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Message from the Dean-IIHS

A very warm welcome to everyone.

Our conference theme today is both timely and timeless.

Timely, because at the moment Sri Lanka has a Dengue epidemic, while at the same time Malaria has almost been eradicated and other infections (HIV, encephalitis) are making inroads to the country.

Timeless, because humans have been battling infections for untold centuries and will continue to do so. According to the theory of evolution, we passed through the “germ” stage billions of years ago. These structurally simple life forms have evolved or mutated into marvels of survival and yet continue to – at least partially – intimidate and control us. Imagine their power………a one cell life form, invisible to the naked eye, that can kill a life form with a brain and hundreds of billions of cells.

Today the world has become smaller although it’s size has remained the same, and indeed, it has become a global village, with human interaction in scale, scope and speeds unthinkable even 50 years ago. With this, the spread of infections has also kept pace and isolated local areas of infection have now gone global.

Hospitals, which originally were places where people went to die, and then evolved into places where people went to be healed and cured, have now come full circle and become centers for the harboring and spread of stubborn resistant infections.

This requires us to be vigilant and adopt behaviors to prevent spread of infections. In this sense, an ounce of prevention is truly worth more than a pound of cure. And, as healthcare professionals we have to be responsible role models, armed with information, best practices and exemplary behavior.

It is my hope that today’s forum will inspire our young students and practitioners to reach these goals and scare the bugs away.

May the force be with you!

Nihal De Silva. MD.

Dean, IIHS.
Eminent Panelists

Dr Philip Scullion

Ph.D., M.A.

Associate Head of Department – Nursing and Health Studies, Faculty of Health and Life Sciences, Coventry University

Areas of Expertise and Research Interests

- Ph.D., Towards a Social Model of Disability; Challenging Disability Discrimination in Adult Nursing
- M.A. by Research, Applied Social Studies, University of Warwick
- B.Sc (Hons), Nursing, University of Central England
- Cert.Ed., Further Education
- Diploma, Nursing, London University

Dr. Philip’s research interests include:

Dr. Philip is specialized in the research areas of Therapy & Rehabilitation, Accident and emergency nursing. He has also done studies in the areas of Study Skills for Nursing and Midwifery Students. For more details of Dr. Philip’s research and academic publications visit the university website.

(http://wwwm.coventry.ac.uk/researchnet/cucv/Pages/Profile.aspx?profileID=388)

Professional Memberships and Awards

- 1981-present, ONC, JBCNS
- 1979-present, Registered General Nurse, NMC
Ms Mel Lauva

BN(Hons), RN, GradCertEd, MedRM

Senior Lecturer, Undergraduate Programme Coordinator (Nursing), School of Health, CHARLES DARWIN UNIVERSITY, Australia

Areas of Expertise and Research Interests
Her research areas include Research methods, HFACS methodology, Patient Safety and Ethnography. Her published research work and other academic publication details can be viewed in the university website (http://www.cdu.edu.au/health-wellbeing/profile/mel-lauva)

Projects
Ms. Lauva is currently engaged in a project of examining coroner’s cases analyzing nurse related events resulting in death across Australia.

Professional Memberships and Awards
- RCN Publications
Assoc. Prof Saedah Muda

MBA, BSc Nursing

Deputy Dean (Assessment)/BNS Program Coordinator - Faculty of Nursing and Allied Health Sciences - Open University of Malaysia

Areas of Expertise and Research Interests

Prof. Saedah Muda has extensive practical and management expertise in nursing. She has obtained the MSc in Business Administration from the UniversitiTeknologi MARA, Malaysia in 2006. Prof. Saedah has obtained her BSc in nursing qualification from the University of South Australia, Australia. She has been assisting nursing students to academically reach success by guiding them with research work from year 2010. She has been upgraded from Nurse Tutor to Associate Professor, Open University of Malaysia. She started her career as a state registered nurse working in hospitals in Malaysia.

Prof. Saedah’s research areas include:
Nursing education

Professional Memberships and Awards

- EXCO Member, Association of Nurse Tutors (ANT), 2005-2006
- Secretary, Malaysian Nurses Association (MNA), Pahang Branch of Malaysia, 1997-2005
- Ordinary Member, Association of Nurse Tutors (ANT) Malaysia, 1996 till 2005
- Life Member of the Malaysian Nurses Association (MNA), Pahang Branch, Malaysia, 1989 to present
- Ordinary Member of the Malaysian Nurses Union (MNU), 1980-1996
Dr. Nihal De Sliva

MD (Japan), MPH (USA), ACOG

Former Associate Prof.- Stanford University - USA
Dean- International Institute of Health Sciences

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 areas 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. W. K. Wickramasinghe

MBBS, MSc, MD (Medical Administration)

Director - Castle Street Hospital for Women

Dr. Wickramasinghe has obtained his masters in the year 2002 and he has been working as a medical doctor form 1995 to 2002.

He has been working as a M. S. in Monaragala. He has held the position of Director for Lepracy control, Director- Filaria Deputy Director at De Soysa Maternity Hospital. He has also held the position of Medical Officer for Naval Hospital Sri Lanka.

He has studied at the State University Long Beach California for 1 year. He has been the Director Lepracy Control for 1 year. Currently he is the Director at Castle Street Hospital for Women. He has held this position for 2 years.
Dr. Kithsiri Edirisinghe

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

Director Academic, Strategy & International Affairs/ Deputy Chairman -International Institute of Health Sciences

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.
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1. Evaluation of the strategies used to reduce anxiety in pre-operative Patients: Sri Lankan perspective 2012.

Balasooriya N.P.

(Undergraduate in Bachelor of Science in Nursing; affiliated to Open University, Malaysia; following at International Institute of Health Sciences – Welisara Sri Lanka)

Introduction: This research has collected data to analyze the factors which can reduce patients’ level of pre-operative anxiety. It includes identifying needs of pre-operative patients and identifying ways to reduce those factors, which affect patient’s psychological and physiological factors badly.

Objective: Identify factors which increase patient’s level of anxiety, to identify most effective methods of reducing patient’s level of anxiety, to evaluate the current surgical theater environment is optimum or not, to reduce patient’s level of anxiety and to identify most asked questions by operation theatre nurse from a patient and to evaluate how much they are concerned about patient’s psychological status.

Methods: A convenient sample of 125 surgical patients took part comprising of 59 men and 41 women. Nine-item questionnaire was given to post-operative surgical patients who went under local anaesthesia prior to their surgery. Detailed instruction was given by researcher and informed consent was obtained before filling the questionnaire by the patients and they completed it before leaving the hospital.

Results: From the study it is brought into consideration, before the surgery 89% of clients felt extremely fear regarding anesthetic procedures. And 68% clients felt extremely fear and 32% were panicked and no clients said that they felt no difference regarding prognoses of the surgery. At the operating theatre 88% patients said nurses talked with them before the surgery, for less than 2 minutes. 9% said nurses talked them between 02 to 05 minutes before the surgery. When one of their family members stayed there 100% of patient said, there level of anxiety decreased.
Conclusions: Study recommends effective communication among nurses and patient during the pre-operative period. And it recommends optimal waiting environment with minimal distraction by noise, odor, room temperature and light. It also recommends activities like being actively participated in a religious activity, talking to neighbor patients and patient’s own family members.
2. A descriptive study on back pain associated with various sitting activities among female Advanced level students in a leading girl’s school in Colombo.

Galappaththi G.N.D¹, Silva S. N *

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

*Supervisor; Senior House Officer in General Medicine, National Hospital of Sri Lanka.

Introduction: This study is conducted to find out the prevalence of back pain among school girls who are doing advanced level in a leading girl’s school in Colombo and the various sitting activities which are associated with the acute back pain they are having.

Objective: The General objectives are to find out the relationship between various sitting activities and the prevalence of lower back pain and to find out the number of students who are having acute back pain among school girls who are doing advanced level in a leading girl’s school in Colombo, Sri Lanka.

Methods: A descriptive study on Female advanced level students in a typical girls’ school in Colombo was done using a number of 200 students was selected by cluster sampling method and the data was collected using self-administered questionnaire and analyzed using descriptive and analytical statistics.

Results: Among these 200 students, 79 students had acute back pain and those students had 5.316 hours as the mean studying time in a weekday, and the non back pain students are only having a mean study hours as 3.793. (p = 0.000). Back pain significantly depended on the number of classes the students attended (p = 0.036). 88% from all the students who are having back pain attended more than 3 classes per week. The mean total time spent in tuition classes were significantly different among those with (25.095 h) and without (17.190 h) back pain (p = 0.000). Time spent before TV and computer (PC) were less among those with higher daily study hours and tuition hours, and TV and PC time did not significantly differ between those with and without back pain.

Conclusions: This study implies that the students who are indulging in prolong sitting activities for a long time like has much more prevalence to get acute back pain rather than other students.
3. **An Audit and an Action Research on Improving the Teaching of Procedural Hand Washing Technique.**

*Josiah M.S¹, Silva S.N²*

1- Coordinator/Lecturer in Nursing; at International Institute of Health Sciences – Welisara Sri Lanka
2- (*Supervisor): Silva S.N, Senior House Officer in General Medicine, National Hospital of Sri Lanka.

**Introduction:** As the researcher is involved in teaching hand washing as a nursing activity to Diploma level nursing students, this study is to audit their hand washing technique in order to improve the teaching method, focusing on the aspects they are deficient in. Reviewing and evolving the teaching methods is essential for a routine act, like hand washing, in order to improve the quality of teaching.

**Objective:**

- To evaluate and grade the current practice of hand washing among Diploma students in Nursing.
- To improve the teaching/ training method of hand washing.

**Methods:** An audit using a standard tool on hand washing was done on 62 students following Diploma in General Nursing and Enrolled Nursing programs at International Institute of Health Sciences who have already learnt procedural hand washing. A qualitative observation was done by the researcher herself to identify the specific deficiencies. The teaching/training methods will be qualitatively evaluated according to the identified deficiencies. The students will be graded and the particular deficiencies identified, will be addressed and included in an action plan to improve their procedural skill and also for the training of future batches.

**Results:** The students were categorized as 15-20 as Satisfactory, 10-15 as Average and less than 10 Unsatisfactory. The results showed 41 out of 62 (16/22 from General Nursing and 25/40 from Enrolled nursing) were average, 6 out of all 62 showed unsatisfactory techniques. The researcher noted as the main problem the inability to remember the steps in a sequence. On the qualitative reviewing of the teaching/training method, it was identified that repetition and serial training was not given enough emphasis.
Conclusions: Several gaps were identified in procedural hand washing. The researcher has incorporated routine practice of procedural hand washing for the studied students even when they are on campus, for demonstrations and encouraged to replace two instances of regular hand washing with procedural hand washing. As a training activity, designing serial posters on hand washing was selected as an activity to refresh the steps involved.
4. **Awareness on family history of Non Communicable Diseases and practice of preventive methods; among Advanced Level students in Gampaha, Sri Lanka.**

*Karunaratne M.D.A.1, Silva S.N2*

1. Undergraduate student in Physiotherapy affiliated to Coventry University, UK; following at International Institute of Health Sciences – Welisara Sri Lanka.

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

**Introduction:** This study was conducted to assess the awareness on family history and the practice of preventive methods among Advanced Level students on Non Communicable Diseases (NCDs). The increasing prevalence of NCDs in Sri Lanka has led to many preventive programs. And evidence suggests that preventive measures should commence from the teen years itself.

**Objectives:**

- To assess the awareness on family history of Non-Communicable diseases among Advanced Level students in Gampaha.
- Description of their exercise habits
- Description of their dietary practices

**Methodology:** A descriptive cross sectional study on Advanced Level students in a private tuition class in Gampaha was done. A sample of 170 was selected out of 398 students using Stratified random sampling with using subject streams as strata. Data were collected using a self-administered questionnaire and analyzed using descriptive and analytical statistics.

**Results:** Family history prevalences for maternal Diabetes is 18.2 %, Hypertension 13.5%, Ischemic heart diseases 14.1%, Hyperlipidaemia 15.2% and for paternal Diabetes 17.6%, Hypertension 9.42%, Ischemic heart diseases 15.8%, Hyperlipidaemia 16.4%. 51.8% thought family history was not an important factor. 27.1% to 51.2% students never attempted to control the risk food items. 49.4% did not exercise at all and 53.5% did not play any continuous sport. 78.2% did not attempt to control weight and 57.1% did not know what BMI means. 39.4% to 48.8% students did not know whether they were at risk of getting a particular disease. The analytical statistics revealed significant difference between the subject stream and the
awareness of the importance of family history (p=0.009), doing exercises (p=0.001), Gender was not found to be having any notable significant influence on any studied factors.

**Conclusion:** The study revealed that in general there is a poor awareness about the importance of family history among the advanced level students. Further it revealed that generally the knowledge on NCD’s were poor and the preventive measures were not practiced by a significant number of students. Therefore it implies that the preventive campaigns need to address this population fraction on the above issues.

*Rajapaksha D. S.¹, Silva S.N.²*

1.(Undergraduate student in General Nursing affiliated to Deakin University, Melbourne, Australia ; following at International Institute of Health Sciences – Welisara Sri Lanka )

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

**Introduction:** The research was directed on Occupational, Physical health problems of school teachers of Hambanthota district of Sri Lanka from the perspective of school teachers. Teachers are at risk of several health issues due to work related activities and behaviors like prolong standing, prolong sitting, exposure to air born particles, prolonged fasting and poor fluid intake etc.

**Objectives:**
- To identify common occupational physical health issues of teachers in Hambanthota District, Sri Lanka
- To identify the risk factors for common occupational health issues of teachers in Hambanthota district, Sri Lanka

**Methods:** a descriptive study on teachers from H/Wijayaba National college, Hungama, Hambanthota district, Sri Lanka was done, using a number of 72 conveniently selected samples. Data was collected using a self-administered questionnaire and analyzed using descriptive statistics.

**Results:** Out of 72 teachers who were been assessed, 38% was over 10 years work experience and all have experienced minimum one physical issue at least one physical issue. Out of the 26% of the teachers whose experience was 1-5 years, 45% of them to have no physical problems at all. Out of whole population 34% thought there was a relationship between teaching as a job and physical health problems while 46% thought the opposite. Out of all the health issues identified 23% was gastritis, 20.5% was knee pain, 17.8% was back pain, and 13.7% wheezing. Out of the teachers who had back pain 76.92% were found to be standing for prolonged periods; 76.92% used black boards regularly and 69.23% did paper work for prolonged durations. Out of those who had knee and shoulder pain, 93.33% were always standing for prolonged periods; 73.33% used blackboards and 80% did paper work. Out of
those with wheezing 80% used blackboards, 70% were exposed to dust and 80% were always exposed to chalk dust.

**Conclusion:** This study identified most of the common physical issues related to teachers are originated due to the occupational activities done within the scope of practice of a teacher. Each physical health issue holds different varieties of risk factors; where in some cases, same risk factor involve for multiple issues. Therefore these issues are important to be addressed to improve the physical health of these teachers.
6. School Teachers’ Perception of Reproductive Health Education and Reproductive Health Issues of their adolescent students

Pathmanathan.P.S1, Silva.S.N2

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

Introduction: This research is about identifying the school teachers’ perception of reproductive health education and the reproductive health issues of their students. It is important because this area is a neglected area among most of the teachers in South Asian countries due to many reasons.

Objectives:

- To identify teachers’ perception on reproductive health education
- To identify common reproductive issues among adolescent students
- To identify the barriers to reproductive health education

Method: A qualitative ethnographic research was done with teachers who teach Science and Health Science to students of grade 6 to 10. Data was collected using purposive sampling method till theoretical saturation was achieved using a semi-structural interview, where a thematic analysis was done to get the results.

Results: The main themes Identified were 1. Deficiency in knowledge provision 2. Unmet needs of the teenage students and 3. Sexuality related malpractices among the students. 4. Need for a better system. The deficiencies were due to teachers currently not doing specific reproductive health education under the science subjects. The students are curious and are in need of information. This leads to malpractices like watching pornography, seeking information from improper sources and minor issues related to attraction and genital curiosity. The teachers thought unanimously a better system would help the situation where a separate subject is dedicated for Reproductive Health Education around the ages of 13-14.
Conclusion: This research indicates that the teachers have a favorable perception on reproductive health education. The common issues that the adolescent students have on reproductive health education are coping-up with the physical changes, emotional changes and the curiosity which is not met by proper information delivery. The teachers would put their favorable perception in to practice if the education system included specific provisions for reproductive health teaching.
7. Identifying and assessing the pre-operative anxiety of patients who are undergoing Ear, Nose and Throat (ENT) surgery in ward o3 of Colombo North Teaching Hospital (CNTH) –Ragama

N/O Dasanayaka I.M.D.K.

disnadassanayake@ymail.com

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

Introduction: This study is on the pre-operative anxiety of patients who are undergoing Ear, Nose and Throat (ENT) surgery in ward o3 - Colombo North Teaching Hospital (CNTH) – Ragama on April 2013. 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 undergoing Ear, Nose and Throat surgery, to prevent preoperative complications and to increase nurse patient relationship in ward 03 of Colombo North Teaching Hospital, Ragama.

Methods: This is a descriptive cross sectional study done using a conveniently selected sample of 100 (male and female) patients admitted to ward 03 - Colombo North Teaching Hospital (CNTH), 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.

Conclusion: The patients experienced very high levels of preoperative anxiety. This can be easily measured in the preoperative period and measurements to be taken on patients with high anxiety. Establishment of preoperative counseling clinics and proper informed consent taken before surgery will probably help in reducing preoperative anxiety.
8. Employability Competencies: Evidence For Employer Satisfaction and Employer Expectations of Open University Malaysia’s (OUM) Graduates

Assoc. Prof. Saedah Muda

It cannot be denied that human capital development is a vital element in any country’s economic development. In this respect, higher education, which equips future employees with the necessary knowledge and skills, is often deemed an important tool for economic growth. As emphasized by the Minister of Higher Education (MOHE) Malaysia, “today’s challenging economic situation means that it is no longer sufficient for a new graduate to have knowledge of an academic subject; increasingly it is necessary for students to gain those skills which will enhance their prospects of employment. Hence, higher education institutions must be responsive to these changes”. (Nordin, 2009, p. 2). Meanwhile according to Quek (2008), the extent to which graduates possess relevant competencies (i.e. Knowledge, skills and attributes) which meet new job demands in a changing work environment affects one’s employability.

This study aimed to: (1) find out the level of importance attributed by employers to the various employability competencies; (2) find out the extent to which the employers are satisfied with OUM graduates competencies; (3) examine the extent to which the level of employer satisfaction differs from the level of importance attributed to the competencies; and (4) examine the strengths and opportunities for improvement of oum graduates with regard to employability competencies.

Role of open distance learning in advancing lifelong learning:

“Lifelong learning is also about providing second chances to update basic skills and to offer learning opportunities at more advanced levels.

All this means that formal systems of provision need to become much more open and flexible, so that such opportunities can truly be tailored to the needs of the learner, or indeed the potential learner” (Esae, 2007, p. 23)
Methodology:

Quantitative approach

Mail surveys were sent to employers of the November 2010 graduates (bachelor’s degree)

Items adapted from the Noel-Levitz employer satisfaction survey

5-point likert-type scale for importance & satisfaction

Sample: 290 / 1088 employers  (response rate = 27.41%)

3 dimensions examined: knowledge & understanding, general attributes, and generic skills

Conclusions:

OUM’s ODL bachelor degree programmes have been successful in producing graduates who meet the expectations of their employers with regard to employability competencies

In order to adequately equip a workforce which meets the challenges and demands of the new age labour market, “the nexus between output of graduates and industry needs, the university and the workplace, and the higher education system and the lifelong learning system needs to be further strengthened” (ali, 2011).
9. Patient satisfaction with nursing care at Durdans Heart Command Centre (HCC)

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**Background:** Patient satisfaction with nursing care in particular, has been cited as the most important predictor of patients' overall satisfaction with their hospital care. Private sector organization has a vast responsibility as government organizations to provide a quality service to its patients where patients spend lots of money per visit. The same patient will come again to the same hospital if he or she was treated well while his visit. A descriptive study was conducted to describe the relationship between patient expectations and satisfaction with nursing care, and to determine the relationships among patient's satisfaction with nursing care and selected socio-demographic variables.

**Objective:** To assess the Patient satisfaction with Nursing Care at Durdans Heart Command Centre

**Design:** Hospital-based descriptive, cross-sectional study

**Results:** Over 90% of the patients were provided the positive feedback about the service provided by the Durdans nurses apart from nearly 5 to 7 patients deteriorated the gathered results by providing negative feedbacks

**Conclusions:** More than 94% of the patients agreed on that the nurses provide them a quality service. They have agreed that Nurses of Durdans are sympathetic, caring and maintains their privacy etc. Around 6% disagreed for the most of the questioners by saying that nurses services are not up to the level of the standard, But there is a critical factor to notice here is that nurses should be more concern about the aspects with regards to their job and its responsibilities and there is a level they can satisfy the patients by providing their service. Since most of the factors such as sympathy and caring are metal factors there is no a proper yard stick to measure it. The only way we can measure that the patients are satisfied with the nurses are the percentage of the positive they feedback they provide through a questioner.
10. The Prevalence of Musculoskeletal Disorders in the Upper Limb amongst Guitarists in Sri Lanka

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Abstract

Introduction: The aim of this study is to analyze the prevalence of musculoskeletal disorders in the upper limb (wrist, elbow, shoulder included) among guitarists in Sri Lanka. Lack of knowledge on preventive methods like stretching and issues related to body mechanics can lead to musculoskeletal issues. Neglecting them can lead to long term degenerative changes.

Objective:

- To identify the prevalence of musculoskeletal disorders in the upper limb amongst urban guitarists.
- To describe the associating factors that may result in musculoskeletal disorders.

Methods: A descriptive study on urban guitarists was done, using a number of 30, conveniently selected sample participants. The data was collected using an interviewer administered questionnaire including an adaptation from a research conducted by Kuwait University Faculty of allied health sciences, Physical therapy department on Prevalence of Musculoskeletal Disorders among Physical Therapist in the State of Kuwait, and was analyzed using descriptive statistics.

Results: Out of the sample of 31, 61\% presented with injuries, 56\% with shoulder injuries, 4\% with elbow injuries, and 40\% with hand and wrist injuries. 35\% of the guitarists were not aware of stretching, 45\% did not practice stretching.
Out of the 22 who practiced warm-up; only 45% had any injury.

**Conclusions:** This study provides data confirming that guitarists are at a high risk of injury in the upper limb. Injuries among guitarists can occur, regardless of the type of guitar and posture. Although most are aware of the risk of injury in the upper limb, many do not take measures to prevent it and in those who used warm-up technique prior to playing reduced the risk of injury.
11. **Assessment of psycho-social needs of people living with HIV/AIDS in Sri Lanka**

**Dr. Mahinda Balasuriya**

Human Immunodeficiency Virus (HIV) and Acquired Immunodeficiency Syndrome (AIDS) is still a global epidemic causing around 8000 deaths a day. Anti-retroviral (ARV) and related improvement of the medical care has stabilised growth of this epidemic. Nevertheless, People Living With HIV and AIDS (PLWHA) need to live like the rest of the society and their psycho-social needs and medical needs hinder their quality of life. Thus it is timely to look at the quality of life of People Living With HIV and AIDS (PLWHA) through assessing psycho-social needs and medical needs. It was established through publications that there is a definitive gap between psycho-social needs and medical needs and the services delivered to them. Further the gap would have a direct effect on the effectiveness of the quality of services delivered in HIV/AIDS programs. The essence of this study was to investigate the possible relationship between the fulfillment of medical needs and psycho-social needs of PLWHA and how it affects their satisfaction. A quantitative study was performed with qualitative support directed to PLWHA in Sri Lanka. The conceptual framework and the variables were formulated based on recently published studies. The study comprised of 100 respondents who were registered HIV patients in Government Medical Clinics in the Western Province of Sri Lanka. The interviewer administered questioner was distributed among the sample and a qualitative interview was carried out with a medical administrator and a person living with HIV/AIDS to validate the data collected by the study proper. It was revealed that they are concerned about both Medical needs and Psycho-social needs, and the latter has the lesser concern. The findings of the study indicate that HIV patients showed that overall satisfaction that is significantly related to both Psycho-social needs and medical needs. The findings further showed that patients attach a higher importance to medical needs and that the medical needs cluster around four key factors; patient access to clinical care; spiritual and home care; patients concern for the family and stigmatization. It was also found that, access to practice religion, health care for the family, accessibility to clinics have significant influence, and the relationship with the health care workers have a considerable impact on satisfaction of PLWHA. The study arrived at valued conclusions that significant improvements should be made in assuring medical needs as well as administrators should focus on psycho-social needs, which should complement the medical needs.
Introduction: This study was conducted on primary school students’ knowledge about personal Hygiene Methods at a leading school in the Western Province, Sri Lanka. Communicable diseases are common among primary school students and the poor hygiene has known to be a cause for them. Therefore this research includes testing a specific set of practices associated with communicable disease prevention.

Objectives:

- Assess the knowledge and attitude with regard to personal hygiene among 9 year olds in a leading girls school in Colombo.
- Assess the practices with regard to personal hygiene among 9 year olds in a leading girls school in Colombo.

Method: Descriptive cross sectional study was carried out on 105 students selected, using cluster sampling method from the 4th grade in a leading girls school in Colombo Sri Lanka. Data was collected using a self-administered questionnaire and analyzed using descriptive statistics.

Result: Out of the total 105 students 55% had cough during the year, 2013 and 30% of the students had urine tract infections. From the students who does not use handkerchief 54% had cough 1-3 times. In addition 49% of the students had diarrhea. From the students who got diarrhea 96% bring food sometimes from home. 4% of them were eating from the canteen. From the students who got cough 18% have siblings.82% have no siblings.
8% often did not change their clothes for long periods due to after-hours of extra classes. 50% of the students use soap less than 8 times when washing their hands. 73% of the students use handkerchief when they sneeze/cough.

**Conclusion**-The study showed practicing personal hygiene methods were found to be an important factor in reducing infections. Adhering to daily good behaviors could improve hygiene a lot and hence reducing the risk of infectious diseases. Students should be educated on this matter repetitively.
Investigating young people’s attitude towards sexual and reproductive health and their access to counseling services

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Introduction:
This study examined the attitude among young people from ages 18-29 towards sexual and reproductive health and their access to Sexual and Reproductive Health Services (SRH).

Objective:
- To evaluate the attitude of the young people towards sexual and reproductive health.
- To evaluate the access to and the use of counseling services

Methods:
The data was collected using a mixed research method through administering a closed and open ended survey to 302 participants and interviewing from a sample of youth from Sri Lanka and abroad who attended the closing ceremony of Commonwealth Youth Forum held from 10-14 of November, 2013 in Hambanthota, Sri Lanka.

Results:
The main demographic divisions were 112 females and 190 males, 20 foreigners and 282 locals. 35% approved pre-marital sex and 29% said their friends approved one-night stands. Perception on pre-marital sex significantly (p= 0.029) depended on gender and strongly deferred (p=0.000) between foreign and local youth. With regard to access 26 out of 47 who had SRH issues have not visited a service center. Out of 55 who had accessed SRH counseling 49 said their needs were met. However, only 30 were satisfied with the privacy provided.

Qualitative analysis indicated that the majority of unmarried youth held liberal attitudes toward premarital sex and about half held liberal attitudes toward any form of sexual activity and
premarital pregnancy. Largely they preferred to discuss sexual issues with friends and even the rare instances where they asked parents were on issues of reproductive health. Youth form abroad and Sri Lankans from only Northern and North-Central indicated knowledge of SRH service centers in the government hospitals. Further the locals were not sure of confidentiality where as international participants (Australia, Namibia, Papua New Gunea, St. Lucia) thought SRH services were confidential.

Conclusions:
The cultural attitudes, values, norms and taboos are evident from the findings from the local youth. The international participants had more liberal/free-thinking attitudes. The access to SRH counselling is barred from cultural values, lack of interest and inhibition among the local youth where as international participants were open to access such services. There were significant differences between the opinions of males and females with regard to SRH matters.
14. Descriptive study on hand washing practices among residents of an elders’ home in Sri Lanka

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**Introduction:**

The purpose of this research is to find the changes in hand washing practices among elders who have residing in an elderly care home and the reasons associated with these changes. The susceptibility to infectious diseases increases with old age and also with poor hygiene. The interest towards hygiene and self care reduces with age related physical and psychological issues.

**Objective:**

To describe the hand washing practices among the elders from an elders home.

To identify the influence of environmental change from home to care home that has affected a change in hand hygiene among elders.

To identify the prevalence of common hygiene related infective diseases among the elders.

**Method:** A descriptive cross sectional study was done on 32 elderly residents at an elderly care home in Sri Lanka. Data was collected using an interviewer administered questionnaire with both quantitative and qualitative interviewing, and was analyzed using descriptive statistics.

**Results:**

Out of the 41 elders, the numbers that washed hands less than 8 times per day were 55% at home and 48% at the elders care center. While 31% used soap more than 10 times a day to wash hands at the elders care center only 12% has done so when they were at home. The common infections during the last year were skin (75%), cough 50% and diarrhea 22%. All of them 100% thought hygiene was important and 91% of them indicated they are interested in maintaining their hygiene.
Conclusion:

These results indicate that the hygienic practices have improved after the elders have moved into the elders’ home than before. The awareness regarding hygiene and the interest on hygiene was good. These results seem contrary to the popular belief and some previous evidence. This could be because this particular elder’s home is managed medically under Australian standards of elderly care. Hence this suggests that properly structured institutionalized care can improve the hygiene and reduce spread of infectious diseases among the elderly.
15. **Description of learning styles among full time and part time health sciences students**

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**Introduction:**

This study is to categorize health care students studying at the International Institute of Health Sciences (IIHS), Sri Lanka; according to their preference and use of individual learning styles. Further it is to describe those styles separately for full time and part time students. It is important for an institute which runs various full time and part time health sciences programs to identify the prevalence of learning styles among its students to decide on resources and funds allocation.

**Objective:**

- To describe the prevalence of different learning styles among full time and part time health sciences students at IIHS
- To describe the variations of learning styles according to a selected set of demographic factors

**Methods:**

A descriptive cross sectional study design was used on 320 students (121 part time and 199 full time) at the IIHS. A stratified random sample of 183 (115 Full time and 68 Part time) were selected. A self-administered questionnaire evaluating demographic information and including Felder-Soloman Index of Learning Styles was used. Both Descriptive and analytical statistical methods were used to analyze the data.
Results:

The distribution of ‘strongly preferred’ common learning styles were Reflective (57.9%), Intuitive (58.5%), Verbal (58.5%) and Global (59.6%). Out of these commonly preferred learning styles only Verbal showed a significant different (p=0.007) prevalence between the full time and part time students. None of the strongly preferred types showed any association with the subject stream (Nursing, Physiotherapy or Other). Out of the 109 who preferred Global learning style 63.3% preferred to study in groups while only 33.9% preferred to study alone.

Conclusions:

This research revealed that Reflective, Intuitive, Verbal and Global are the most strongly preferred learning styles among students at IIHS. Except the verbal learning style, others did not vary significantly between full vs part time students. Therefore this information should be matched against the current and future financial allocations at IIHS where funds can be allocated to address the needs of the specific populations of students.
16. Upper Respiratory Tract Infection (URTI) Among Children in Eastern Province of Sri Lanka

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Introduction: This study was conducted on Upper Respiratory Tract Infections among School children at a moderately remote village Kinniya which falls in the Eastern province of Sri Lanka. The respiratory tract is a frequent site of infection because it comes in direct contact with the physical environment which is very common among these school children as hygiene has become the causative factor in this problem.

Objective: To find out the prevalence about grade 5 to 10 students and to derive possible interventions on how they have influenced due to lack of knowledge regarding hygiene.

Method: The descriptive study on 9 to 15 age group of school children in 2 rural schools in Eastern province was done using a number of 222 conveniently selected sample. Data was collected using an interviewer administered questionnaire and the data were analyzed using “descriptive statistics”.

Results: Out of 222 students, only 48 students (21%) were washing hand more than 3 times at school. Out of 116 students 69 students (59%) are sharing water bottles at school. Findings clearly indicate that one sixth of the children (15%) among the candidates refrained from using the elbow to cover and wipe the nose during sneezing. However 77% of students were aware of the proper manners of preventing contamination with sputum. When questioned about the risk activities for spreading respiratory infections 113 (50%) identified by touching an infected person, 116 (52%) identified as by water; 100 (45%) as through the air and 122 (54.9%) identified as by food.
Conclusion: This study demonstrates how poor hygienic factors contribute to Upper Respiratory Tract Infections among school Children. Never the less most of the students were aware of spreading of infections though they were not aware of preventive hygienic factors.
17. **Prevalence of Muscular Skeletal pain among people living in mountainous Area: 2013**

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**Introduction:**
This research intends to evaluate Muscular Skeletal pain among people who live in Riverston, Sri Lanka which is a rural mountainous area.

Living condition, terrains and Life styles would lead to Muscular Skeletal Pains; this has not been studied on this specific rural community.

**Objectives:**
To describe muscular skeletal pain according to anatomical site.

Describe some demographic related to muscular skeletal pain.

**Method:**
This is a descriptive cross sectional study on musculoskeletal pains conveniently selected samples; out of 118 patients attending general clinic at Illukkumbura Government Hospital, Matale, Sri Lanka.

Data collection was done using an Interviewer administered questionnaire.

Weight and Height of patients were measured; data were analyzed using descriptive statistics.

**Results:**
This research study shows high prevalence of pain in lower back 44% and knee 59% and low pain prevalence in the wrist 12% and neck areas 8%.

It was found that squatting was during the following activities, 97% in toileting, 24% during cooking, 40% during washing, 31% in their job, 52% while gardening.
69% walk an average of more than 3 km, 20% walk 1-3km, and 11% walk less than 3km.

60% of people are employed as farmers, 35% Unemployed.

**Conclusion:**

It can be concluded that people of rural mountainous areas are at high risk of getting lower back and knee pains due to stannous daily activities, which affect the lower limbs and lower back. It is influenced by frequent squatting activity in their daily routine and having to lift on a regular basis.
18. **Challenges in Cerebral palsy Child care; a survey among Care assistants in Sri Lanka**

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**Introduction:** Due to the accompanying problems, Cerebral palsy Children need immense support and care in the form of a Care assistant to carry out their Activities of daily living. Prithipura Infants’ Home is one such leading organization in the Island that is dedicated to provide comprehensive care for severely disabled children and young adults mainly due to Cerebral palsy. This study intends to identify the challenges associated with Cerebral Palsy care.

**Objectives:**

- Evaluate the challenges faced by Care assistants in Cerebral palsy Child care
- Identify the methods of coping with these challenges while caring for Children with severe disabilities.

**Methodology:** Using a purposive-judgmental sampling method 7 Care assistants in Prithipura Infants’ Home were involved for this qualitative study. Following a focused group discussion, 7 In-depth interviews were conducted based on structured interview questions to identify more personal views not revealed at the focused group discussion. The data were analyzed using the ‘thematic framework’ approach.

**Results:** Involvement of caring for Children with Cerebral palsy brought out the following challenges among Care assistants. Major issues pertaining to severely disabled Children were found to be mental burn out, Social issues and Physical fatigue. Mental burn out was correlated to family reasons and work load. While Social issues identified were related to disruption of family routine, reduced social activities outside the work place and stigma. Physical fatigue was highly manifested by the presence of chronic musculoskeletal pains. The two main coping strategies focused were related to Spiritual involvement and self-contentment.
Conclusion: The challenges emerge pertaining to Cerebral palsy child care are not healthy for the Care assistants as well as the Child. Therefore refinements should be brought out to support the care for disabled children to ensure maximum care and to enhance the quality of life style of the Care assistants.
19. Reasons for renal failure patients’ need for hemodialysis before the due date

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Introduction: The study was conducted at Haemodialysis Unit, Durdans Hospital over one month. During that period majority of patients were coming for haemodialysis two to three days before their due date. Sixty subjects were selected among the patients who are coming for early hemodialysis.

Objective: To find out causes for Chronic Kidney Disease patients needing hemodialysis before their due date of dialysis.

Method: Data gathered via interviewer administered questionnaire

Results: According to the study majority of patients were coming for early hemodialysis due to difficulty in breathing and features of fluid overload (ie: oedema).

Conclusion: Although the rationale in my study was knowledgeable about their disease, regular with their medication and careful about potassium in their diet. They were less careful regarding restricting their fluid intake to the prescribed daily allowance which has contributed to them developing difficulty in breathing and features of fluid overload rich on oedema leading to the need of more Frequent dialysis.
20. Descriptive study of exercise patterns and risk behaviors for Non Communicable Diseases among urban walking paths uses in Sri Lanka

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Introduction: The purpose of this research is to synthesize what aerobic exercise patterns are used among urban walking paths in Sri Lanka and what are the health related habits that can affect their healthy lives. Though many use the newly implemented walking paths for exercise purposes, it is important to assess their method of exercising and the other risk behaviors to Non communicable diseases (NCDs).

Objective:
- To describe the exercise patterns among; urban walking path users in Sri Lanka; 2013
- To describe common risk behaviors and the health related habits among; urban walking path users in Sri Lanka; 2013

Method: A descriptive study on urban walking path uses was done by using a number of 100 conveniently selected sample. Data was collected using an interviewer administered questionnaire and analyzed using the statistics.

Results: Among 100 walking path users, 39 men and 13 women were diagnosed with NCDs do walking as an exercise. The common exercise types were walking (48%), jogging (4%), Walking and other physical movements (20%) walking and jogging (11%)

The percentages who heavily indulged in risk behaviors were (9%) for smoking (58%) for alcohol (64%) for fat and (48%) for fast food.
Reduced prevalence of Diabetes (74%) Ischemic heart Disease (87%) Musculoskeletal Problems (76%) Hypertension (76%) was seen among those who exercised beyond 12 months than the others.

**Conclusion:** Therefore this study shows that continuous exercising over a long duration reduced the risk for NCDs among these participants. However, though they did exercise as a habit, they seemed not to be practicing the other preventive measures/behaviors with regard to NCDs.
21. The prevalence and the risk factors for plantar fasciitis among people who live in rural mountainous areas

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Introduction: Plantar fasciitis is the most common inflammatory soft tissue disorder in the foot which causes heel pain as a result of some degenerative changes in the plantar fascia. The environment and lifestyle risk factors in rural mountainous areas are likely to cause plantar fasciitis.

Objective:

- To describe the prevalence of plantar fasciitis.
- To describe the risk factors for plantar fasciitis.

Methods: This is a descriptive cross sectional study on a conveniently selected sample of 118 patients attending the general clinic of Illukkumbura Government Hospital Matale Sri Lanka. The data was collected using an interviewer-administered questionnaire and the measurements were taken by a reliable method of goniometry a standard height and weight scales. Finally the data was analysed using descriptive statistics.

Results: This study demonstrates that out of 118 people, 37 people (31.35%) are suffering from plantar fasciitis. Among this 37 people 84% of people are involved in weight lifting in their daily routine. Moreover, 55% lift more than 15 kg in their routine. It is shown that 51% is wearing footwear whilst 49% is not wearing. Finally, 69% of people is walking more than 3km in a day.

Conclusion: This research shows that the plantar fasciitis is a common musculoskeletal pathology among people who live in mountainous areas. Weight lifting, walking distance has a direct influence on plantar fasciitis while not wearing footwear is not a remarkable risk factor.
A descriptive study on knowledge infants feeding among urban Maldivian mothers.

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**Introduction:** Present study was conduct to assess the Mother’s knowledge towards infants feeding practices. Mothers adhere to varying practices and standards on breast feeding, formula feeding and weaning. As these may include health risks this study intends to explore such activities.

**Objective:**

- To evaluate Mother’s knowledge regarding breast feeding.
- To evaluate Mother’s knowledge regarding formula feeding and related practices.
- To evaluate Mother’s knowledge regarding commencement of weaning.

**Methods:** A descriptive study on urban Maldivian Mothers of infants, was done using a number of 80 conveniently selected sample. Data was collected using online self-administrated questionnaire and data was analyzed using descriptive statistics.

**Results:** From this study out of 80 Mother’s we assessed. Among them 90% are breast feeding even after introducing supplemental foods, 10% of them are not breast feeding. There are 46% of Mother’s giving formula milk to their babies, and 54% of them are not giving formula milk. 58% of Mother’s started semisolids after 6 months, 1% after 3 months, 7% after 4 months, 11% after 5 months, 1% after 7 months, 3% after 8 months, 1% after 12 months. 86% of Mother’s said their babies are in normal weight, 10% underweight, 4% overweight. 47% of Mother’s prefer to wash feeding bottles by hot water and 8% by tap water.

**Conclusions:** This study identified that majority of the mothers did adhere to the recommended and standard practices on questioned infant feeding. Minor deficiencies were identified in continuation of breast feeding, commencement time of weaning and hygiene. Therefore educating urban Maldivian mothers on these matters is still an important priority.
23. Paracetamol use, availability and knowledge of toxicity among Maldivians Age group (18 to 35)

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Introduction: Paracetamol is a widely used over the counter drug for pyrexia and mild to moderate pain in all age groups in Maldives and it is one of the commonest agent in self-poisoning. This study was done on Paracetamol use, Availability and knowledge of toxicity among maldivians age group (18 to 35).

Objective:

- To describe paracetamol use among Maldivians aged between 18 to 35.
- To describe knowledge of paracetamol toxicity among Maldivians aged between 18 to 35.
- To describe the availability and access to paracetamol among Maldivians.

Methods: A descriptive study using a number of 150 conveniently selected sample of Maldivians between the ages of 18 to 35. Data was collected using a self-administered online Questionnaire and analyzed using Descriptive statistics.

Results: This study shows most of the participants had good knowledge regarding the indication of the paracetamol as 87% identified its intended use. However people had poor knowledge regarding the side effect of paracetamol. 57% of people were completely unaware of side effect of this medicine. Majorities (74%) knew about paracetamol poisoning but were not familiar with dosing accuracy. Regarding paracetamol use during pregnancy most (52%) had poor knowledge. 82% participant said they are buying paracetamol from over the counter
and 70% of them said paracetamol is available in their homes. Also a majority (92%) had no idea of maximum daily dose for adult.

**Conclusions:** This study demonstrates participants had poor knowledge regarding the side effect, dosing and use in pregnancy. Therefore educating people regarding paracetamol use, side effect and correct dosing is important to reduce its misuse.
24. Identifying habits and knowledge regarding nutrition of people living in mountainous areas in Sri Lanka.

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Introduction: The aim of this study is to gain an understanding of the nutritional habits of people living in mountainous areas of Sri Lanka. There in a lack of knowledge on nutritional values among the people of these areas thereby 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.

Objective:

- To Identify the knowledge on the nutritional value of Calcium and Protein
- To describe the pattern of Calcium and Protein diets the people consume

Methods: This study was carried out as a descriptive, cross-sectional study involving a sample of 70 conveniently selected samples out of patients attending general clinic at Illukkumbara government hospital Matale, Sri Lanka. Data collection was done using an interview administer questionnaire. Data were analyzed descriptive statistics.

Results: Out of the sample of 70, 56% were correct on calcium containing food. 8% of the people did not have an idea to which food contain calcium. 3% eat 1 type of calcium food per week, 23% eat 2 type of calcium food per week, 34% eat 3 type of calcium food per week, 40% eat 4 type of calcium food per week.

1 type of protein per week 8%, 2 types of protein per week 19%, 3 types of protein per week 30%, 4 types of protein per week 20%, 5 types of protein per week 19%, 6 types of protein per week 4%.
**Conclusions:** This study shows many people of the area consume small fish even though they live in mountainous areas. Majority of people have an understanding on which food types have calcium but have very low knowledge on how it has an effect on chronic disease conditions.
25. Assessment of the perception on therapies available for musculoskeletal pain, among populations in mountainous area, 2013

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Introduction

MSK pain is highly prevalent and pervasive even though people don’t die of it. Complimentary and ATs play a key role in most parts of SL when it comes to musculoskeletal pain management. Perception on therapies available has a significant impact on health seeking behavior of a population hence it affects the quality of future health, When consider providing the best health care for treating MSK pain.

The principal objectives of the study are:

- To assess the alternative treatments and used by people in Matale district, with a view to treat their MSK pains.
- To assess the perception of the people in Matale regarding alternative medicine and western medicine.

This study was carried out as a descriptive, cross-sectional study involving a sample of 70, conveniently selected out of patients attending general clinic at Illukkumbura government hospital Matale, Sri Lanka. Data collection was done using an interview administer questionnaire. Data were analyzed descriptive statistics.

The results of the study shows, from 70 samples 47\% of people using home remedies, 7\% using ayurveds, 46\% of the people do not attain any alternative medicine. Out of the sample 24\% preferred alternative medicine. Out of the sample 64\% disagree while 12\% totally disagree. Regarding usage of western medicine 47\% agree, 33\% strongly agree, 14\% disagree, 1\% strongly disagrees and 4\% did not give a sufficient reply.

It can be concluded that many of the people use both western and non-western medicine nevertheless they prefer to use western medicine due to better outcome.
26. Evaluation of back pain and hamstring flexibility among farmers in rural mountainous areas

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Introduction
The present study deals with the relationship of hamstring flexibility with low back pain in people of Riverston, Illukumbura, Matale, Srilanka. Low back pain is a major public health problem all over the world. Most people suffer incapacitating back pain at some stage in their lives due to various reasons.

Objective
• To describe the prevalence of back pain farmers in rural mountainous areas
• To describe the association of Low back pain and hamstring flexibility

Methods
This research is a descriptive; cross-sectional study involving aged 30-86 years purposely selected farmers who are suffering from low back pain who attended to general clinic at Illukumbara government hospital Matale Sri Lanka. All the patients were ambulatory and were judged to be adequately intelligent to understand the instructions of the experiment. The Oswestry low back Pain Questionnaire was used to assess the severity of low back pain in patients. To assess the hamstring flexibility, Passive Straight Leg raise of both the sides was measured by stranded plurometer. The subject was asked to lie down in supine position.

Results
Among 118 Patients, 68(58%) patients are having back pain. From those 68 patients 88% of people were having more than 90° of Straight leg raise. According to Oswestry Low back pain categorization followings were noted.

• Bed ridden 3%
• Cripple 7%
• Severe13%
• Moderate 38%
• Minimal 29%

Following are the causes for back pain,

• Fall 18%
• trauma 4%,
• Pregnancy 1%,
• Other 52%,

**Conclusion:**
Majority of farmers (58%) in rural mountainous areas are suffering from low back pain. According to result it is shown that there is No Relationship between Low Back Pain and Hamstring Flexibility. The back pain of most of the people was caused without having an exact cause
27. Use of spinous processes palpation method to screen for scoliosis and its association with back pain on a selected sample of young females

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Introduction
This study is to evaluate the effectiveness of using spinous process palpation method as a screening tool to diagnose scoliosis and to evaluate whether back pain can be used as an associated predictive factor among young females. Since scoliosis is a long term debilitating disease it is important to screen for it early and intervene. Therefore a low cost method like spinous process palpation becomes important.

Objective
- Describe the prevalence of back pain among a selected group of female health care students
- Describe the prevalence of scoliosis among them using the spinous process palpation method.

Methods
30 female health care students from International Institute of Health Sciences were chosen conveniently on voluntary basis. All were below the age of 25. They were questioned on back pain to diagnose it via a short structured questionnaire and then the researcher herself clinically evaluated the presence of scoliosis individually among all 30. Data were analyzed using descriptive and analytical statistics. A qualitative interpretation was also done on the area and degree of scoliosis.

Results
Out of the 30; 22 had back pain (73.3%). Out of them, 14 had mild scoliosis (63.6%). Out of the 8 without back pain 2 had mild scoliosis. Out of all 16 who had back pain 14 (87.5) had thoraco lumbar scoliosis. Fisher’s exact test showed there is no significant association (p =0.071) between back pain and the test screening being positive for scoliosis.

Conclusions
The results suggest that the test has diagnosed a significant amount of scoliosis patients. However back pain was revealed to be not a good predictive factor for scoliosis. However this data needs to be validated with radiological diagnosis hence comparing the method against a gold standard.
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