in the world. Due to advanced NCDs the patients require specialised services that will burden the health systems in economic terms. The real economic impact cannot be fully located however the direct cost of running the services could be identified.

**Objective:** to identify the economic impact of one selected specialised service for advanced NCDs in selected islands.

**Methods:** The patient density at present and the growth of patient load for the selected service was calculated using trend analysis till 2025. Then the demand for the service and the magnitude of the same was estimated. Then the anticipated cost commitment was ascertained as per current value of currency.

**Results:** Island 1 spends 4.51% of their health budget on 0.17% of population in 2014 and will spend 11.4% of the budget for 0.54% of population by 2025. Country 2 will spend 3.73% of health budget on 0.04% of population in 2014 and will spend 9.44% of the budget for 0.10% of the population by 2025. Country 3 spends 15.15% of health budget on 0.10% of population in 2014 whilst in 2025 will spend 31.65% of the budget for 0.36% of population.

**Conclusion:** The NCD crisis must be controlled immediately as the services will cost significantly to the health systems. Running services will be unsustainable and will create inequalities amongst the population, i.e. very small percentage of population will consume large portions of health budgets.

**Keywords:** *Sustainability of health services, Equity in health care, Non-communicable diseases, Total health budget*



# **Prevalence of Bronchial Asthma among teenagers in Western Province of Sri Lanka and its Impact on School Attendance**

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

**Introduction:** Global prevalence of bronchial asthma and wheezing is increasing in rapid phase and has been found to have rising rate of morbidity, mortality, and economic burden related with asthma mostly among school children over the last 40 years (Braman SS, 2006). As per (Michelle L.Moricca, 2014), asthma has influenced school absenteeism. Sri-Lankan Ministry of Healthcare and Nutrition (2009) states that hospital admissions and deaths due to bronchial asthma have significantly increased over the last two decades.

**Objective:** To identify prevalence of bronchial asthma among teenagers in Western province of Sri-Lanka and to explore the impact of bronchial asthma condition on School attendance.

**Methods :** : A descriptive study was done on 162 students ( aged 13 to 19 years) selected using convenient sampling from schools of Western province, Sri Lanka, using a self-administered questionnaire.

**Results:**From my research 20.4% teenagers said that they were diagnosed with bronchial asthma and wheezing. 5.5% of them stated that they have been having asthma over 3 years 6.2% of them have had GP consultation for respiratory illnesses thrice a month. 8.7% of them said that they have been hospitalized due to it. 31.5% of those with asthma have used an inhaler and 19.7% of them have had nebulization. Only 9.2% of them said that they were compliant with medications. 19.8% of them had missed school.

**Conclusions:** The prevalence of asthma was moderate among these students and the disease control among them seemed to be largely satisfactory.

**Key Words:** *Prevalence, Bronchial Asthma, Impact, School attendance, Teenagers.*

## **The awareness of proper usage of cosmetics & their side effects among the people in Colombo District, Sri Lanka.**

*Pradeep, K. C.,<sup>1</sup> de Silva, T. D.<sup>2</sup>*

**Introduction:** Due to improper usage of cosmetics apart from side effects even sometimes severe injuries and death could occur. The wrong habits of cosmetic applications could be due to busy lifestyle, ignorance, economic factors and also due to lack of rules and regulations.

**Objectives:** To assess people's knowledge, attitude and practice with regard to proper cosmetic usage and their side effects.

**Methodology:** 120 people who are in the age limit of 16-45 from Colombo area were conveniently chosen including beauticians, their clients, health care & university students. Data was collected using a questionnaire and analyzed using descriptive statistics.

**Results:** 95% are using cosmetics. 21.7% use them as a trend. 43.3% people think that using cosmetics is unsafe. Even though 56.7% of people think that chemicals in cosmetics can be harmful 54.6% have been exposed to cosmetics more than 5 years.

27.5% people don't follow pre & post care of cosmetics. 10.8% are not aware about animal testing which every cosmetic product should undergo. 60.8% never consider whether the product is tested or untested. 53.3% are unaware about MSDS of cosmetic products and 21.42% of people are not following MSDS always. 56.7% use the product continuously even after the expected result. 30.3% have had bad experiences with cosmetics but 45% avoid going to see a doctor when side effects occur. According to the study 46.4% of people are not satisfied about their knowledge on cosmetics and its side effects and proper usage.

**Conclusion:** The awareness on proper usage of cosmetics and their side effects is very low.

## **Assessment of the suitability of ramps for wheel chair access among public buildings in Colombo, Sri Lanka**

*Bandara D.M.P.A.<sup>1</sup>, Jayalath S.S.<sup>2</sup>, Mendis R.N.L.<sup>3</sup>, Kanuwana N.H.<sup>4</sup>, Silva S.N.<sup>5</sup>*

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**Introduction:** ‘Protection of the rights of persons with disabilities’ act, no. 28 of 1996, under section 23 and section 25 demands ramps to be included in any public building, allowing wheelchairs to access. Though since then ramps were included in public buildings, whether their quality and specifications are maintained it is not known.

**Objective:** To describe the suitability of the ramps for wheel chair access among the public buildings in Colombo Sri Lanka.

**Methods :** : A descriptive cross sectional study involving 83 outdoor ramps among conveniently selected, commonly used public buildings within the city limits of Colombo, Sri Lanka in 2014

**Results:** Only 7 out of 83 ramps had at least the recommended indoor slope of 1:12 or more. The slope varied between a 1:2.91 and 1:21. Only 16 ramps had the recommended width 1200mm or more. The width varied between 711.20mm and 1905mm with a standard deviation of 253mm. 73.5% of the ramps were both too steep and too narrow. In 67.5% of the ramps the slope varied when measured on three different spots on the ramp. 23 ramps were without a sidebar and 29 were without a protective edge. 9 had neither a bar nor an edge. Only 38.6% of ramps had a suitably smooth surface for wheel chairs while 38.9% were too rough and 22.6% too slippery. Although the lighting was adequate during the day time, 57.8% did not have adequate lighting to suit the night. 33.7% and 36.1% had unsuitable starting and ending points respectively.

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

**Key words:** *Wheelchair Ramps, Disable access, Access to Public buildings*

## **Quality of Clinical Learning Environment (CLE) of nursing students in Sri Lanka, 2014. (Perceptions and experiences of student nurses, nursing tutors and ward sisters)**

*W.A Rupa Pathmini Menike<sup>1</sup>*

**Purpose:** The aim of this study is to investigate and to explore the concerns raised by the nursing students ,nursing tutors and ward sisters regarding their experiences of the clinical learning environment and clinical supervision in order to provide evidence based information which can be used to underpin future planning for existing nursing programs in Sri Lanka.

**Design/methodology/approach:** The Convergent Parallel Mixed Method Design is used. Both quantitative and qualitative research and methods in a single study to provide a better understanding of the research problem. Cross Sectional Descriptive Survey Study for nursing students and focus group discussion for other stake holders is conducted. Review of other literature was also done, that would assist in developing a possible model to evaluate quality of CLE in Sri Lankan Nursing education.

**Findings:** Triangulation could involve drawing on quantitative data from the analysis of questionnaire survey to cross check the findings from the analysis of qualitative data and to indicate how wide-spread certain impacts and outcomes are in CLE.

**Research limitations/implications:** Results can be used in settings of government training schools and hospitals. The results will also contribute for recommendation of future nursing education, training and research.

**Practical implications:** Provides evidence based information on clinical learning environment and clinical supervision in which can be used to underpin future planning for existing nursing programs in Sri Lanka.

**Originality/value:** This paper fulfills identified information for understanding the quality of clinical environment of nursing students in Sri Lanka.

## **A descriptive study on backache among practicing nurses at International Institute of Health Sciences, 2014.**

*N.R.N.Mendis<sup>1</sup>, Silva S.N<sup>2</sup>*

1. Diploma student of nursing following at International Institute of Health Sciences – Welisara Sri Lanka
2. Medical officer; National Hospital of Sri Lanka

**Background:** Backache is a most common problem our society and its commonest word in day today life. There are many causes for back pain, some causes due to different lifestyle activities. Back pain among practicing nurses can be associated with their working environment, over time activities, and insufficient calcium containing food. Those causes are different from the selected nurses in 25 to 30 age group range.

**Purpose:** To assess the knowledge, causes, attitude and practice regard to back ache among nurses at IIHS; 2014.

**Methods:** A descriptive study was done on 115 practicing nurses selected sampling from IIHS, Sri Lanka in 2014 using an interviewer administered questionnaire.

**Results:** 73 out of 115 practicing nurses had backache recently. 58.7% ever had lower back pain which lasted for more than a day. 59.8% are always standing, 40.2% sitting most of the time at work, 31.5% generally do a lot of over – time work, and 40.2% often do an over – time work. Out of 73 nurses 37% sometimes lift heavy objects at work place, 23.9% are always to lift heavy objects during work. 38% of nurses are careful when letting objects during work. 31.5% sometime do physical exercise regularly. 54.3% sometime eating calcium containing food.

**Conclusion:** The results indicate that association exists between work stresses, most of time overtime and not eating calcium containing food and backache prevalence. The main route for prevention of backache among nurses is likely to do physical exercise, good posture and correct transferring techniques in ward situations should be can avoid this issues.

**Key words:** *Backache, Regularly exercise, Sitting and standing activities, IIHS*

## **Assessing hearing problems among teenagers due to usage of hearing devices in Colombo area Sri Lanka.**

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**Introduction:** With the advances in and increased use of audio devices like speakers, ear phones etc. health issues like hearing losses have become noticeable problems since of late. This research will assess hearing impairment among teenagers in Colombo, Sri Lanka.

**Objectives:** Assess the risk of development of hearing impairment among teens due to usage of listening devices and other technological devices.

**Methodology:** A descriptive cross sectional study was conducted on 50 conveniently selected teenagers from an international school in Colombo, who are in between 13-19 years using a written questionnaire and a hearing test. Teenagers who have had any congenital ear abnormalities, history of ear trauma, ear disease, head trauma and any other systemic disease (predisposing to hearing losses) were excluded.

**Results:** 61.2% of the sample population use head phones while 75% of them to listen to pop music for entertainment and 65% of them use volume in 100%. 64.2% of sample population have difficulties hearing. 50% of population confirms that they ask others to repeat themselves in conversation. 43% of them also complain to be having ringing noises in their ears. And finally 61.2% of population complains that hearing levels in one ear is worse than the other.

**Conclusion:** Because 65% of population use headphones and mobile phones at 100% it is been found that 64.25% of them have develop hearing impairments.

# **Assessment on lower extremity pain among students practice Indian and Sri Lankan classical dancing styles in the performing art faculty University of Colombo, Sri Lanka 2014.**

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**Background:** The health problems of dancers are worthy of attention for several reasons. According to specificities in different genres, most common location of injuries is lower extremities among classical Indian and Sri Lankan dancers. Due to stretching can prevent muscle tightness that leads to injury but most of the times dancers are not focus for the stretching. So the injuries among dancers will increase.

**Objective:** To identifying lower extremity pain among classical Indian and Sri Lankan pre- professional students in terms of different dancing styles while assessing their knowledge on injury preventive methods.

**Methods:** Descriptive and quantitative study was done on 60 randomly selected students in the performing arts faculty in Colombo using an Interviewer administered questionnaire

**Results:** Out of 60 students who following, Kandian 70%, Low country 75%, Sabaragamu 70%, Barathanatyam 100%, Kathak 75%, Kathakali 100%, Kuchchipudi 76.92%, Manipuri 72.72%, Mohiniyattam 72.72%, Oddisi 66.66%, Sattriya 81.81% dancing styles got pain.

46.66% got pain because of not doing stretching. 31.66% got pain although they doing stretching. Average of knowledge regarding self-management is 33.32%. 40% using western medicine, 16.66% using Physiotherapy and 28.33% using alternative therapies as treatment methods and 30% don't get any of above treatments.

**Conclusion:** Due to lower extremity pain there may increase psychological issues students performing level will decrease and permanent physical damages can occur. So it's really important to improve their knowledge regarding preventative methods and correct treatments and self-management which can minimize the lower extremity pain.

**Key words:** *Lower extremity pain, Indian and Sri Lankan dancing pre- professional students,*

## **Reflection on an inpatient presenting substance abuse and maladaptive behavior conducted at the National Council for Mental Health-Sahanaya Residential Rehabilitation Centre**

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**Introduction-** This case study was carried out on an inpatient as part of an assignment during psychiatric placements. A mental state examination was carried out amongst asking other questions focusing on the diagnosis status. An in depth interview was carried out with the patient and staff were asked questions related to the patients status of recovery in order to get a clear idea of the case study.

**Case description-**A 16 year old male patient was admitted for substance abuse of alcohol consumption and cigarette smoking along with weed abuse for a period of 6 months. Another presentation was maladaptive behavior due to psychological weight as a result of parents' separation along with other relationship problems. As mentioned by the patient, use of such substances were influenced by his own father as he watched his father using alcohol and cigarettes, it was later on that socializing with friends lead to such habits and got out of control. This whole situation has taken a great toll on the patients' psychological aspect of thinking of future relationships although consuming of such substances is not something he intends to continue.

**Discussion-** In this particular case study, it was identified that the main issue was the parents separation and father getting married again, this abuse was promoted through socializing which led to a frequent habit. So it was important to formulate holistic management approach considering his psychological health with many other key determinants like social health (family, friends and relationships), education and even extending up to his physical wellbeing.



## **Identification of Environmental health hazards at a typical family household in Sri Lanka**

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**Introduction:** This project was carried out at a conveniently selected house in Mahabage, Sri Lanka in order to find out environmental Health hazards in the community of Welisara. There are various ways by which our environment gets polluted. Industrial development and its spread is one of the major causes of pollution. In this study the main focus was on the Environmental hazards around the selected house hold. In order to improve the wellbeing of house hold members, unsolved and unknown health hazards were addressed during the study.

**Objectives:** To assess the environmental health hazards around the house hold by identifying existing health issues in order to create general health awareness among the family member to prevent further risk associated with coexisting environment health hazards.

**Methodology:** A convenient family home was used in order to conduct this research on identification of environmental health hazards at a typical household in Sri Lanka. Six household members participated in the research through an interviewer administered questionnaire.

**Results:** It was identified that there were many health related issues among the house hold of which some were; mosquito breeding sites due to improper waste disposal, consumption of tap water instead of boiled water, asbestos sheet roofing, minimum precautions taken when using heavy machinery, air pollution due to dust particles from wood work and fire wood cooking process, improper placement of kitchen and toilets in close areas. These issues were focused upon individually and were given with solutions to each health issue.

**Conclusion:** During this study, it was identified that there were a lot of environmental health hazards and minimum precautions were taken to reduce risks. Certain solutions were suggested but members were hesitant on following through as they agree the only issues present were minimum precautions taken from the work unit outside their premises.

## **Prevalence of Primary dysmenorrhea among teenagers in Colombo region**

*Perera M. H. S. A.<sup>1</sup>, de Silva V.<sup>2</sup>*

**Introduction:** Primary dysmenorrhea is one of the major and a common problem that teenagers are experiencing. Pain or cramping sensation in the lower abdomen may be accompanied by headaches, backache, leg pains, nausea etc. Primary dysmenorrhea is associated with a negative impact on social, academic, and sports activities of many teenagers.

**Objective:** To estimate the prevalence of dysmenorrhea among teenagers and its effect on their quality of life, To describe factors associated with primary dysmenorrhea, What are the actions taken by teenagers for primary dysmenorrhea and to assess attitude toward primary dysmenorrhea among teenagers.

**Method:** Descriptive cross-sectional study was done among 350 teenagers in Lindsay girls' school in Colombo using a self-administered questionnaire.

**Results:** Prevalence of primary dysmenorrhea was 94.3% among teenagers. The most affected age group was 13-15 teenagers, and it was 94.8%. Among primary dysmenorrhic teenagers, 42.1% were having family history of primary dysmenorrhea, 17.3% were overweight teenagers, and 10.9% prolonged cycle teenagers, 5.5% teenager's menarcheal age was less than 11. Symptoms that teenagers are mostly suffering are Abdominal pain 73.3%, Headache 29.7%, Lower back pain 57.9%, Leg pain 49.1%, Hip pain 33.9%. 63.6% teenager's attitude about dysmenorrhea was Unbearable. 83.9% teenagers do something to relieve their pain and 43.6% mostly use pain relievers.

**Conclusion:** This study showed the prevalence of primary dysmenorrhea among teenagers in Colombo region and its effect on their quality of life. 66.1% teenagers mentioned the pain is affected to their life.

**Key words:** *Primary dysmenorrhea, Quality of life, Teenagers*

## Contribution of personal trainers for health promotion

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**Introduction:** This study is conducted on the contribution made by the personal fitness trainers amongst the adult population in Colombo, Sri Lanka from perspectives of both the personal trainers as well as adult clients utilizing such services. A personal trainer is a physical educator who works on a one-one basis with his clients by prescribing exercise regimes along with instruction in order to help them reach their desired fitness-oriented goals or to just simply improve one's general health & wellness.

**Objective:** To identify the contribution made by personal trainers in promoting health among adults in Colombo, Sri Lanka.

**Methods:** Snowball sampling method was used to recruit personal trainers and adults trained by them from Colombo Sri Lanka, for this qualitative study. 8 in-depth interviews were conducted on the trainers and 13 on the adult trainees using a semi-structured interview guide. The data were analyzed using the 'thematic analysis' approach.

**Results:** Four main themes were identified. The personal trainers were considered a highly affordable option among other one-to-one health related training options. The customized plan and attention ensured better results. The compliance was high as well. If the trainers had a suitable professional training, both the clients and the trainers would have been more confident.

**Conclusions:** This study shows how personal training services are an effective tool in supporting other medical professionals. Furthermore, this gives us proper insight on what clients are expecting from such trainers in terms of qualification.

## **Career choice behavior of youth and nursing students: Image of nursing profession in Sri Lanka, 2014**

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**Introduction:** A health care setting needs enough and more staff in the field to provide quality of care to patients. Current important problem in the health care is shortage of staff and the tremendous workload that the nursing staff needs to face. This situation increases the demand for nurses. The purpose of this study is to bridge this gap by identifying high school and nursing school student's perceptions of nursing image and the nursing as a career choice.

**Objective:** To identify the relation between high school students and the career choice and then the relation between nursing students and career choice.

**Method:** Public and private high school and nursing school based descriptive, cross sectional study was done on 234 females and 64 males using self-administered questionnaire, survey questions and focused group discussion.

**Result:** Data were collected using an adapted version of the questionnaire. According to the statistical analysis that was done as a overall measure the relation between career choice and high school students has a significant and strength of 0.514, while the same relation is 0.395 for nursing school students. The linear relation between career choice and school students seems to be the highly predictive of each other with greater correlation value. The least predictive relation is the career choice and nursing students due to the low value of correlation ( $p = 0.395$ ).

**Conclusion:** This concludes that the strength of choice to consider low for nursing students, as they have already chosen their path of career, as it is paved way by their choice of academics. But the high school students have a greater value, as their decision in choosing their career as nursing have many avenues to be considered. Thus they do not have the only limitation to take up nursing, as they are currently in their advanced level of leering basic science education and they have a wide scope of choosing their career pathway, unlike the nursing school students.

**Key Words:***High school students, Nursing students, Career choice behavior, Nursing image.*

## **Study on the awareness and initiation of basic life support among nursing officers and general population, Colombo district, Sri Lanka**

*Dushyantha D. G. T.<sup>1</sup>*

**Objectives:** The objective is to describe the awareness and training of Basic Life Support, to describe the actual practice and the preparedness to practice CPR in an emergency situation and to describe the reasons for not readily practicing CPR in emergencies.

**Population:** Population is 100 randomly selected nurses who work in tertiary care facilities in both government and private sector, and 100 randomly selected non healthcare workers currently reside in Colombo district.

**Methodology:** The research is a quantitative, cross sectional descriptive study. Data collected by interviewing participants using a questionnaire. The questions covered the awareness, prior training, practice, real life experience; actions would take during a real life situation, and possible limitations with the therapy.

**Results:** Among nurses 81% of participants have participated for a CPR training program at least once and out of them only 65% of nurses have used a mannequin to get hands on, and 19% of nurses have had no training on CPR. Only 12% of nurses showed evidence that they were competent to carry out CPR. , 34% of nurses have come across CPR requiring victims after the training and out of them only 44% of nurses have started CPR. Among nurses 62% stated that anyone can initiate CPR while respectively 19%, 15% and 4% stated Emergency experts, doctors or nurses and doctors as the most appropriate to initiate CPR. Among nurses who did not initiated CPR, 50% stated that they had trained expertise around while 50 % stated they were not sure whether they can do it successfully.

Among general population 30% of participants have participated for a CPR program and only 15% got hands on using a mannequin. Only 4% of general population is competent to initiate CPR. 70% of general population was unaware of CPR and they stated that they would wait for medical assistance during a CPR requiring situation. Among general population respectively 43%, 35% and 13% stated doctors, doctors or nurses and emergency experts will be appropriate to initiate CPR. Only 9% stated that anyone can initiate the therapy.

**Conclusion:** The awareness of CPR among nurses is still remains at a low level and the confidence among nurses to initiate CPR was a significant reason for poor initiation of CPR. The awareness of CPR among general population was at a very low level and the training should focus on developing both skill and the confidence.

## **Knowledge about female cancers among student nurses in School of Nursing, Kandana**

*KudaKottunnalage V. P. K.<sup>1</sup>Dr. Gunewardane N.<sup>2\*</sup>*

**Aim of study:** The study aimed to describe the knowledge on female cancers (breast, cervical and ovarian cancers) among nursing students in school of nursing, Kandana.

**Methods:** A cross sectional design was used for study. Study setting was School of Nursing, Kandana. Study population was student nurses of school of Nursing, Kandana and eligibility criteria for the study unit was defined as female student nurses of the 2009 batch who were studying in the second year. A self-administered questionnaire was sent to 184, 2<sup>nd</sup> year student nurses other than describing responses to each question on knowledge an overall knowledge on cancers were presented by scoring the responses and categorizing the scores into two levels of overall knowledge as Good and Poor.

**Results:** Response rate was 94.6%. The student nurses had satisfactory knowledge on breast screening methods, risk factors, symptoms and protective factors but few knew treatment and recommended time on mammography. They had satisfactory knowledge on cervical cancer screening method but many did not know some of the risk factors was. Seventy eight percent nursing students had a good level of overall knowledge on all cancers..Among nursing students 87% had a good level on knowledge on breast cancer while 72% had a good level of knowledge on cervical cancer. Only 22% had good level of knowledge on ovarian cancer.

**Conclusions:** The nursing students had good level of knowledge on female censors. However, it is vital to improve educational opportunities to fill the gap of the knowledge to achieve better outcomes.

**Recommendations:** It is recommended that steps be taken to ensure that the areas indicated as gaps in this research are included in the curriculum of the student nurses.

# Knowledge, Awareness and Practices Concerning of Breast Cancer Among Nursing Students in Sri Lanka

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**Background:** Breast cancer is the leading cause of cancer mortality in women worldwide. Its incidence is increasing and young women affected more than ever. Nursing students are the future nurses who will have the opportunity to encourage and influence women to be aware of breast cancers.

**Objectives:** To determine the level of knowledge, awareness and practices concerning of breast cancer among Sri Lankan student nurses.

**Methods:** A descriptive cross sectional study was conducted on 150 nursing students who are in their 2<sup>nd</sup> and 3<sup>rd</sup> year studies by distributing a standard self-administered questionnaire. The completed questionnaire were retrieved, graded and scored.

**Results:** Mean age of the respondents was 24.27; (SD=1.66) years and ranged from 20-30 years. Most of the students were female which was 85%. 32% of nursing students scored below 55% for the questionnaire and only 7.3% had good overall knowledge and awareness of breast cancer. Out of 128 female students 89.9% were answered that they know how to perform Breast Self-Examination (BSE), out of which 37% of them performed BSE regularly. Only 33% were aware of recommended age for BSE and 10% were knew the recommended age for mammography. 9.3% were aware of frequency for Clinical Breast Examination on 20-39 years of age group. Of the female participants, 11.7% reported positive family history of breast cancer.

**Conclusion:** Nursing students should explore tohealth educational programs on regular basis on breast cancer and its screening methods. Further studies are needed to identify reasons for not practicing BSE.

## **Description of exercise patterns (physical activity patterns) and attitudes towards exercise (physical activity) among female adolescent at a school in Sri Lanka 2013**

*Fernando W. C.<sup>1</sup>*

**Introduction:** Evidence shows that girls, participation in physical activities compared to boys are less. And there is a clear trend of decreasing level of activity as girls get older.

**Objectives:** To find out The most common types of exercise, Frequency of exercise, Practical aspect of walking/cycling Attitudes towards exercise, Awareness about their body weight and the knowledge about Body Mass Index among female adolescent.

### **Methodology:**

- Descriptive cross sectional study
- Systematic sample of 120 female students' 17\_19 years
- Interviewed based on close ended questions
- For female, 17 to 19 years, at private school Sri Lanka in 2013.

**Results:** Most common type of exercise was walking; second common type was other exercises (dancing or badminton) and then running and cycling. Significant percentage does exercise regularly (84%).Regular practice of walking or cycling- 42% (walking 39% and cycling 3%). Among the rest two third still had ever exercised regularly at least for 3months and 85% still had positive attitudes towards exercise. The main reason for not doing regular exercise was lack of time and then laziness, tiredness ect,. Reasons for regular exercise was to stay fit(38%=20), look good (21%=11), lose weight (19%=10)- and to avoid disease (11%=6).Majority of them had concern about their body weight but only 15% knew about BMI.

**Conclusion:** Girls do engage in physical activities and walking is the most popular exercise among female adolescents. Also they do have positive attitudes towards exercise.



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