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BioInquirer Journal

The Journal of the International Institute of Health Sciences, Research Studies

ISSN 2465-6232, Volume III, Issue I, November 2017



BioInquirer
Global Incubator

International Institute of Health Sciences

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



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BioInquirer Journal

The Official Publication of the International Institute of Health Sciences, Sri Lanka

November 2017, Volume 3, Issue I

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

Managing Editor- Dr. Dinusha Kanatiwela Niriella

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From the Managing Editor

BioInquirer- Annual Academic Sessions is a one of the important events in the Academic calendar of International Institute of Health Sciences. This is year we bring the 12th BioInquirer under the theme Universal Health Coverage; Healthcare for All.

It is indeed with great pleasure that I write this message on the occasion of Bio-Inquirer 12 – Annual Academic Sessions, International Institute of Health Sciences, 2017. The presentations are categorized under 5 themes viz. Public Health, Health Administration, Nursing, Physiotherapy and Biomedical Sciences.

The theme of the event; Universal health coverage (UHC) is defined as ensuring that all people have access to needed promotive, preventive, curative and rehabilitative health services, of sufficient quality to be effective, while also ensuring that people do not suffer financial hardship when paying for these services. Universal Health Coverage Day is celebrated annually on December 12 and is promoted by the World Health Organization. December 12 is the anniversary of the first unanimous United Nations resolution calling for all nations to provide for their citizens affordable, quality health care. UHC is promoted as an instrument to help advance the more broadly conceived human right to health, which is based upon a number of international agreements, or widely-affirmed international documents. Universal health coverage has been included in the new Sustainable Development Goals for 2015-2030, adopted by the United Nations.

As a Lower Middle-Income Country, it is essential for Sri Lanka to ensure optimal coverage of Health services available for its people. As a training organization of International level Health professionals, it is important to expose the global issues around UHC to the young health scientists who are to serve across many continents. Therefore, the IIHS Academic Sessions for 2017 will also be based on this important global initiative.

On behalf of the organizing committee I welcome you to Bioinquirer 12 – Annual Academic Sessions and wish you a productive day!

The proceedings of this conference can be accessed online at www.rf2017.bioinquirer.org

Dr. Dinusha Kanatiwela Niriella

Managing Editor

BioInquirer Journal

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IIHS Academic Sessions 2017 - Agenda

(04th November 2017 from 8.00 am to 5.30 pm at the International Institute of Health Sciences – 704, Negombo Road, Welisara, Sri Lanka)

Time	Event
8.00 AM to 8.30 AM	Registration of Participants

Inauguration Ceremony and Keynote Address (Dr. Amal Harsha De Silva Auditorium)

8.30 AM to 8.35 AM	Commencement and the National Anthem
8.35 AM to 8.40 AM	Welcome Speech- Dr. George Perera (President Scientific Committee/IIHS)
8.40 AM to 8.50 AM	Introduction to BioInquirer – Dr. Kithsiri Edirisinghe (CEO/Founder IIHS)
8.50 AM to 9.10 AM	Key Note Address (Prof. Vajira Dissanyake)
9.10 AM to 9.20 AM	Group Photo
9.20AM	Closing of the Inauguration

Paralleled Sessions

9.30 AM	Dr. Amal Harsha De Silva Auditorium (AH Auditorium) Nursing Session 1	Dr. Leonard Ranasinghe Auditorium (LR Auditorium) Health Administration Session
9.35 AM to 9.55 AM	Plenary Talk 01 Charlotte Maddison	Plenary Talk 02 Dr. Amal Harsha De Silva
9.55 AM to 10.30 AM	Free Paper Session (Refer Abstract IDs OP1 – OP4)	Free Paper Session (Refer Abstract IDs OP9 – OP12)

10.30 AM-10.45 AM

Morning Tea

10.45 AM	(Dr. Amal Harsha De Silva Auditorium) Nursing Session 2	(Dr. Leonard Ranasinghe Auditorium) Physiotherapy Session 1	Poster Venue (Lecture Hall 3)
10.45 AM to 12.25 PM	Free Paper Session (Refer Abstract IDs OP05 – OP08)	Free Paper Session (Refer Abstract IDs OP13– OP16)	Posters on Nursing, Public Health, Health Administration and Biomedical Science (PP01-PP28)

12.25 PM-1.15 PM Lunch

1.15 PM	(Dr. Amal Harsha De Silva Auditorium) Public Health Session	(Dr. Leonard Ranasinghe Auditorium) Physiotherapy Session 2	Poster Venue (Lecture Hall 3)
1.15 PM to 1.25 PM	Free Paper Session (Refer Abstract IDs OP17 – OP21)	Plenary Talk 03 Nicola Knowles	Posters on Nursing, Public Health, Health Administration and Biomedical Science (PP29-PP55)
1.25 PM to 2.15 PM		Free Paper Session (Refer Abstract IDs OP22 – OP26)	

2.15 PM- 2.30 PM Evening Tea

2.30 PM	(Dr. Amal Harsha De Silva Auditorium) Nursing Session 3	(Dr. Leonard Ranasinghe Auditorium) Biomedical Sciences Session	Poster Venue (Lecture Hall 3)
2.30 PM to 4.20 PM	Free Paper Session (Refer Abstract IDs OP27 – OP31)	Free Paper Session (Refer Abstract IDs OP32 – OP36)	

Closing Ceremony (Dr. Amal Harsha De Silva Auditorium)

4.30 PM to 4.40 PM	"Future plans of BioInquirer on sustainability and UHC"- Dr. Kithsiri Edirisinghe
4.40 PM to 4.50 PM	Concluding Remarks- Dr. Nihal De Silva (Dean – IIHS)
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KEYNOTE SPEECH

PROF. VAJIRA DISSANAYAKE

Digital Health to Enhance Universal Health Coverage in Sri Lanka

Sri Lanka is world renowned as a country that provides Universal Health Coverage through a government funded National Health Service. The efficiency and coverage of that service could be enhanced through Digital Health. Since 2008 the University of Colombo through its Specialty Board in Biomedical Informatics at the Postgraduate Institute of Medicine has been creating the manpower necessary to implement Digital Health in Sri Lanka and has become only the second country in the world after USA to recognize Health informatics as a medical subspecialty. As a result of that effort the Digital Health ecosystem in the country is taking shape. As a result of these developments Sri Lanka is well on their way to enhance the Universal Health coverage that its health services provide through Digitalization of their health care services. In this talk I shall give an overview of these developments.

PLENARY I- OP01

CHARLOTTE MADDISON

The National Health Service (NHS) in the United Kingdom was and is still a highly regarded institution. The principles of universal health coverage, entitles all citizens to register with and see a General practitioner (GP) for first-contact care, and to have access to comprehensive care provision that is free at the point of delivery. The principle that that the NHS should provide care based on clinical need rather than the ability to pay remains as valid today as it did at its inception in 1948. However, despite 70 years of universal access to healthcare there has been a limited impact on the nation's health. The increase in the incidence of obesity, smoking and alcohol related disease, antimicrobial resistance, the rise in long-term conditions and continuing social inequalities will place greater pressure on NHS resources.

This presentation will outline some of the strategies outlined by Public Health England (PHE) that aim to address this growing burden on the NHS, the role of the nurse and pre-registration nurse education in the implementation of said strategies.

OP2

Knowledge and Attitude towards Thalassemia among 3rd year Nursing Students in Kurunegala and Anuradhapura Nurses Training School

S. Rajaratnam¹ and S.N. Silva²

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

2 Director/Head of Academic Affairs- International Institute of Health Sciences - Sri Lanka

Introduction = The thalassemyias pose an increasing burden for health – care service in Sri Lanka. According to the Sri Lankan Health Ministry there were 2,094 patients on record in 2005 but then the number has increased to 4,924 by 2010 and expected triple in number by 2020. This disease is most prevalent in Kurunegala district and following with Anuradhapura, Kandy and Matala District in Sri Lanka. The government spends over Rs.1.5 billion to treat thalassemia patients annually.

Objectives = To assess the knowledge and attitude towards thalassemia among 3rd year nursing students in Kurunegala and Anuradhapura Nurses Training School and the level of understanding of each student about thalassemia.

Methods = A descriptive cross sectional study was conducted on 197 conveniently selected 3rd year nursing students from Kurunegala and Anuradhapura Nurses Training School.

Results = A majority of 76% were females from both NTS. Out of 197 respondents 51% were from Anuradhapura and 48% from Kurunegala. 20% said that thalassemia transmits only from mother to children. Furthermore 62.9% said FBC is the diagnostic test for thalassemia, whereas 11% said serum iron studies. Moreover 47% said that thalassemia is curable and 37% said thalassemia major occurs only in male. Finally significant 35% said thalassemia can be recognized by amniocentesis in fetus and 20% said chorionic villus sampling.

Conclusion = the knowledge and attitude towards thalassemia has to be improved despite of their educational level since thalassemia is becoming a major concern in Sri Lanka.

Key words = Thalassemia, Nurses Training School

OP3

Examining Fast Food Related Posts on Instagram in Sri Lanka

Tissera S.R.¹ and Silva S.N²

1 Country Representative of Sri Lanka for the International Medical Informatics Association, Nursing Informatics Special Interest Group

2 Director / Head of Academic Affairs, International Institute of Health Sciences – Welisara Sri Lanka

Introduction: Fast food consumption is a common behavior among the youth, and it is closely linked with other behaviors such as associating peers and the social image of oneself. These behaviors are also noticed on social media platforms like Instagram where the youth publish photos and videos of dining at fast food restaurants. Such posts and behaviors, encouraged by social media advertising could further promote fast food consumption and increasing health risks by them.

Objective: To evaluate the practice of fast food related posts on Instagram in Sri Lanka and to assess the behavioral characteristics of the youth related to such posts.

Method: Instagram hashtag analysis and a comparative analysis of activities of the fast food chains in Sri Lanka on Instagram over the past 1 month was performed using the free tool 'IconsquareTM'. A qualitative analysis on behavioral characteristics among purposively selected 25 Instagram posts on dining at fast food restaurants was performed.

Results: Posts on fast food per chain ranged from 66 to 1373 over 30 days. Comments ranged from 30 to 120. There were more posts on fast food chains who do more active promotions on Instagram. A vast majority of the analysed photos were of groups of friends dining. And those photos engaged friends who were not present as well. Some interacted by posting a similar photo of themselves.

Conclusions: Instagram posts promoting fast food consumption was common in Sri Lanka and those posts seem to engage more youth and further promote fast food consumption.

Key words: Fast food Instagram, Instagram hashtag analysis, Social Media food, Fast food posts

OP4

Assessing Cultural beliefs and Awareness of Breast Feeding and Weaning Practices among Mothers in the Yatinuwara MOH area

Premarathne O.S.S¹ and Deepani S.²

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2. *Lecturer Faculty of Allied Health Sciences, Department of Nursing, University of Peradeniya*

Introduction: Breastfeeding is generally considered by health professionals as the ideal feeding practice for infants. It is the first communication pathway between the mother and her infant. Exclusive breastfeeding has been recognised as an important public health tool for the primary prevention of child morbidity and mortality. Cultural beliefs are still in practice in some areas of the world for some of breast feeding and weaning practices.

Objectives: To assess cultural beliefs and awareness of breast feeding and weaning practices among mothers of children less than 2 years in the Yatinuwara MOH area.

Method: The number of participants were 347 breastfeeding mothers who had children less than two years of age. Data was collected from six clinic centres in the Yatinuwara MOH area. Data were analyzed by using descriptive and correlational statistics.

Results: There were 215 (65%) mothers who had a good knowledge of breastfeeding and 132 (38%) mothers who had a moderate knowledge of breastfeeding. Analysis of the data using a chi-square test revealed that the mothers' awareness on exclusive breastfeeding was significantly associated with education level of the mother, $p = < .007$. There were no significant associations between initiation of breastfeeding and the type of the family or ethnicity.

Conclusion: Most of mothers had good a knowledge of breastfeeding while 38% of mothers had a moderate knowledge of breastfeeding as well as there were no one who had a poor knowledge on breastfeeding. Most of cultural beliefs are now not in their concern.

Key words: Exclusive breast feeding, Complementary feeding

OP05

Comparison of the Clinical Competences between the Nursing Students following a Bachelor's Degree and the Government Diploma, in the Eastern Province of Sri Lanka

Azam A.¹ and Silva S. N.²

1 Bachelor of Nursing student following at International Institute of Health Sciences, Welisara

2 Director/ Head of Academic Affairs, International Institute of Health Sciences - Welisara, Sri Lanka

Background: In Sri Lanka, the traditional state Nurses training schools produce nearly 2000 nurses per year following a 3-year Diploma, and the newly formed nursing faculties of state universities produce much fewer (approximately 200) graduate nurses annually. It is uncertain whether the newer and more academically oriented university based training can produce equally skilled nurses as the time tested experienced nursing schools.

Objective: To describe differences between different nursing competencies between the Bachelors nursing students and Diploma nursing students.

Methodology: A descriptive cross-sectional study was done on 73 nursing students following the final year of their studies in Eastern Province of Sri Lanka. A self-administered questionnaire with a validated tool for measuring clinical competency was used. Questionnaire consisted of 4 domains: Professional Behavior, General Performance, Core Nursing Skills and Advanced Nursing Skills. The scoring was given using a Likert scale (1-5).

Results: The mean age following Bachelor was 24.1 and diploma was 25.1 (Bachelor: Diploma). Out of the 73 respondents, 22 were Bachelors and 51 were Diploma students. There were statistically significant differences between the two groups (Bachelors vs Diploma) in the mean scores for Professional Behavior (4.42 vs 3.6), General Performance (4.57 vs 3.82), Core Nursing Skills (4.68 vs 3.82) and Advanced Nursing Skills (4.39 vs 3.6), where in all cases the Bachelors students scored higher and scores. The overall competency was higher among Bachelors compared to Diploma (4.51 vs 3.71). Furthermore, all (100%) Bachelors students were satisfied with the training they received, and only 64.7% of the Diploma students were satisfied with the training they received.

Conclusion: This study shows Bachelors' degrees has a higher overall competency than diplomates in most of individual's aspects of all domain. This may be due to the difference in training they receive. Further evaluation has to be done through the mentors in an extended manner.

Key Words: Clinical Competency in Nursing, Core Nursing Skills, Advanced Nursing Skills

OP06

Assessment of Attitudes and Perception on Telemedicine among the General Public of Gampaha district, Sri Lanka

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

2 International Institute of Health Sciences- Welisara Sri Lanka

3 (Supervisor), Lecturer, School of Physiotherapy, International Institute of Health Sciences- Welisara Sri Lanka

Introduction: Telemedicine is a technological advancements in healthcare which involves Information Technology to improve patient outcomes by increasing access to care and medical information. Telemedicine was initiated to treat patients in remote locations or due to shortages of healthcare. Presently it is majorly used for the delivery of convenient Medicare.

Objective: To assess the attitudes and perception on telemedicine among the General Public in Gampaha District, Sri Lanka

Methods: By distributing a self-administered questionnaire to conveniently selected 200 individuals in Gampaha District Sri Lanka

Results: Although 25% subjects have to travel more than 5 km to access quality healthcare, only 2% prefer video conferencing. 90% of the postgraduates and only 46.15% with O/L qualification prefer to have a national system of telemedicine. Youngest age (16-25) category mostly prefer to have in patient visits (81.41%). 77.27% subjects are not familiar in handling technical devices but still own a device.

Conclusion: Educational Level is directly and age is inversely proportional with the positive attitude towards telemedicine. Majority of the women prefer video conferencing and majority of the men prefer in patient visits. Regardless of the distance to access quality healthcare, subjects prefer in-patient visits.

Key Words: Telemedicine, Information Technology, Perception, Attitudes

OP07

Awareness and Practices Regarding the Spread of Nosocomial Infections through Mobile Phones among Healthcare Professionals

De Alwis K.H¹ and Sumali G.A.K²

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2 (Supervisor) Senior lecturer, School of Nursing in International Institute of Health Sciences- Welisara, Sri Lanka.

Introduction: Like anyone else in the modern society, the Health Care Professionals (HCPs) also use/interact with their mobile phone/devices quite often. Such interactions while they engage in patient care has been suspected to lead to the transmission of Hospital acquired infections (HAIs) just as with previously known accessories (stethoscope, tie etc.) used by them. This can depend on use of the devices during work hours as well as their awareness of its risk.

Objectives: To assess the general mobile phone related practices among HCPs and their awareness regarding the spread of nosocomial infections through mobile devices.

Method: A descriptive cross sectional quantitative study was done on 150 urban Sri Lankan HCP's selected using convenience sampling, using an online questionnaire.

Results: Among 107 participants, majority were Nurses (61.7%) and physicians (20.3%). 56.1% worked in wards and 19.6% worked in the OPD. 99% used touch screen phones. 26% used a phone with a front case/flap (high surface area). 81% of people didn't switch their phones off at work. 20.6% took 10-15 calls, 29% took 6-10 calls and 41.1% took less than 6 calls per day at work. 22.4% kept their phones in dress pockets, 18.7% on the table and 16.8% in the front pockets of their pants while at work. 30.8% spent 30 – 60 minutes on social media, 27.1% spent 1-2 hours and 15.9% spent more than 2 hours.

Conclusions: Physical touch time and interactions of the HCPs with their mobile phones was high; hence a high possibility of HAI transmission.

Key words: Hospital acquired infections, Nosocomial infections, Healthcare Professionals

OP08

Nurses Attitude and Perception towards Electronic Medication Administration Records (eMAR) in Sri Lanka

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

2 (Supervisors), International Institute of Health Sciences- Welisara Sri Lanka

Introduction –Sri Lanka is planning to digitalize 300 hospitals by 2020 under the e-Health initiative of the government. electronic Medication Administration Records (eMAR) would occupy a vital part of nurses duty. Therefore, it is important to evaluate the attitudes and perception of the nurses on eMARs before implementing such a system, as they are the primary users of this technology.

Objectives – To describe the attitude and perception towards electronic Medication Administration Records among Sri Lankan Nurses.

Method: A descriptive cross-sectional study was done on 230 Sri Lankan Nurses using convenient sampling through a self-administered questionnaire and using an online data questionnaire.

Results: Among 230eligible participants, 42% take 15-30 minutes to attend to patients’ medication administration records in a working day. Among respondents, many stated that delaying is a major cause for highest number of errors in administering medication; 39.5% stated that sometimes they receive wrong medications from pharmacy; 139 of them were checking medication interactions before administering; and 29 of them sometimes experience adverse effects. Majority (57%) stated that a computerized system would minimize the medication errors than paper records. Hundred and twenty five participants responded that the direct system to communicate patients’ medication with the pharmacy is more efficient than staff/ attendants running for the work and among them 61 admitted that it takes 15-30 minutes for arrival of medicine to the ward. Ninety percent of them are willing to learn an easy process of medication administration. Most of them (54%) think that computerized medication Administration Records is safer than the traditional paper records.

Conclusions: Sri Lankan nurses are mostly prepared to accept and use eMAR in future with proper training and education.

Key words: Electronic medication administration Records, Nurses, Sri Lanka.

PLENARY II- OP09

DR. AMAL HARSHA DE SILVA

The current direction of the United Nations is to achieve 17 Sustainable Development Goals by 2030 and with regards to Health, goal 03 has been indicated as Good Health and Wellbeing of the community. This is closely followed by the environment and buildings where Goal 13 indicates protecting health from climate risks and promoting health through low Carbon –Development and the goal 11 indicates fostering healthier cities through urban planning for cleaner air and safer, active living.

Sustainability is defined as the ability of a system to continue doing what it has been doing over time. In recent years, society has increased its' focus on being “green” and becoming more environmentally friendly. To be truly sustainable, however, initiatives must stand the test of time by being fiscally sound while also helping the community and the environment.

Hospitals are complex buildings conducting complicated medical interventions on patients, so it has to be built and thereafter operate with sustainable practices. Such sustainable initiatives offer significant environmental and financial benefits for organizations—benefits that will help hospitals thrive now and in the future which also improve the operational efficiencies whilst having a great overall patient experience.

There are multiple opportunities to enhance organizational sustainability; from waste management, energy efficiency, water management and the building environment. Sustainability programs should reflect each organization's unique needs and characteristics. Implementing a sustainability program requires significant cultural change and time.

Some of the strategies include; Building Management System (BMS) works to reduce the building's cooling and heating requirements by means of a centralized control of all services within the hospital. The heating, ventilation and air conditioning systems should be based on rational designs that allows for better filtration of air to further improve infection prevention and control, while offering greater energy efficiency. LED lighting, resulting in a 40 percent reduction in energy consumption and Grey water harvesting system could channel waste water from the renal dialysis filtration plants & autoclaves to the ablution facilities.

Supply chain management practices and the other resource input for operations are worthwhile to work on in making hospitals align with sustainability concepts.

OP10

The Attitude and Readiness towards Interprofessional Education among Undergraduate Students of Various Healthcare Disciplines in Sri Lanka

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Introduction: The introduction of Interprofessional Education (IPE) into the academic curricula of healthcare programs has become an important aim globally to improve collaboration and reduce medical errors resulting in improved patient outcomes.

Objectives: To evaluate the attitudes and readiness toward interprofessional education among undergraduate students of various healthcare disciplines in Sri Lanka.

Methods: A cross-sectional study design was used with a convenience sampling method. A self-administered questionnaire with two different scales (the 'Readiness for Interprofessional Learning Scale' and the 'Interdisciplinary Education Perception Scale') was used to collect the data from 2nd, 3rd, and 4th year undergraduate students of the medical laboratory sciences, nursing, pharmacy, physiotherapy and radiography professional programs at a national university in Sri Lanka.

Results: Overall, the study revealed an acceptable degree of readiness and a positive attitude among most of healthcare students toward collaborative learning. However, attitude towards and readiness for IPE showed significant differences among students of various healthcare disciplines as well as their age groups, gender and year of study.

Conclusions: The advantages of IPE need to be introduced to students to further improve their attitudes and readiness. IPE should be introduced to the academic curricula at the early stage of all healthcare professional education. This may foster the development of skills to practice in a multidisciplinary healthcare setting.

Keywords: Interprofessional education, Collaboration, Attitudes, Readiness, Healthcare students

OP11

Cost-effectiveness Analysis of a Pulmonary Rehabilitation Program in Managing Patients with Chronic Pulmonary Diseases

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Introduction: COPD and other chronic respiratory diseases are debilitating conditions that limit patients' exercise tolerance and reduce quality of life. Pulmonary rehabilitation is an evidence-based, multidisciplinary, and comprehensive intervention for patients with chronic respiratory diseases. COPD and other chronic respiratory diseases are common in Sri Lanka. However pulmonary rehabilitation is not done as a part of the management process of these patients. Therefore, initiating pulmonary rehabilitation in the government and the private sector is a timely measure. Conducting a cost study and analyzing the cost effectiveness of pulmonary rehabilitation is of paramount importance.

Objective: To assess the cost effectiveness of offering pulmonary rehabilitation to a patient with chronic pulmonary disease than managing such a patient without.

Methodology: This was a retrospective descriptive study conducted at the Central Chest Clinic, Colombo 8 involving fourteen patients who underwent the pulmonary rehabilitation program. This was a time directed activity based costing. Initially, the details of the hospital admissions of these patients for six months prior to the rehabilitation program were taken and the cost incurred was calculated. This was then averaged per patient. Then the cost of pulmonary rehabilitation per patient was calculated. Straight line basis depreciation method was used to depreciate the equipment. Then the details of the hospital admissions of these patients for six months after the rehabilitation program were taken and the cost incurred was calculated. This was again averaged per a patient. Average of 6MWD of all patients before and after pulmonary rehabilitation was taken as an objective measure of improvement of the exercise tolerance of the patients. Finally, the cost effectiveness was calculated by using cost effectiveness ratios.

Results

Pre-rehab admissions cost per patient = Rs. 95,140, Cost of rehab per patient = Rs. 26,638.7, Cost of post-rehab admissions per patient = Rs. 9432, Average pre-rehab 6MWD = 501.42m, Average post-rehab 6MWD = 679.28m, Pre-rehab cost of management: 6MWD = 189.7 rupees per meter of walked distance Post-rehab cost of management: 6MWD = 53.1 rupees per meter of walked distance

Conclusion: Pulmonary rehabilitation is clearly cost effective in managing patients with chronic lung diseases.

Key words: Pulmonary rehabilitation, Cost effectiveness, COPD, 6MWT

Determinants of Patient Satisfaction in a Private Hospital in Sri Lanka: A SERVQUAL Approach

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Introduction: Patients' demands are dynamic and ever changing. Patient satisfaction is therefore an important determinant for hospitals to hold, gain and maintain competitive advantage in the environment it operates in. It is therefore very important for a hospital to continually measure the extent of satisfaction among patients in the private healthcare industry to stay competitive.

Objective: The purpose of this study is to investigate the level of patient satisfaction in the private hospital environment in Sri Lanka.

Method: A convenience sampling technique was employed in which 350 questionnaires based on the SERVQUAL format were distributed with a response rate of 93.7%. A logistic regression was undertaken on SPSS versions 19 to understand the relationships between the variables. In addition a Cronbach alpha test, Omnibus test, Homer and Lemeshow test, Nagelkerke test and the Pearson correlation were undertaken to test the model significance, goodness of fit and the correlations among the variables.

Results: SERVQUAL dimensions including tangibility, reliability, responsiveness, assurance, courtesy and empathy were statically significant (at $p < 0.05$) to patient satisfaction. However the strongest predictor variables based on Odds ratio's (OR) of patient satisfaction found that the criteria related to patients views on retuning back (re-purchase intention) to the hospital was responsiveness (OR=32.7 times at $p < 0.01$). In terms of the criteria related patient satisfaction in terms of service quality assessment the variables of assurance (OR=5.16 times at $p < 0.01$) and empathy (OR=1.7 times at $p < 0.05$) were the strongest predictor variables while assurance (OR=3.707 times at $p < 0.01$), tangibility (OR=2.71 times at $p < 0.01$) and responsiveness (OR=1.367 times at $p < 0.05$) were the strongest predictor variables that determine the overall assessment of patient satisfaction in the private hospital.

Conclusion: The results of the research supports the validity of the SERVQUAL construct to be used in a hospital environment setting giving a multi-dimensional view. Furthermore, linking SERVQUAL to the planning process, the overall service delivery and human resource performance management system of the hospital is beneficial on the long run.

Key words: Hospital Service Quality, Patient Satisfaction, Hospitals, Patients, SERVQUAL

OP13

Proposing a Model to Assess Quadriceps Strength for Screening Purposes

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Introduction: Osteoarthritis is a common condition among females. Improving the strength of the quadriceps muscles of the thigh is an important measure to prevent or delay Osteoarthritis. Prevention is best to be attempted at a younger age. If to widely recommend quadriceps strengthening, it is better to screen them first objectively. If a method simple enough to be used by field health officers can be derived, then screening can be conducted at community level and those who need an intervention could be directed to rehabilitation services.

Objective: To develop a model to assess quadriceps strength for screening purposes using easily measurable variables in an outpatient or community environment.

Methods: Height, weight and the girth of the quadriceps were decided as the easily measurable variables in a community environment. These variables were measured using 45 young female undergraduates (age 18-25). Regression analysis was used to derive the model with the best fit.

Results: The regression analysis yielded the following as the best fit model. Quadriceps Strength = $0.488 \text{ Height} + 0.798 \text{ Weight} + 0.198 \text{ Girth} - 45.660$. This model was at a level of significance of 0.000. R² was 38.4%.

Recommendations: As Phase 2 of the study, cut offs should be developed for quadriceps strength by administering the model on known patients with different levels of weakness. Then the model could be validated via a community trial.

Key words: Quadriceps strength, Osteoarthritis and quadriceps, Quadriceps strength model, Quadriceps in females

OP14

Development of a tool for the assessment of footwear in relation to aspects that contribute to Osteoarthritis.

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Introduction: Osteoarthritis (OA) is one of the leading causes of disability affecting a person's Quality of Life. OA is the most common chronic degenerative condition of the joints, affecting the hip, knee and foot of the lower limb. Biomechanical interventions for the treatment of OA is a recent area of investigation. Severity and progression of OA has an association with elevated joint loads during ambulation. Footwear of an individual has the potential to alter these loads in a positive manner. Since the lower limb is an interrelated mechanical and functional unit, alterations at the base of the foot (footwear) has a significant impact even on the distal joints (Knee and Hip). Therefore, development of a tool to score the suitability of that shoe to a specific individual is of high importance.

Objectives: To develop a footwear assessment tool through evidenced aspects which contribute to OA by operationalizing different variables.

Methods: A review of the published literature was done to identify different aspects that contribute to lower limb OA. It is structured according to a model of a previously validated tool for general footwear characteristics by Barton et al. (2009).

Results: A scoring system was developed with 4 main categories: Sole, Fit, Structure and General features

(arranged from highest score to lowest score). Sole of the shoe contain three main assessments: Cushioning, presence of motion control properties, and the wear pattern. Length, Width and Depth of the shoe were prioritized as important assessors to determine the fit. With regards to the structure: flexibility, heel height and type of footwear (open back, shoe, sandal) were considered important. In addition: general shoe make, shoe age, comfortability and few other factors were included as objective markers.

Conclusion: Footwear acts as an important modifiable factor which minimizes the risk of development and progression of OA. Different aspects of footwear were categorized as important determinants for an assessment tool. Validation of this tool will be done through future research followed by longitudinal studies.

Key words: Osteoarthritis, Biomechanics, Footwear

OP15

Awareness of Physiotherapy Informatics among Physiotherapists in Sri Lanka

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Introduction: Physiotherapy is a healthcare profession that works with clients to identify and maximize their ability to move and to improve the function – an essential part of what it means to be healthy. Physiotherapy is a growing and expanding profession which rapidly upgrades with new technology and innovations.

Objective: To find out the awareness of physiotherapy informatics among the physiotherapists in Sri Lanka.

Methods: Descriptive cross sectional survey study was conducted through an online questionnaire. Data was descriptive analyzed and presented.

Results: Out of 62 responses, 66.1% of them were aware of the available new technology in Physiotherapy. 61.8% of the subjects preferred to use all kinds of new technology including robotic assisted devices, virtual reality devices and mobile applications as effective methods. But 5.5% of the subjects refused to accept new technology. 98.4% frequently used electrotherapy modalities and 96.8% frequently used manual therapy techniques. 48.4% of the subjects stated that the new technology is effective combination with other methods. 67.7% stated that new technology can be helpful to improve the treatment quality. 38.7% subjects stated that new technology do not negatively affect the treatment quality of the physiotherapist. 14.5% subjects stated that new technology can negatively affect the treatment quality of the physiotherapist. 91.9% of the subjects used internet to explore new technology.

Conclusions: Majority of Sri Lankan physiotherapists were aware of physiotherapy informatics, however further improvement is needed to overcome the implementation barriers.

Key words: informatics, physiotherapy, awareness, new technologies

OP16

Occupational Risks for Injuries and Disabilities among Ice Blocks Manufacturing Industry Workers

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Introduction: Work related musculoskeletal disorders (WMSDs) can be considered as a common health problem throughout the world. Ice blocks manufacturing is a very important and a popular industry in Sri Lanka due to the fast growing fishing industry of the island.

Objectives: To access the musculoskeletal and other injuries and disabilities among ice blocks manufacturing factory workers and to assess the work related safety issues and risks leading to them.

Methods: A qualitative study was conducted on conveniently selected two ice blocks manufacturing factories where 12 workers were studied using in-depth interviews and observations (visual and photographic) based on a combined checklist made using standard tools extracted from the Ergonomic Guidelines for Manual Material Handling of the CDC.

Results: Majority of participants had met with accidents (burns, injuries) as walking surfaces were not leveled, not wide enough and were not clean and dry. Objects weren't easy to grasp. Workers were not trained for proper techniques to lift or handle the equipment. They had sudden movements of the spine due to bending and twisting movements and unsuitable postures, which lead to chronic lower back pain. Due to their heavy work load (25-30 kg ice blocks) they suffered with joint pains mostly in knee, shoulder and elbow as they used to give more weight on one hand and imbalanced distribution of load on legs.

Conclusion: Wrong lifting techniques and working in unsuitable postures increase the risk of musculoskeletal pains among the ice factory workers.

Keywords: Back pain and lifting, Ice blocks manufacturing, Ice factory workers, Lifting techniques, Manual handling

OP17

Population Based Survey on the Prevalence of Trauma among the Geriatric Population in Colombo District

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Method: The study was conducted in two teaching hospitals within the Colombo district over a period of 2 months with a total of 160 elderly patients, 122 (76.2%) females and 38 (23.8%) males), all of whom were admitted following trauma. Data collection was carried out by an interviewer based questionnaire which was made available in all three main languages spoken in Sri Lanka. Patients were assigned into three age categories and the highest number of admissions were from the age category of above 75 (48.8%).

Results: The major cause for trauma was due to accidental falls which accounted for 72.5% of all cases. Of the 160 patients, 144 (90%) had sustained fractures and a total of 106 (66.2%) required surgical fixations. All the patients admitted had at least one comorbid disease of which hypertension accounted for 67%. Of the elderly, 80% stated that they were living with their children. When questioned about the mechanism of transport to the hospital, 53.8 % were transported by private vehicles. Further studies should be done to evaluate the outcome of these trauma patients following discharge from the health care facilities in order to obtain a complete picture regarding the management of trauma in the elderly within the current health system and to guide the future changes that need to be implemented.

Keywords: Trauma, Geriatric Population

OP18
Knowledge, Skills and Attitude of Elder Care Assistants (ECA s) in Colombo
Municipality Sri Lanka

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Introduction: Rapid aging of the world population is a prominent topic today. The world is trying to provide solutions to issues and problems faced by elders. Health issues of elders and strategies to manage them effectively and efficiently is a key area we are struggling with today. The internationally accepted Home Care is the best care solution for long term care for elders. Sri Lanka has a fastest aging population in the world, however, home care industry in Sri Lanka is primitive. Therefore, this emerging sector has many issues due to mismatches of care workers and patients. Patients, families, organizations and care workers suffer daily due to mismatching of elder care worker competencies and care needs of the elders.

Objective: To assess the elder care competencies in Activities of Daily Living (ADL), Instrumental Activities of Daily Living (IADL) and variations of client satisfaction in relation to care worker competencies.

Method: A cross sectional study was conducted on 131 elder care workers by using a propionate stratified random sampling in five organizations and the data collection was done by semi structured interviews.

Results: Majority of elders (75%) are dependent on ADL and IADL tasks. Majority of workers have IADL (75%), ADL (50%) and 50% of them have special care competencies. Majority of patients have very good satisfaction but there is a fraction who are not well satisfied.

Conclusion: The current demands for home care needs are generally provided with the available competencies. However, there are gaps due to deficits or excesses of the competencies. These gaps have generated deficiencies in patient satisfaction. Competencies positively correlate with satisfaction.

OP19

Characteristics of Urban Female Smokers in Sri Lanka

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Background: Smoking as a habit is increasing among females in Sri Lanka. Current prevention programs therefore need to include strategies to specifically address female smokers and to identify the characteristics of the female smokers to promote quitting and to prevent young girls from starting to smoke. Therefore, the objectives of this study were to describe the patterns of smoking and the factors that lead to initiation and continuation of smoking among urban Sri Lankan adult females.

Design/ Methods: A descriptive cross-sectional study was done on 162 Sri Lankan urban adult females, who are over 18 years of age, selected using convenient sampling. Data collection was done using an online questionnaire.

Results: Out of the 162 females, 98 were below 30 years. 64.8% had completed a degree or a postgraduate qualification. Considering the types of smoking, 153 said yes for cigarettes, 24 for cigars, 83 for Shisha and 36 for e cigarettes. On average female smokes 76 cigarettes per month. Average duration of smoking is 3.3 years and average pack years are 0.56. 154 drink alcohol as well. 51.2% have first started smoking with friends. In 65, the father smoked and the mother smoked in 5 families. 80 females said that their partner/husband smokes. 155 are aware of the health risks of smoking and 108 said that they like to quit smoking and 65 have tried to stop 3 times or more. 40 of them smoke when stressed. Majority (55) said that they continue to smoke because of their friends.

Conclusion: Most Sri Lankan female smokers seemed to have started smoking and are continuing to smoke due to external influences like peer pressure.

OP20

Evaluating the Usability of ASCVD plus mobile application in assessing the Risk of Cardiovascular Disease in Sri Lankan Adults

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Introduction: The updated "ASCVD Risk Estimator Plus™" by the American College of Cardiology to assess and estimate heart disease and stroke risk, currently and in 10-year Athero-Sclerotic Cardiovascular Disease (ASCVD) risk. This app designed to be used on apple mobile platforms has been validated in North America and has been used as a research tool as well. However, the usability of it among the South Asian populations and an idea about its ability to predict the risk of ASCVDs are unknown.

Objective: To evaluate the usability of the "ASCVD plus™" mobile application and the assessment of ASCVD risks among the urban public.

Methods: A descriptive study was done on 100 adults selected using convenience sampling from Colombo, using an interviewer administered questionnaire and ASCVD™ plus mobile application.

Results: Out of 94 adults ranging from 40 to 80 years, the majority of them being males. It was found that the lifetime ASCVD risk among males is higher than that of females. The mean values being 54.16 and 41.31 respectively. And it displayed the same results for the current ASCVD risk. Males mean risk being 6.5400 and females having 2.2405. Other risk factors such as smoking, cholesterol levels with LDL contributing more towards the cardiovascular disease. Additionally, stress has contributed towards the current ASCVD risk with a mean value 5.3458.

Conclusions: The prevalence of the ASCVD risks matched the predicted risks of updated "ASCVD Risk Estimator Plus™". Therefore, it is a useful screening and monitoring tool for Sri Lankan adults.

Key words: ASCVD (Atherosclerotic Cardiovascular Disease) , LDL (Low Density Lipids)

OP21

Consumptions of Sugary Soft Drinks by Urban Young Adults in Colombo Sri Lanka

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Background: Sugary soft drinks (carbonated drinks) are considered a significant source of sugar influx in to communities, thus making them more prone to developing Diabetes and Cardiovascular Non communicable Diseases (NCDs). Regulations made by the Minister of Health, Nutrition and Indigenous Medicine of Sri Lanka in May 2016, under Section 32 of the Food Act, No. 26 of 1980, in consultation with the Food Advisory Committee made it mandatory to display the sugar level of the product numerically on the label as well as to display a colored circle according to the sugar level of the drink. The color codes were red, yellow and green for high, medium and low sugar content respectively. Though these regulations have been in place over an year, it is not well known the current status of the consumption of sugary drinks. With the current global and local emphasis of targeting the youth to prevent future NCDs, this study was conducted with the aim of describing the amounts, patterns and related factors associated with sugary drinks consumption among urban youth.

Methods: 275 conveniently selected youth between the ages 18 and 35 from Colombo Sri Lanka were given a self-administered questionnaire to assess amounts and associative factors around consumption of some popular sugary drinks in the Sri Lankan market.

Results: Out of received 257 responses, 142 were males and 115 were females. The mean age was 23.9 years (SD 4.3). 67 were drinking 2 or more bottles per day. 52.1% have started regular consumption since their late teens. The average monthly consumption was 10.9 bottles (SD 12.4). The mean total monthly sugar intake through sugary drinks was 260.2 g (SD 296.7g). 72% agreed that advertisements tempt them and 74 individuals claimed that social media has an influence as well.

Conclusion: The consumption of sugary drinks was high among the young adults and the factors that led to that were initiated in the late adolescent years and were reinforced by social factors around the same age; which indicates a point to intervene through a large-scale community campaign targeting adolescents.

Key words: Non-communicable diseases, soft drinks, young adults

PLENARY III- OP22

NICOLA KNOWLES AND JANE TOMS

A Global Healthcare Issue

Delirium is defined as a common clinical syndrome with physical cause that disturbs consciousness, cognitive function NICE (2010)

Delirium is a global problem in critical care and many other health care settings. It is Distressing and has a major impact on patient outcomes, it is an under diagnosed medical emergency that is preventable and manageable if dealt with urgently, it can easily lead to misdiagnosis of dementia.

In 2010 the National institute for Health and Clinical excellence released a guideline that aimed to highlight the issues with delirium and the importance of early diagnosis, treatment and prevention. As a response to the release of this guideline the issue of delirium was firmly embedded in the undergraduate physiotherapy curriculum at Coventry University in the UK. During this time delirium was considered a “hot topic” However in later years it was noted that students were returning from placement reporting a lack of focus on delirium and its early identification. University staff decided to evaluate the effectiveness of the education strategies used and implemented a different approach to refocus the students on delirium. This approach was evaluated and an education package developed which could equally be used in University and in practice.

A key conclusion is that the application of guidelines in education and clinical practice require regular focus to ensure that the best clinical decisions are made for users of health care. This principle may be reasonably extrapolated to the use of guidelines in other areas of practice.

OP23

A Study on the Quality of Life and the Socioeconomic Status amongst Fishermen within the Gampaha District, Sri Lanka

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Introduction: Sri Lanka is geographically an island, sea is surrounding a mass of land. Thus, professions such as fishing is of high importance to the country's economy. Not much is known about the daily routine and quality of life of fishermen.

Objectives: To assess the daily routine of fishermen, to assess their mental, physical and emotional wellbeing and to assess the availability of expendable income; if basic needs can be granted.

Methods: 11 participants were interviewed in a triad-interview basis. Interviews were conducted with fishermen who used both hooks and nets to obtain their catch.

Results: Most fishermen follow a strenuous routine with harsh sleeping patterns; includes 5 hours of sleep per night & diets that consist mainly of carbohydrates. Water consumption is however, adequate. Many fishermen believe that although their jobs impact their health both mentally and physically, they would not exchange their profession with another. Majority of fishermen do not believe in substantial improvement, they believe that fishing as a profession would end with their generation. The lifestyle of fishermen allows income to variable daily. Moreover, the catch is dependent on the weather patterns. Minorities of fishermen are exposed to financial trouble and are not insured. Quality of life amongst fishermen was far better than expected. Most fishermen support larger families. Almost all children are educated. Family life is substantially managed.

Conclusion: The quality of life was better than expected with regards to their physical and emotional wellbeing, but the socioeconomic status requires more attention.

Keywords: Quality of life, Fishermen, Socioeconomic, Sri Lanka

OP24

Assessment of the Prevalence of Recreational Sports as a Lifestyle Adaptation in the Colombo District, Sri Lanka

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Introduction: Recreational sports (RS) is a path through which one can be physically and mentally fit, without having the strenuous practices and pressure of competition. Most people lead a sedentary lifestyle, which makes them unhealthy and the victims of many conditions such as high blood pressure, cholesterol, leading to cardiac failures and more. In addition, being physically inactive has shown to have a negative impact on one's mental well-being.

Objectives: To assess whether RS are a part of people's day to day lives, and their health in association with it.

Method: A descriptive cross-sectional study was conducted on people between the ages of 16 to 50 who were selected using a convenience sampling method in an urban setting in the Colombo District, using an online questionnaire.

Results: From the total subjects, 52.2% take part in RS, and mostly for fitness reasons (64.8%). 56.6% were aware of the mental and physical benefits of this, however, majority (59.5%) only participated in RS less than 3 hours per week and 48.6% people consider themselves to be neither too healthy nor unhealthy. It was also found that most people (55.9%) drink 1-3 glasses more water than their usual intake before and after RS. 64% of the subjects does not follow a diet plan. The most common sports played are badminton (54.2%), swimming (48.6%) and cricket (34.6%).

Conclusion: Majority of the people participate in recreational sports, however they do not engage in RS efficiently for it to have a significant effect on their well-being.

Key words: recreational sports, health and wellbeing

OP25

Prevalence of Ankle Range of Motion Associated with Calf Muscle Tightness among Sewing Machine Operators in Textile Industry in Kurunegala District, Sri Lanka

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Introduction: Tailoring industry is a vast scale industry employed by a large number of Sri Lankans. However, there are not many known studies to find out health-related issues in the industry.

Objective: To identify the ankle range of motion associated with calf muscle tightness among sewing machine operators.

Methods: The study was conducted on 110 sewing machine operators using a mix method. A descriptive study was done on 110 conveniently selected sewing machine operators in a typical textile factory in Kurunegala district, through an interviewer-administered questionnaire and the calf muscle tightness and range of motion were assessed by the researcher herself.

Results: 83.6% use the right leg as the dominant leg to operate the machine. 18.8% workers who have ankle pain, stated they use right leg to operate the machine and they work 7-9 hours per day. 6.3% workers who have ankle pain are engaged in local exercises and only 6 workers complained about severe ankle pain. The mean value of the right calf distance and left calf distance for the workers who used left leg was 21.31 and 22.14, and workers who used right leg was 20.53 and 21.02 ($p = 0.5$) respectively. Therefore, they do not have a significant difference in their calf tightness regardless of the dominant leg of machine operation.

Conclusions: Calf muscle tightness is prevalent among sewing machine operators but there was no significant difference between range of motion associated calf muscle tightness and the dominant leg of machine operation.

Key words: Calf muscle, tightness, range of motion, sewing machine operators

Prevalence and Risk Factors of Upper Back Pain among Heavy Vehicle Drivers in Galle District, Southern Province, Sri Lanka

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Introduction: Prevalence of musculoskeletal disorders among drivers is a common issue at present. Various factors such as driving for long hours, seating arrangement and posture can affect the drivers to get Musculoskeletal Disorders (MSD).

Objectives: To assess the prevalence and risk factors of upper back pain among heavy vehicle drivers in Galle district.

Methods: A descriptive cross-sectional study was done on a conveniently selected sample of 80 heavy vehicle drivers in Galle district using a self-administered questionnaire.

Results: 77.8% of the drivers drive for more than 6 hours per day. 63% of them had numbness in their neck and shoulder area. 54% of them stated that the pain affects their carrier. 62% out of them stated that they get upper back pain while driving. 47 participants have stated that they get upper back pain mostly on the following day after a drive. Majority of them (64%) do not keep any back support and they lean to the seat while driving. Only 32% of the participants had sought medications for their conditions. Majority of them have used home remedies for their musculoskeletal pain without seeking any medical advice.

Conclusions: Heavy vehicle drivers are prone to get MSD. Among heavy vehicle drivers, upper back pain is one of the most commonly identified MSD. Driving for long hours and the wrong sitting posture are the most common risk factors for upper back pain among heavy vehicle drivers.

Key words: Upper Back Pain, Heavy Vehicle drivers, Galle district

Facebook Profile Analysis as a Screening Method to Identify Depressive Tendencies among the Youth, Sri Lanka

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Introduction: Depression is quite common among the youth. Although clinically significant depression can be fairly easily diagnosed, depressive tendencies cannot be exposed so easily. In young patients who are not willing to expose such current tendencies and their past episodes, it is even harder. Since the youth frequently use social media, it is worthy to explore whether youth counselling services could use social media analytics to identify current and past episodes of depression.

Objective: To explore the possibility of suspecting depressive episodes in youth using features in a social media analytic tool.

Methods: : WolframAlpha™ Facebook report tool was used to analyze 10 sample profiles and access features that can be used to suspect depression. Facebook posts of each individual over the last 1 year were qualitatively analyzed.

Results: The analysis results from the tool provides some useful parameters to suspect depression. Overall social media interaction levels are given on a one year timeline. This could show episodes of social isolation. Frequencies of the top 10 most commonly used words are given. If they include words to suggest negative or depressive moods, that would provide a useful clue. Top 5 people who interact most are given with values. This can be used to coincide with a patient's history. The social interactivity is given as a value. This could be used to gauge the personality of the patient.

Conclusions: Facebook post analysis of an individual could be used as a supportive method to suspect depressive episodes and depressive tendencies among the youth.

Key words: Depression tendencies, Facebook post analysis, youth

Changes in HIV/AIDS related Stigma among Nursing Students; Comparative between State and Private sector- Sri-Lanka

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Introduction: Nursing students who enter the nurses training schools from the common society, could be sharing the same attitudes and hence stigma towards HIV patients. Over 3 years of training, the education they receive is supposed to change them. The training provided by the state and private sectors with this regard could vary.

Objective: To describe the change in the attitudes on stigma towards HIV patients of nursing students over 3 years and to compare the same between state and private sectors

Methods: A descriptive cross-sectional study was done on 87 conveniently selected nursing students (45 from state and 42 from private sectors) using a self-administered questionnaire.

Results: Majority of the nursing students (69%) in state sector stated that they got panic during their first year when they asked to deal with a HIV positive patient while in private sector most of them (51%) said the same. But during their 3rd year majority of them were glad when they had to interact with a HIV positive patient. During their first year most of the nursing students in state and private sectors (59.5%, 60% respectively) were nervous when they had to provide nursing care for a HIV positive patient but during their 3rd year most of them have agreed (78% and 77% in private and public sector respectively). During their first year more than 70% of the students mentioned that they didn't want to be an advocate for a HIV patient. But in their 3rd year more than 60% of them wanted to be an advocate.

Conclusions: The experiences during practicals has made them to change their attitudes towards HIV positive patient.

Key words: HIV/AIDS related stigma, nursing students, State and private sector

OP29

A Study on Nurses' Perception on Confidentiality, Privacy and Security of Health Information in Post Basic College of Nursing, Sri Lanka

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Introduction: Health information includes all data or information that are generated, captures, transmitted, stored, proceed, analyzed and disseminated in either on paper or electronic format, pertaining to health or healthcare service.

Objectives: To identify the importance of and the elements that decrease privacy, security and confidentiality of clients' personal health information among Sri Lankan nurses

Methodology: This study was a descriptive, cross-sectional quantitative study conducted on 295 participants from the Post Basic College of Nursing, Colombo.

Results: The study revealed the relationships between level of education of nurses, level of clinical experiences and working hours per month have the direct impact on maintain privacy, security and confidentiality of health information. Ethnicity, working hours of the month, area of practice was found as factors which decrease privacy, security and confidentiality of health information. Age of nurses, number of years of clinical practice, nurse patient ratio and working hours per month again found as elements which enhances the clients' satisfactory level of their health information privacy, security and confidentiality.

Conclusion: Though adequate levels of perception exist, it is important to conduct more research on same topic, taking the sample of participants according to the various of levels in the Sri Lankan nursing setting and to also use facts that are gained from studies to create a national policy on managing clients' privacy, security and confidentiality for Sri Lankan nurses.

Keywords: Nursing Informatics, Perception, Nurses, Sri Lanka

OP30

Factors Influence Work Related Stress among Nurses in Teaching Hospital, Batticaloa, Sri Lanka

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Introduction: Occupational stress has become one of the most severe health problems in the contemporary world, as it happens in any occupation and is even more present than decades ago out of which, nursing has been identified as an occupation that has high levels of stress. Job stress brought about hazardous impacts not only on nurses' health but also on their abilities to cope with job demands.

Objectives: This study aimed at finding out the degree of work-related stress among the staff nurses at the Teaching Hospital, Batticaloa and the various determinants, which have an impact on it.

Methodology: An institutional-based, descriptive, quantitative cross-sectional study was conducted on 300 randomly selected registered nurses at THB. A predesigned and pre-tested questionnaire covering their socio demographic variables in part I and professional life stress scale designed from various literature reviews in part II was used.

Results: Stress related workload is very high; all 300 nurses (100%) express that, insufficient staff cause high stress in the all units at THB. Nurses at THB feels that they have stress due to lack of support. But conflict related to work stress with the physician and nursing supervisor are comparatively high. Organizational decisions also causing stress to nurses, mainly nurses are not allowed to taking decision. Meanwhile nurses are pressured to long work hours by organization.

Conclusion: This research provides a clear picture of stress in THB nurses and suggests a comprehensive management plan to minimize the negative outcomes of stress among THB nurses.

Keywords: Stress, Nursing, Public Health, Sri Lanka

OP31

Study on Patient Satisfaction towards Government Sector Nursing Care in the Eastern Province, Sri Lanka

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Introduction: Patients' influences have start to play a greater role in the design of healthcare service delivery processes in the developing countries. Therefore, nurses have to identify the factors which are influencing patient satisfaction regarding nursing care.

Objectives: To assess level of patient satisfaction towards government sector nursing care in the Eastern province, Sri Lanka & to find the association between the level of patient satisfaction with selected socio demographic variables.

Methodology: A cross-sectional, quantitative study was conducted on 150 patients who had admitted within 2 years in the government hospital, using convenience sampling. The questionnaire regarding patient satisfaction scale was developed from Newcastle patient satisfaction with nursing scales.

Findings: Out of 150 patients, 28% of the population were aged between 31 to 40 Years. According to the participants, 57% of participants had stayed in the hospital between 5 to 7 days Total satisfaction of the patient toward nursing aspect was identified with 77% satisfied. The Newcastle patient satisfaction with nursing scales questions were analyzed one by one, there was no significant finding. There is no correlation with the level of patient satisfaction towards government sector nursing care. There was a significance identified between the level of patients' satisfaction with selected age (Pearson Chi-Square is below than 0.05).

Conclusion: The results show that the patients are fairly satisfied with the government nursing care. However, much is to be done to improve the levels of care provided during a longer period of stay.

Keywords: Patient satisfaction, Government, Nursing, Sri Lanka

OP32

Plants; An Alternative Source of Antimicrobials?

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Recently, an increased attention has been given to the value of the traditionally used medicinal plants as a rich bio-resource of drugs with natural origin. The production of an enormous number of bio-active compounds in the plant body has led to its versatile applications in the pharmaceutical industry. Medicinal plants are rich in a numerous variety of secondary metabolites of antimicrobial properties such as saponines, tannins, alkaloids, alkenyl phenols, glycoalkaloids, flavonoids, sesquiterpenes lactones, terpenoids and phorbol esters. These metabolites have been utilized in traditional medicines due to their numerous therapeutic properties including antimicrobial activity.

However, despite of the thousands of plants based antimicrobial agents revealed by natural product laboratories their practical application in healthcare industry is minimum. In addition, 25 to 50% of current pharmaceuticals are derived from plants. However, none of them have been used as antimicrobials.

The battle against multi drug resistant microorganisms (MDRM) is one of the biggest challenges faced in healthcare field. Hence, the active ingredients hidden in medicinal plants would be the main hope to face the MDRM challenge in future.

Therefore, the standardization of phytochemical extraction methods, antimicrobial testing protocols and cytotoxicity screening methods would be important to accelerate the discovery of plant based antimicrobial agents

OP33

Assessment of Agrochemical Usage by Upcountry Vegetable Farmers in Sri Lanka

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Introduction: Agrochemicals have become a vital part in vegetable cultivation. Agrochemical usage in the upcountry is relatively high especially due to the short duration of crops and highly favourable conditions for rapid spread infections. Recently public concern related to health risks associated with agrochemical residues in vegetables have been increased.

Objective: To assess agrochemical usage practices and knowledge among farmers of Nuwara Eliya district, Sri Lanka.

Methodology: A descriptive cross sectional study was done on 92 vegetable farmers of the Nuwara Eliya district conveniently selected using a self-administered questionnaire.

Results: The most commonly used type of agrochemicals were pesticides (54%). 78% of the farmers who applied agrochemicals before appearance of symptoms have had education only up to O/L's or below. A majority of farmers (56.14%) who applied agrochemicals at post-harvest stage had a maximum of 15 years of experience. 31.5% of participants did not adhere to the 2 week pre-harvest interval. Out of the 92, 89 (96.7%) farmers read the information on the label. A majority of 92.4% of farmers used the recommended dosage while 63% made agrochemical mixtures. 80.4% of farmers wore protective garments when spraying agrochemicals and 43.9% of the participants applied the surplus solutions to the same crop. Out of the 54 farmers who were aware of biological pest management methods only 17 (31.5%) used them.

Conclusion: Most of the issues in practices can be related to lack of knowledge due to poor education. Therefore knowledge among farmers should be increased.

Key words: Agrochemicals, Upcountry vegetables

OP34

Assessing the factors that affect *Propionibacterium acne*.

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Introduction: Propionibacterium acnes is a bacterium that can colonize the skin and hair follicles. Excessive growth of this bacteria in the skin contributes to acne vulgaris. P. acnes is an oxygen-tolerant, anaerobic bacterium that prefers to grow in low oxygen environments. P. acnes bacteria can form sticky clumps of bacteria known as biofilms that help them to attach to surfaces and modulate their environment. In many cases, bacterial biofilms have been shown to contribute to long term infections, and may play a role in the persistence of P. acnes infection in some individuals.

Objective: To assess the factors that effect to the *Propionibacterium acne*.

Results: Among 125 Participants 58% who has oily skin and 40.9% has the open blackhead or whitehead appears as a flat or slightly raised lesion with a central dark-colored follicular impaction of keratin and lipid on their face. Most of the participants are using cosmetics items (50.4%) and 20.2% using daily.12.9% says that they have increased their lesion and 37.1% says that their lesion maintains same level. Most of the participants use ntibiotic creams and gels for their lesion and 20.9% use antibiotics daily.53.2% think that stress and dirt (45.5%)is the cause for acne.

Conclusion: Majority of the people have severe acne problems due to less awareness of proper treating methods for their lesions. Most of the participants use antibiotics for treat their lesions. There is a need to organize education programs and awareness programs to prevent from the chronic stage of acne.

OP35

Public Perception on Conducting Animal Experimentation for Medical Research

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Introduction: Animal experimentation has been prevalent in the past. Medical industry underwent a lot of improvement through many new inventions which were results of researches conducted using animal experimentation. Currently there is a deviation from this due to more reliable modern alternatives.

Objective: To evaluate the knowledge and attitude about animal experimentation for medical research among general public within Western province, Sri Lanka.

Methods: A descriptive study was done on 200 subjects selected using convenience sampling within Western province using a self-administered online questionnaire.

Results: 179 out of 200 are aware about animal experimentation conducted for medical research and among them 21% consider it ethical. 45% know medical products which conducts animal testing. 74% doesn't like to use them. Many agree with using fish, mice and monkeys for medical research. Few agree with using canines. 134 are unaware of the modern alternatives for animal experimentation. 66.5% are aware that US is the top animal testing country and only 11% are aware that around 20 million animals are used annually in US. 42.5% are cognizant of decline of animal testing over time. 33% approve the use of genetically modified organisms. 47% believes that the results gained through animal experimentation for medical research are reliable. 55.5% are familiar with the related rules in their area. Out of 200, 27 approves and 111 disapproves animal testing for medical research.

Conclusions: Many people are unaware of the modern alternatives for animal experimentation conducted for medical research purposes though they are against it.

Key words: Animal Experimentation, Medical Research, Modern Alternatives

OP36

Experimental Investigation of Microbial Population in Dough associated with Kottu

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Introduction: Kottu, also known as Koththu Rotti, is a Sri Lankan dish made from dough and vegetables, egg and/or meat, and spices. On the process of making Kottu, dough will be typically made by mixing flour with a small amount of water and occasionally added yeast or other leavening agents with various fats or flavorings.

Objective: To investigate the microbial population in dough associated with Kottu.

Method: The microbial population of Kottu dough was assessed by plate counts with time. Three dough samples were collected from conveniently selected three different places and plated in nutrient agar; in order to investigate the microbial population, plates were incubated at 30°C. The plate counts were made every 6 hours in the aerobic environment for 48 hours and the colonies were counted. Colony Forming Unit per gram (cfu/g) in 10⁻⁵ dilution were calculated.

Results: Smooth, small, cream colonies were observed as a result of the plating. Aerobic plate counts for dough had higher counts from 18 hours to 48 hours. Up to initial 12 hours, the plate counts showed a satisfactory level however, in the 18 hour plating showed a higher number of microbial colonies.

Conclusion: Due to the presence of high microbial colonies, dough should not be stored more than 12 hours to make Kottu. Dough; which was stored for 12 hours or less, can be used to make Kottu with less risks of microbial contamination.

Key words: Dough, Kottu, microbial population

PP1

A Study on Public Perception towards Senior Citizens Healthcare in Dehiwala MOH area in Sri Lanka

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Introduction: Sri Lanka's ageing population is expected to increase dramatically over the next 30 years. Those 60 years of age or over currently account for 9.8 % of the population. Due to it is very essential to have well developed elderly care in Sri Lanka. For that purpose, it is very necessary to develop people's perception towards elderly care.

Objectives: To examine the public perception towards the elderly care in Sri Lanka, thereby to identify public and healthcare professional knowledge and attitudes towards elderly care.

Methodology: A descriptive, cross-sectional study was conducted on 300 conveniently selected individuals visiting the Dehiwala MOH office.

Results: Majority of the population were aged between 28-41 years. Majority of the population (24.4%) have average knowledge and attitudes towards elderly care. According to 30% of population, health care professionals do not have good knowledge and attitudes towards elderly care. 62% of population has a low opinion regarding the infrastructure for elderly care, around Dehiwala MOH area. The knowledge and attitude towards geriatric care does not depend on age (P value=0.52). The results show that there is a positive relationship between the job, knowledge and attitude towards elderly care.

Conclusion: Although primary care for elderly people is rewarding and enjoyable, it is also complex, difficult, and time-consuming. Therefore, changes in practice organization, health policy, and medical education will be needed if one is to care for a larger volume of elderly patients effectively.

Keywords: Geriatric Nursing, Public Perception, Geriatric Health, Sri Lanka

PP2

Study on Impact of Implementation of ISO 9001-2015 Quality Management System on Browns Hospital Ragama Sri Lanka

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Introduction: There is a tendency among hospitals and health care setting to acquire the ISO 9001:2015 QMS certification and to implement this standard to enhance the quality of services they provide for their patients; the main objective of this study was to identify the relative performances and effectiveness of implementation of ISO 9001-2015 Quality Management System on Browns Hospitals Ragama Sri Lanka. This study explores the effectiveness of the ISO 9001:2015 QMS to provide quality health care and thereby improving the service delivery in Browns Hospitals Ragama Sri Lanka.

Objectives: To identify the impact of implementation of ISO 9001-2015 Quality Management System on Browns Hospitals Ragama Sri Lanka.

Methods: A descriptive cross sectional, study was done on 150 staff members on duty from 25th of March 2017 to 25th of June 2017 and 450 patients (feedback) who were admitted to the Browns Hospital during the above time duration. Data was collected through a questionnaire which contained, performance and effectiveness, staff awareness, staff satisfaction and employee satisfaction after ISO certification, based questions respectively. SPSS version 20 was used to analyze the data.

Results: The findings of this study reveal that increase the service quality of health through the staff awareness regarding QMS, process development, increasing of productivity and efficiency, decreasing internal cost, increasing customer satisfaction, and increasing of employee satisfaction have positive impact on service delivery on Browns Hospitals Ragama Sri Lanka.

Conclusion: Quality management system using the ISO 9001 standard is useful for the hospitals as it can help to increase the operational efficiencies, to decrease errors and internal cost, improve customer satisfaction and improve employee satisfaction's 9001-2015 Quality Management System enhance to increase overall performance of the hospitals.

Key Words: ISO 9001, Quality management system, patient satisfaction

PP3

A Study on Family Perspectives of Palliative care of Cancer Patients in Apeksha Hospital, Lanka

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Introduction: Palliative care helps to increase cancer survival rates and reduce suffering of cancer patients. The majority of patients with cancer are diagnosed with advanced-stage disease, and the best treatment options are pain relief and palliative care. It focuses on not only patient care but his /her family also.

Objectives: The purpose of this research was to identify family perspectives of palliative care in cancer patients and to identify what actions and strategies might enhance public awareness and understanding of palliative care.

Methodology: In this descriptive cross-sectional study, 300 family members of cancer patients in Apeksha hospital, Maharagama, Sri Lanka were assessed. A structured interviewer administered questionnaire was introduced to assess the perspectives of family members on palliative care.

Results: Out of 300 participants, 35% of participants were aged 41-49 age category with moderate education level. Only 34.7% of family members have heard the term palliative care and 15.3% of them stated different meanings to the term. 76.6% of the participants were satisfied with the service the patient was received. About one third of participants agreed that there isn't an easily accessible palliative care service. The most preferred area to be at the end of life was home and the participants strongly agreed with public enhancing programs on palliative care. The primary source of information were nurses/doctors.

Conclusion: The study shows that family members have positive and negative experiences with less knowledge and understanding of palliative care. It is important to enhance knowledge and understanding of palliative care through conducting palliative care programs according to their education level.

Key words: Family members, Palliative care, perception, cancer

PP4

Perception and Awareness on HPV Vaccine among General Public in Sri Lanka

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Introduction: Human papillomavirus (HPV) is a common sexually transmitted virus all over the world. But HPV is important mainly because it can cause cervical cancer in women. It is the second leading cause of cancer deaths among women around the world including Sri Lanka. Many Sri Lankans are unaware of HPV and its prevention vaccine & the risk of spread of cervical cancers are increasing. It is important thereby to assess the knowledge and perception regarding the prevention vaccination of HPV.

Objectives: To assess knowledge, awareness and perceptions on HPV vaccination.

Method: A descriptive study was done on 150 urban Sri Lankan individuals using convenience sampling through a self administered online questionnaire.

Results: Among the 107 eligible participants, when asked whether they were aware of HPV, 64 responded yes, but only 5 were actually aware. 9 of them had partial knowledge and 49 of them were completely unaware of the conditions of the virus. 91 of the respondents had not been vaccinated because 73 of them were unaware of the vaccine, 4 of them were allergic, another 4 were fearing the side effects and 10 thought the vaccine was unavailable in the country. Out of the 15 who were vaccinated, only 5 of them received it in the ideal age; which is between 9-13 years of age. Only 68.2% had a positive perception on the action of HPV vaccine when they were asked of their general thoughts on this.

Conclusions: Research findings demonstrate that the urban public are ignorant of the HPV vaccine and hold negative perceptions. Steps need to be taken to reduce this condition and prevent complications caused by this virus.

Key words: Human Papillomavirus, Awareness, developing countries, urban public, perception, Sri Lanka.

PP5

Assessing the Impact of Social Media on Youth's Health in the Colombo District

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Introduction: Social media use is common among the urban youth in Sri Lanka. However not much is known about the usage, possible unexpected consequences and benefits of Social Media. This impact on the young generation can be positive or negative, leading to many physical, mental and emotional changes in their lives.

Objective: To assess the impact made on the youth in the Colombo district, leading to a variety of physical, mental and emotional changes in their lives.

Methods: Descriptive cross sectional study done on 200 urban youth from Colombo District selected using convenient sampling using a self-administered online questionnaire.

Results: Among the 200 participants the most prevalent age ranges were 18-25 & 26-30 years. 74% of the participants were single and 39% were from ages 18-25. Most of the users were students (76 people). Over 95% of the participants used social media for more than a year. Most of the participants quit Social media for no reason. Out of the claimed effects, the most responses were for “gaining a lot of knowledge” and “wasting a lot of time”. Social Media was used mainly before going to sleep and while traveling. From the ones who said they're not addicted to social media, 53% uses it for about 21 hours per week.

Conclusion- It was revealed that social media has a prominent impact on the youth, physically, mentally and emotionally.

Key words – Social Media, Networking benefits, Addictions.

PP6

Awareness on Risk of Using Agrochemicals among Farmers in Central Province

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Introduction: The agrochemical usage among farmers is raising more without using the organic ways to prevent infections and the harmful pests in the crops. But by using those they are getting complications mostly in their respiratory system, eyes, skin and in the nervous system and most of these farmers aren't aware of this. They also don't know the safety precautions they should take to overcome these harmful situations.

Objective: To identify the risk of using agrochemicals and the using methods of them among farmers in central province Sri Lanka. Also to assess about the complications they have by using these agrochemicals as well as the first aid knowledge among them to overcome harmful situations.

Methods: A descriptive cross sectional study was done on farmers in the Central Province, Sri Lanka, who are over 25 years of age using convenient sampling using a self-administered data collection form based on a questionnaire.

Results: From the 94 participants majority was between age group of 35- 55. 70.2% of the farmers were males. 73 were using fertilizers and 54 of them were using insecticides. 39.4% of these farmers were using these agrochemicals once a month and 83% use back pack spray as the application method. 70.2% of the farmers use personal protective equipment while 13% of them don't. 69 of them use masks and 59 of them use gloves. The least using equipment is goggles as it was 7 of them. 78.7% of the farmers knew about the risks of agrochemicals for their health while 21.3% didn't. 57.7% of the farmers were aware that they will get eye irritation. 50% of the farmers were suffering with headache, 44.7% had dizziness while 32.7% had eye irritation. 33 of the 92 farmers who use agrochemicals have got complications. 50% of the farmers who don't use personal protective equipment have got complications in their health status. 41.9% of them use washing away the burned place as a first aid methods as 25.8% of them use a false first aid method, vomiting. 28.7% of the relatives or friends of those farmers has died due to poisoning of these agrochemicals.

Conclusion: Most of the farmers are aware about the risks of agrochemicals though almost all of them don't cover their whole body with personal protective equipment and that is a main cause for the complications they had in their health. Also the awareness about the first aid knowledge for the causes from agrochemicals was pretty low.

Key words: Agrochemicals, Harvesting

PP7

Exploring Staff Nurses Knowledge, Attitude and Practices Regarding Preventive Methods of Nosocomial Infections in a Selected Private Hospital

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Introduction- Hospital-acquired infection (HAI) is one of the common problems and difficulties faced by hospitals in all countries around the world. Hospital-acquired infections are caused by viral, bacterial, and fungal pathogens; which can be spread easily. Nurses are a major part of the healthcare team that plays a unique role in the control of hospital infections. Therefore, to reduce the risk of HAI. there is a major necessity to know about nurses current knowledge, awareness and practices in relation to HAIs.

Objectives- To assess the knowledge, attitude and current practices of staff nurses about standard precautions on hospital infection.

Method- Descriptive cross-sectional study was conducted on 200 nurses working in medical surgical wards, paediatric wards, Gyn and Obs, ICU, Operation Theatre, Day Treatment and dialysis units of the private hospital. Sample was selected through random sampling and data was collected through a questionnaire.

Results: The participants demonstrated high levels of knowledge, adherence to recommended guidelines of infection control practices, and positive attitudes. These results, in addition to the observed Significant associations between organizational support and staff nurses 'knowledge, attitudes and practices, lend support to the recent data on reduced incidence of Nosocomial infection.

Conclusion: Findings in this study suggest that nursing education, concerted efforts of infection control, state mandates and organizational support play pivotal roles toward reducing the spread of Nosocomial infection. It is suggested to provide training sessions on the prevention and control of HAI to increase the awareness of personnel and hold practical courses for practicing these principles.

Key Words: Nosocomial Infections, Hospital Acquired Infections, Nurses

PP8

Nurses' Attitudes and Knowledge towards Deliberate Self Poisoned Patients

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Background: There are nearly 900000 suicide deaths worldwide and this accounts to more deaths than wars and homicide. The deliberate self harm attempts without being fatal are one hundred million. This is a social issue in the society nowadays. In the world, most common method of the self harm and suicide is self-poisoning. On a worldwide basis, Ingestion of pesticide is the most common method of suicide rates in the world. In Sri Lanka, out of 1000 deaths 43 are due to pesticide poisonings. It is the major cause for deaths of age group of 15-44 years. Nurses are involved in taking care of these patients who are admitted to the hospitals for treatments after poisoning.

Objective: To examine the nurses' attitudes and knowledge towards the deliberate self poisoned patients in medical wards of provincial general hospital Badulla Sri Lanka.

Method: The mix method study was carried out on 100 nursing officers in the medical wards of provincial general hospital, Badulla, Sri Lanka and 10 nursing tutors from nursing training colleges. Data was collected using a self-administered questionnaire for nursing officers and with an interview for nursing tutors. The sampling method was convenience sampling method.

Results: The institute where the study was launched has 7% deaths due to poisonings. Nurses have positive and negative attitudes in specific areas, good and weak knowledge in deferent areas, nursing curriculum has content shortages and nurses may prominent personnel cultural beliefs in caring.

Conclusion: Nurses have different attitudes towards self poisoning. Knowledge on specific areas were also lacking.

Key words: Deliberate self harm, self poisoning, suicide

PP9

Assessing the Quality of Life and Work-related Issues among Pottery Workers in Western Province, Sri Lanka

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Introduction: Clay pottery making is one of the traditional small-industries in Sri Lanka. The producers are mostly based in rural villages where clay is available. The production process of clay products is based on traditional practices where technology improvements and process innovations are hardly found.

Objective: To assess the quality of life and work-related issues among pottery workers in Western province, Sri Lanka.

Methods: The study was conducted with 15 conveniently selected pottery workers using a mix method of triad-interviews with manual assessment of shoulder range of motion (ROM) and muscle power. Data was thematically analyzed and presented.

Results: Majority of the pottery workers suffer from shoulder and back pain with numbness in the hands and fingers. Decreased shoulder ROM was evident and it has a positive correlation with the number of years they have worked. No knowledge of physiotherapy was found among the participants. Mostly home remedies were used for pain relief but only few had sought medical advice for body pains. Participants were happy with their work mainly due to the independent nature of the work. However the cost-effectiveness was low, therefore another source of income was evident among most of the families. Despite financial difficulties, all participants stated that they will still attach to the same pottery work even if they receive another employment.

Conclusions: Quality of life among Sri Lankan pottery workers were in the average level despite the financial restraints they face. Work- related musculoskeletal pathologies were evident among most of the pottery workers.

Key words: pottery workers, quality of life, musculoskeletal, occupational hazards

PP10

Understand and Explore the Consequences of War towards the Standard of Health Amongst the People Afflicted by the Civil War in Northern Province Sri Lanka

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Introduction: The Northern population in Sri Lanka faced disastrous tribulations due to the civil war between government and LTTE for 26 years. It is crucial to understand and explore the effect on the health standards of the people.

Objective: To assess the psychological issues and Post-Traumatic Stress Disorder (PTSD) and identify the access they have to healthcare organizations. It also focuses on identifying any health issues and changes in their quality of life during the post war period.

Methods: This is a one-to-one, in-depth interview-based qualitative study with a study population of 15 from Northern Province between ages 18-65.

Results: The people of the Northern Province are still facing PTSD and Psychological issues. The effects perceived are a social norm and are not referred to a doctor. Majority of the hospitals in that province have insufficient healthcare facilities and are under resourced. There had been cases of negligence and maleficence. In addition to that, they have faced variety of injuries especially musculoskeletal injuries. A key feature noted was that most individuals still carry bomb residues. Brain trauma was common amongst the individuals who were a part of the LTTE. Moreover, their quality of life after the war is severely depleted and they struggle to sustain their daily needs.

Conclusion: It was revealed that the population had suffered from psychological harm and their access to healthcare organizations reduced due to the mistrust and under developed healthcare. They also suffer from musculoskeletal and brain injuries. Their quality of life is severely depleted.

Key words Civil war, Sri Lanka, Northern Province, Consequence, Standard of Health

A Systematic Review on the Health-Related Quality of Life among the Disabled Veterans in the Asian Region

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Introduction: Veterans are at greater risk of permanent disability than general public. Disability can lead to decrease the health-related quality of life (HRQOL). Therefore it is important to identify the HRQOL among disabled veterans.

Objectives: To identify the health-related quality of life (HRQOL) among the disabled veterans in Asian region.

Methods: The study was conducted as a systematic review. During the initial phase, key words were used to find published online scholarly research articles, and then secondary hand-search was used. Final review included 4 studies and the results were descriptively analyzed and presented.

Results: The review has analyzed data of 199 disabled veterans. Bodily-pain component in SF-36 was significantly low ($p < 0.05$) among the disabled veterans. Despite the disability, marriage rate was higher ($p < 0.05$) among veterans than non-veterans whom have the similar disability. Moreover the improvement of the status of educational level among disabled veterans was evident. The review found that the disabled veterans have more opportunities for employment than disabled non-veterans. High prevalence of comorbid illness was evident among disabled veterans. Overall, most of the mental and physical aspects of HRQOL were not significantly affected by the disability.

Conclusion: HRQOL is better among the disabled veterans than non-veteran disabled in the Asian region due to family, social and government support alongside the privileges they receive. By providing more opportunities for education and employment, the HRQOL can be further improved. Overall HRQOL has not significantly been depleted with the disability when they receive adequate socio-economical support.

Keywords: veterans, disability, quality of life

PP12

Knowledge, Attitude and Practices on Ante-natal Exercise among Pregnant Mothers in Galle Municipality area, Sri Lanka

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Introduction: Antenatal exercises bring numerous benefits to both the mother and even to the new born. Although antenatal exercises bring numerous positive health benefits, the practice is at a fairly low level. Assessment of knowledge, attitudes and the practices of antenatal exercise and identification of factors associated with practicing antenatal exercises, are useful in adopting and promoting strategies for antenatal exercise.

Objectives: To assess the knowledge, attitudes and practices towards antenatal exercises among pregnant mothers in Galle municipality area.

Methods: A descriptive cross-sectional study was conducted on 152 antenatal mothers in their third trimester permanently residing in Galle municipality area using convenient sampling. Data collection was done with an interviewer administered questionnaire.

Results: Among the 152 participants 25% of mothers who are in their second pregnancy, stated that they are aware of ante-natal exercises. 49% of mothers, who have time to engage in these exercises, stated that they have a liking to engage in these activities. However, 51% of the subjects stated that there is no liking to engage in the activity though they have time. There is a positive correlation between the education level and awareness of prenatal exercises as the majority of 83% who are aware of the exercises have received education at least up to advanced level.

Conclusions: Pregnant mothers' knowledge on antenatal exercises is not in the satisfactory level. Although some pregnant mothers are aware of antenatal exercise, most of them are not willing to practice antenatal exercises.

Key words: Antenatal exercise, third trimester, knowledge, attitudes

PP13

An Understanding of the Perception of Body Image Ideals among the General Public in the Western Province of Sri Lanka

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Introduction: People believe that there is a specific body image to attain and that it is best to fit in to that ideal and there is trivial information with regard to this topic in Sri Lanka.

Objective: To understand the perception of body image amongst the general public and how the general public would react to body dissatisfaction.

Methods: A descriptive cross sectional quantitative study was done on 104 participants above 16 years in the Western Province of Sri Lanka. The data collection was done using an online questionnaire using convenient sampling.

Results: Out of 104 respondents, 51.4% are female; 73.7% respondents were between the ages of 16-25; and 57.1% are undergraduate students. Out of the 104 respondents, 61.9% claimed that they are personally dissatisfied with their body image and 72.4% of the respondents have compared their appearance to someone else's. Majority of the participants are not familiar with eating disorders linked to poor dieting habits; 63.8% participants have been affected by what people have said about their body structure; 59% participants believe that people who are insecure about their bodies must be approached with advice; 80.8% believe that body image insecurities are restricted to anybody between the ages of 16-30. Among respondents, 46% believe that there is an ideal to be maintained.

Conclusions: Although the majority seem content with their body, they involuntarily run after ideals.

Key words:

Sri Lanka, adolescents, adults, body image.

PP14

Inter-Professional Communication and Collaboration among Healthcare Workers towards Effective Patient Care in Sri Lanka

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Introduction: Communication and collaboration is inseparably knotted in health care groups. However, not all group communications and collaboration are effective. Due to that there is a need to urgently review the most important factors affecting the collaboration of medical staff, towards excellent patient care.

Objectives: The purpose of this research was to examine the importance of effective interprofessional communication and collaboration among health care providers in Sri Lankan health care setting towards better patient outcome.

Methodology: A descriptive, cross-sectional, quantitative research was conducted on 300 conveniently selected health care workers from different healthcare settings of Sri Lanka, using a structured questionnaire based on past literature.

Results: Out of 300, participants, 55.7% had not practiced interprofessional communication and collaboration in patient care. When asked regarding the participants' beliefs of whether inter-professional communication and collaboration is important for patients' satisfaction, 251 participants believed that it is important for patients' satisfaction. However, only 91 out of 300 strongly agreed for positive outcome even though another 160 participants agreed for the positive outcome. 182 (60.7%) participants agreed that interprofessional approach improves the quality of care to patients/clients.

Conclusion: The nature of the relationship between two different professionals could differ from another. This expressed the needs to conduct comprehensive studies to measure the relationship between different professionals because their collaboration is vital to provide quality care.

Keywords: Communication, Collaboration, Healthcare workers, Patient Care

Assessing the Perception and Practices of Community Pharmacists towards Antimicrobial Stewardship (AMS) in Western Province of Sri Lanka

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Introduction: Antimicrobial stewardship is defined as a coordinated program defined that promotes the appropriate selection, dosage, and time period of antimicrobial treatment that results in improved clinical and patient outcomes for treating or preventing infections caused by multidrug resistant organisms.

Objectives: To assess the perception and practices of Community Pharmacists towards Antimicrobial Stewardship (AMS) in Western Province, Sri Lanka

Method: Descriptive cross-sectional study will be followed to do this research and Quantitative research was carried out with a self-administered questionnaire on community pharmacists.

Results: Among the 84 participants, when asked about the awareness on Antimicrobial Stewardship program and concept, 76.2% of the community pharmacists were unaware on this. 64.3% of the participants agreed that AMS reduces the antimicrobial resistance. All participants agreed that more educational activities, conferences and workshops should be implemented to understand on antimicrobial use and that AMS should be incorporated at community pharmacy level. Majority of participants (69%) believed that AMS program helps healthcare professionals to improve the quality of patient care. Most of them (58.3%) dispense antimicrobials on prescription with complete clinical information. 64.3% of them rarely sought additional clinical information before dispensing. 67.9% of them rarely ask the patients about their knowledge of prescribed antimicrobial usage. Half of the participants does not collaborate with other healthcare professionals and take part in awareness campaigns on AMS.

Conclusions: Community Pharmacists show positive perception and practices on AMS. More awareness programs and education should be given to them on AMS.

Key words: Antimicrobial stewardship, antimicrobial resistance, practices, awareness

PP16

Awareness and Attitudes towards Oral Hygiene among Adults in Gampaha District

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Introduction: Oral hygiene is of major significance for an individual's health. Tooth loss has become a major problem among Sri Lankan adults. The overall prevalence of tooth loss was 81.6 %. Since tooth loss is resulted due to poor oral hygiene it is important that the public is aware of the effects of not having proper dental hygiene.

Objective: To describe the current awareness and attitudes of oral hygiene among adults in Gampaha District.

Methods: A descriptive study was done on 132 adults in Gampaha District using convenient sampling, with a self-administered questionnaire.

Results: Out of the participants 42% females and 58% of them were males. Majority of them were between 18-30 years of age and most of them have had higher education. 42% stated that they only visit a dentist once in 2 years. 47% admitted that they don't brush their teeth after meals. 67% didn't use a mouthwash at all. 37% have visited a dentist for a toothache. 22% mentioned that they have not received any education on oral hygiene.

Conclusions: Majority of them didn't practice oral hygiene techniques and most of them had inadequate education on oral hygiene.

Key words: Oral hygiene, youth practices, dentist

PP17

Awareness about Risk of Deep Fried Food among Youth of Western Province, Sri Lanka

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Introduction: Over the past years patients with prostate, endometrial, ovarian, lung, kidney, and oesophageal cancers have increased in number. The main cause for this is the food they consume and deep fried foods play a vital role amongst them. Most of the youth aren't aware of this and because of that they risk suffering from cancers in the later stages of their life.

Objective: To assess the level of awareness on the risk of deep fried food and to assess the risk for cancers among youth of western province Sri Lanka.

Methods: A descriptive cross sectional study was done on youth in Western province, Sri Lanka, who are over 18 years of age using convenient sampling by an online questionnaire.

Results: Amongst the 154 participants, 80 were female and 70 were males. From these participants, 62 of them consume 2-4 times per month when 29 of them consume more than 8 times per month. 81.2% of them are aware about the side effects of deep fried food and 17.5% of them had no idea. From them 33.8% were not aware on the risk for cancer. From those who consume deep fried food, 93 of them know the risks of cancers. 17 out of 20 respondents who were overweight and 9 out of 10 who were obese consumed deep fried food. From 108 undergraduates, 74 knew the risks for cancers associated with consuming deep fried foods and 34 weren't aware.

Conclusion: Sri Lankan youth are moderately aware on the risks of deep fried foods but the awareness on risks for cancers were found to be low .

Key words: Deep Fried Food, Acrylamide, Sri Lanka

PP18

Assessment of Knowledge, Attitude and Behavior Regarding the Dispose of Sharps Among Theatre Nurses in Teaching Hospital Kandy

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Introduction: All the nurses should have knowledge and attitude about universal precautions, especially in sharp disposable. The nurse plays a critical role in preventing and controlling infectious disease. An important component in preparing for clinical nursing practice is an understanding of the infection process and prevention techniques.

Objective: This study assesses the knowledge, attitude and behavior among theatre nurses regarding the dispose of sharp items in theatre.

Methods: A descriptive, cross-sectional was conducted on 120 theatre nurses. Data was collected by means of a questionnaire that was self-administered and consisted out of three sections. The data obtained from the questionnaires was analyzed by means of statistical and inferential analysis and included descriptive statistics with the assistance of a statistician.

Results: Out of 120 nurses very negligible percentage of nurses had high knowledge (1.7%) one fifth of the nurses had average knowledge (20%) and more than three fourth of the nurses had low knowledge (78.3%). In the attitude scores, above one fourth of nurses had favorable attitude (26.7%), nearly two third of nurses had moderately favorable attitude(65%) and more than one tenth of the nurses had unfavorable attitude (10%).In the behavior scores, only 1.7 per cent had adequate practices. One fourth of the nurses had moderately adequate practices (25.0%) and nearly three fourth of the nurses had inadequate practices (73.3%).

Conclusion: These findings inferred that most of the staff nurses had low knowledge on sharp disposal. Most of the staff nurses had moderately favorable attitude and practices were not satisfactory.

Keywords: Knowledge, Attitude, Behavior, Infection Control, Sharp Injuries

PP19

Use of Facial Cosmetics and Prevalence of Related Skin Conditions among Young Women

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Introduction: Most of the young women worldwide use cosmetics. In Sri Lanka, the usage of cosmetics among young women is increasing every year, yet the prevalence of their skin conditions is not known.

Objectives: To explore the use of facial cosmetics and the related skin conditions among young women in Colombo district.

Methodology: A descriptive cross sectional quantitative study was done on 143 female young adults of age 17- 25 in Colombo District, Sri Lanka. With a convenient sampling method, the data collection was done using an online questionnaire.

Results: Among the 143 female respondents, 84% were aged between 17-25; 87% used make-up; 40% used cosmetics twice a week; and 91% prefer natural products over chemicals. Most participants (69%) check on the ingredients used. The highest used cosmetic on face is eyeliner (14%). Among respondents, 56% of them has got facial problems in which 92% is acne which is the highest cause and 4% is moles which is the least cause. Among them, 68% use medications to maintain their skin health. Among them 82% admit that they are aware on the compatibility of the product they use, 76% prefer natural products and 59% admitted that they use cosmetics at least 1- 3 times a week. Among them, 31% have experienced skin abnormalities. Majority of 78% uses branded products, but 35% of them have experienced some skin abnormality.

Conclusion: Cosmetic use among young adults were found to be high. Even though the majority has experienced skin abnormalities, they still prefer to use them as a part of their lifestyle.

Key Words: Cosmetic usage, Sri Lanka, Skin conditions, Young adults

PP20

Eye Injury Prevention and Related Practices among Adults in a Sri Lankan Suburban Community

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Introduction: Eye injury is a preventable cause of blindness. However, it remains as a major health problem restricting day today activities of all age groups of the community. Eye injuries can happen at work place, at home, during recreational activities and also as a result of road traffic accidents.

Objective: The main objective of this research was to describe the attitudes, practices and knowledge towards prevention of eye injuries among adults in a Sri Lankan suburban community.

Method: A randomized sample of 150 participants (age group 18-70 years) in Western province was selected for the study, and the entire process was directed within a profound ethical framework in order to protect the rights of participants. And also, the screening instrument (questionnaire) was pretested for validity and consistency. Data analysis was executed by means of the Predictive Analytics Software program.

Results: Findings revealed that the bound of knowledge of the general insight into an eye injury was at a higher echelon (78%). Furthermore, the overall point of view towards the preventive measures of eye injuries turned out to be a trend par excellence except for the belief in traditional practices, for example, if taken chart 11, 71% strongly agreed to the notion: Eye Injuries Lead to Blindness; however, the practices towards prevention of eye injuries were seemingly at a lower plane.

Conclusion: According to the study, it was revealed that the prevalence of eye injuries in the community was variable due to the lower levels of practices rather than the levels of knowledge and attitudes.

Key words: Eye injuries, community, blindness, suburban community

PP21

Nutritional Practices Among Pre-school Children in Urban area in Western Province of Sri Lanka

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Introduction: Overweight and underweight are two of the worst non-infectious epidemic diseases. Childhood obesity is mainly associated with risk factors for cardiovascular disease, type II diabetes, orthopedic problems, mental problems, underachievement in school and lower self- esteem. A lack of knowledge about nutritional level negatively influences parents' awareness and behaviors, and is major obstacles in controlling the precise weight and height ratio.

Objective: To assess the nutritional status and life-style practices of preschool children in the Colombo district.

Methods: A cross-sectional study involving 120 children was conducted on randomly selected in Vishakha Nursery school Colombo. Life style practices were assessed using a questionnaire. Height and weight were measured and height-for-age, weight-for-age and body-mass-index for age were used to define stunting, underweight and obesity respectively.

Results: The prevalence of stunting and underweight was 17 % respectively. According to the age specific body-mass-index, 16% were obese, 35% were overweight. Overweight and obesity were significantly high among boys while underweight was high among girls. A daily breakfast was seen only in 63.2%. Daily intake of fruits, vegetables and green leaves were 42.1%, 63% and 51.2%, respectively. 73.3% were involved predominantly in sedentary type of activities.

Conclusion: Nutrition challenge among primary school children in Colombo is shifting from under nutrition to overweight and obesity. Children followed poor dietary patterns and activity.

Key Words: Nutrition, Childhood obesity, Dietary patterns, sedentary lifestyle

PP22

Assessment of Knowledge, Attitude and Practice on Contraceptives Among Married Fertile Age Women In – Gorakaduwa Gramasewa Division Pelawatta Mathugama, Sri Lanka

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Introduction: Contraception or fertility control is a method or a device that prevents pregnancy. Although different methods were used from ancient times, safe and effective methods were only introduced recently. However, contraception in Sri Lanka until recently was a hidden topic due to various social and cultural factors.

Objectives: The study was conducted to assessment of knowledge, attitude and practice on contraceptives among married fertile age women.

Method: Descriptive cross-sectional study was carried out on women in – Gorakaduwa Gramasewa Division Pelawatta Mathugama Sri Lanka. A convenient sample of 174 were selected from married women in the area. Data was collected on a questionnaire demographics acknowledge, attitude, and practice based questions respectively.

Results: Majority of the respondents (49.4%) belonged to 35 -40 age group. Among all women 158 (90.8%) had good education level and 146 (83.9%) were unemployed. All the women have heard of contraceptives. Majority (98.3%) have got information from public health midwife. Only, 67.2% have heard about male condom. Although 71.8% have heard about LRT, only 20.7% have heard about vasectomy. Among the study population least heard method was on female condom (12.6%). Majority (52.9%) have said that the aim of contraceptives was to control the number of children. (18%) have never used contraceptives.

Conclusion: Although the awareness on contraception was satisfactory, knowledge on types and purpose of contraception was inadequate. Majority use contraception, but knowledge on correct usage should be properly communicated in the future.

Key Words: Contraceptives, family planning, unwanted pregnancies

Knowledge, Attitude and Practice towards Family Planning Methods among Sub Urban Married Women in Gampaha District, 2017

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Introduction: Untimely and unwanted pregnancies effect the health of women and their children. Family planning gives women the control over the number and timing of the children they bear. It also positively affects the survival of the child. Contraceptive methods are divided into two as modern methods and traditional methods. Sri Lankan usage family planning is satisfactory when compared to some Asian countries. However, increasing abortion rate, maternal death, sepsis related to induced abortion and child abundance still increases annually. All these have a relationship to unwanted pregnancies. There is some deficit related to knowledge, practice and attitude of family planning methods.

Objectives: To assess the knowledge, attitude and practice of family planning methods.

Methods: Descriptive cross-sectional study was conducted on 110 randomly selected 110 married women. Data collection was done through a questionnaire.

Results: Majority of women had a fair awareness on different methods of contraception. Most of the respondents received information on family planning from maternity clinics. Majority knew about contraceptive tablets (81.43%). 77.27% women used family planning methods where the decision was made by both husband and wife. Oral contraceptive tablets (24.27%), Intra uterine devices (17.65%) and condom (16.47%) were common among that population. Considerable amount (14.75%) using traditional methods. In contrast, considerable amount (22.73%) of women who were not expecting a pregnancy did not follow any contraceptive methods. Most popular reason for not following contraceptives were unbearable side effects. Majority of women (65.45%) discussed with their husband regarding family planning.

Conclusion: This study found that knowledge alone did not influence attitude. Majority of population had average knowledge towards family planning. Majority had a positive attitude towards contraceptives. Enhancing knowledge towards family planning married women and their husband will help to eliminate negative attitudes and mal practice among them.

Key Words: Family planning methods, contraceptives, unwanted pregnancies

PP24

Knowledge Attitude and Prevention Practices of Leptospirosis in a Rural Farming Community in Sri Lanka

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Introduction: Today leptospirosis has become a major public health problem in Sri Lanka. Leptospirosis is a preventable disease. If everyone is thorough of the disease condition, transmission and the disease and the disease itself can be prevented. Through this leptospirosis patient number and deaths can be reduced. Kurunegala district and Huruggamuwa Gramaniladari division is a prominent agricultural district in Sri Lanka that is affected by leptospirosis throughout the year.

Objective: To evaluate knowledge, attitude and prevention practices of leptospirosis in a rural farming community in Sri Lanka.

Methods: A descriptive cross-sectional study conducted in Huruggamuwa Gramaniladari division in kurunegala district. A randomized sample of 150 persons (Age group 18-70 years) in Huruggamuwa Gramaniladari division was selected for this study. This quantitative analysis based on a questionnaire with 14 questions. Microsoft's Excel was used to analyze data.

Results: Findings revealed that the level of knowledge about leptospirosis was relatively high (98%). In addition, the overall attitudes of the participants towards the prevention of leptospirosis were also positive (88%), all the variants except for the belief in traditional practices. Only 20% people of the participants are using Leptospirosis prevention methods before their daily routine (paddy cultivation). The other practices towards prevention of leptospirosis were also comparatively at a lower level.

Conclusion: According to the study, it was revealed that the prevalence of leptospirosis comparatively high in the community due to lower levels of practices rather than the levels of knowledge and attitudes.

Key words: Leptospirosis, rural farming, paddy cultivation

PP25

A Study on Knowledge and Awareness of Sexually Transmitted Diseases among Advanced Level Students in Sub Urban Area Balangoda in Sri Lanka in 2017

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Introduction: Sexually transmitted Infections (STIs) rank among the most important health issues among school children and young adults worldwide. Adolescents' tend to engage in sexual activity at younger ages. Safe sexual and social relationships and accurate knowledge on preventing teenage pregnancies and sexually transmission infections is important information that should be conveyed to teens. Knowledge is an essential precursor of preventing sexual transmission diseases among school going adolescents'.

Objectives: To study the level of knowledge and awareness of sexuality transmitted diseases among advanced level students in suburban area Balangoda in Sri Lanka, 2017.

Methodology: A descriptive cross-sectional study was conducted from 15th to 30th of March in 2017 using a sample of 175 of advanced level school students from a selected central collage in Balangoda suburban area. They were given a self-administered semi-structured questionnaire regarding Knowledge and awareness of STIs.

Results: Among the respondents there were 45.14% males and 54.85% females. Awareness on HIV/AIDS was good (97.71%) among respondents. Awareness of chlamydia was 14.28%, Hep B 17.71% and HPV 27.42%. 98.8% of the study sample knew that STIs spread through sexual contacts. Respectively 58.85 of them believed that HIV/AIDS spread through sharing bathroom and linen, 43.42% through kissing and shake hand, and 44.58% believed by mosquito bites. Only 50.28% of the students knew correct use of condoms could prevent STIs. The knowledge on methods of prevention of HIV/AIDS and STIs was low as well as knowledge on STD prevention by vaccination was very poor. 39.42% of the students had no knowledge on vaccination while 48.57% were weak.

Conclusion- Though awareness of HIV/SIDs was good awareness of chlamydia, Hep B, and HPV was low. Almost half of the sample was aware of Herpes simplex and Gonorrhoea. Concurrently methods of prevention of HIV AND STDs were low.

Key Words: Sexually Transmitted diseases, Students awareness, HIV/AIDS

PP26

Knowledge and Attitude towards Preventive Practices (KAP) on Dengue Fever in an Urban Area in Colombo District, Sri Lanka

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Introduction: Dengue fever has become a global epidemic, causing 50 million reported infected cases around the world annually. Community knowledge and attitude towards dengue plays major role in prevention of dengue.

Objective: The primary purpose of the study was to identify the current knowledge, attitude and practices of the people living in Colombo regarding dengue fever.

Method: Convenience sampling method was used to achieve proposed objective. A self-administered questionnaire was used to gather data from 150 individuals in a quantitative arm and SPSS and Microsoft Excel was used to analyze collected data.

Results: Respondents that participated in this study showed low level of knowledge (47.0%) and moderate knowledge (28.8%), although 100% of them has received information regarding dengue fever. The mean survey score was 21.57 for attitude about dengue fever prevention from a possible 25 points with a standard deviation of 1.53. The idea proved the participants had positive attitude in this study research. However, they might not be concerned about practicing the preventive behaviors. The level of good practice was 18.2% while majority of them 48.5% had fair practice level.

Conclusion: The study shows that respondents had a satisfactory knowledge on Dengue. However, the score on their current practices despite the training was not satisfactory.

Key Words: Dengue fever, dengue prevention, global epidemic

Assessment of the Attitudes and Knowledge Regarding Breast Feeding among Mothers of Postnatal Wards in the Castle Street Hospital for Women Sri - Lanka 2016 June - December

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Introduction: World Health Organization (WHO) recommended that all infant should be exclusively breast fed in their first six months of life. Several studies acknowledge that breast feeding is the ideal food for healthy growth and development. Breast milk serves as a key protective factor against common childhood infectious disease. Additionally, it has short and long-term benefits for the mother and the child.

Objective: To describe their current knowledge, awareness, experiences perceived barriers and self-efficacy regarding breast feeding among mothers.

Method: The Castle Street Hospital for Women Sri- Lanka was purposively selected to collect data. Because it is the largest public women's hospital in Sri- Lanka. 150 postnatal mothers who delivered just after to 3 days in hospitalization were selected using convenient sampling. Inclusion criteria was. Data was collected using a questionnaire.

Results: The mean age of the participants was 28.63. 80% of mothers had mid-level education and 31% of mothers were employed. The finding show that 66.2% mothers had faced Normal Vaginal Deliveries (NVD). 86.2% of mothers knew component of breast milk. Eighty percent of mothers were knew about importance of colostrum. Majority (97.9%) had knowledge on exclusive breast feeding. Data revealed that 65.7% of mothers had a fair knowledge on advantages of breast feeding. The mean knowledge score was 12.03.

Conclusion: Post-natal mothers demonstrated satisfactory knowledge, positive attitudes and better practice towards breast feeding. Specially participants had good knowledge about component of breast milk, importance of colostrum feedings, knowledge about exclusive breast feeding, advantages of breast feeding, features of well-fed babies.

Key words: Breast feeding, breast milk, postnatal mothers

Assessment of Factors Influencing the Progression of Diabetes Mellitus to Renal Failure

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Introduction - Diabetes Mellitus is one of the major causes for increased incidence of kidney disease. While patient's practices and knowledge play an integral part in controlling diabetes, frequent monitoring is equally important in order to prevent or early identification of its complications such as CKD.

Objectives - To assess the past knowledge and current practices of CKD patients followed by DM, on Diabetic Management and to assess patient monitoring system at the clinics.

Method - A descriptive study was done on 111 conveniently selected Chronic Kidney Disease patients of the National Institute for Nephrology Dialysis and Transplantation (NINDT).

Results - 73.87% had family history of Diabetes and 14.41% had family history of kidney diseases. While 85.59% responded on their diabetes control method, 11.7% participants had practiced all diet control, medication and exercises. 33% had practiced only medications, 69.4% of them had missed them to a certain extent. 33.33% of them had a normal diet as other family members. The majority of respondents were able to manage their stress level (75.68%) and most of them had adequate hours of sleep. 70.27% of people were treated with only western medicine while 4.5% of patients had been treated with non- western medicine. When referring to the glycemetic control, 97.25%, 24.77% and 5.5% of patients had been monitored for FBS, PPBS and HbA1C respectively, although they had not always been on regular monitoring.

Conclusion - It was revealed that the sample population has an overall satisfactory level of life style modifications. Majority of the patients demonstrated poor practices on administering medications, dietary control and exercises. Although majority was on western medicine, their monitoring for glycemetic control and complications were at unsatisfactory levels.

Key words: Diabetes Mellitus, Diabetes Nephropathy, Chronic Kidney Disease.

PP29

Proposing an Internal Quality Control Method using Control Charts for an Examination Department of an Educational Institute

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Introduction: The difficulty level of examination papers depends on the qualitative determinants maintained by each academic institute based on their own perceived standards. However, these perceived standards could change with the change of administrators and examination boards, leading to variations in the difficulty level of examinations. However, if there was a quantitative quality control method, such variations will be minimized.

Objective: To develop a quantitative examination quality control method that is unique to an institute, using its own data.

Method: A quantitative analysis was performed on examination marks of past three years from students following Advanced Diplomas in Physiotherapy and General Nursing at the International Institute of Health Sciences, Sri Lanka. Control charts were developed for each program and control limits were developed to the subjects.

Results: When the three years were considered separately, the number of subjects that were not conforming with the control limits were 1,1,8 for physiotherapy and 0,1,0 for nursing. When the three years were considered together, the number of subjects that were not conforming with the control limits were 5 for physiotherapy and 0 for nursing. The average upper control limit for Nursing was 82.41. The average upper control limit for Physiotherapy was 84.87.

Conclusions: The control charts developed with its own historical data, seems successfully to define a satisfactory quality control system for an educational institute.

Key words: Control Charts, Examination quality control, six sigma for exams

PP30

Knowledge on Using Inhalers among Adult patients in General Hospital, Ampara, Sri Lanka

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Introduction: Asthma is the one of the most common chronic diseases. Globally and currently it affects approximately 300 million people worldwide. Several researchers found that people suffer from asthma due to growing urbanization, allergies and pollution etc. Different types of inhalers (metered dose inhalers, dry powder inhalers, mist inhalers) are prescribed as a common treatment method for asthma. Improper use of inhaler devices reduces drug delivery and effectiveness of the treatment.

Objective: To assess the knowledge on inhaler use and prevent re-admission of the patients in the General Hospital, Ampara, Sri Lanka

Methods: A descriptive cross sectional quantitative study, using a self-administered questionnaire was done on conveniently selected 100 asthma patients who use inhalers in General Hospital, Ampara (Eastern province Sri Lanka)

Results: Majority were male (91%) and 50 patients were age between 36-50. Only 33% have studied up to ordinary level. 28 patients have family history of Asthma. 34% patients' home condition is risk for asthma and 77% worked in risk environments for asthma. 89% know how to use the inhaler in correct dose, correct position and correct time. All patients were given proper instructions and a demonstration on inhaler using, However, 23% could not remember correctly. 62 patients have pets in their homes. 87% followed regular clinic visits and 98% patients were given recommended inhalers by government hospitals. However, 62% were readmitted to wards due to recurrence of disease within 2 years.

Key words: Asthma, Inhaler devices,

PP31

The Study of Most Suitable Teaching Methods for Students in College of Nursing, Ampara, Sri Lanka

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Introduction: Teaching is an art and demanding activity which involves in one of the main components in education. Different teaching techniques and skills make better outcome and it can be varied according to the situation and the student. In recent years, various teaching methods were introduced to the nursing education which help to improve the knowledge on nursing field and increase the hand on skills among nursing students.

Objective: To identify most effective teaching methods for nursing students in college of nursing, Ampara, Sri Lanka

Methods: A descriptive cross sectional quantitative study, using a self-administered questionnaire was done on randomly selected 200 nursing students from college of nursing, Ampara (Eastern province Sri Lanka)

Results: Half of the population were taken from third year nursing students and rest of students were equally (25%) taken from both first and second year students. Almost all the students were female (99%). Majority (43%) preferred lecture discussions as the most effective method and doing role play was the least effective method (7%). Nearly 38% strongly disagreed with combining two or more classes at once. Majority (40%) strongly satisfied with external lecturers. Only 9% strongly disagree with 10 minutes intervals between two lectures and 53% strongly believed poor ventilation is affected to the concentration. 40% strongly agreed and preferred to conduct lectures in the morning at 7.00am - 9.30am. Majority (48%) suggested E- learning as the new teaching method and nearly 34% proposed more external lecturers who are expert in specific nursing fields.

Key words: Teaching, Teaching methods, E- Learning, external lecturer,

Assessment of Respiratory Diseases among Workers from Higurana Sugar Factory in Ampara District, Sri Lanka

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Introduction: Occupational respiratory diseases are a broad group of diagnoses specially caused by the inhalation of dusts, smoking ect. In recent years several reseaches were found that respiratory diseases namely COPD, brochial asthma and bronchiectasis etc remain common among workers in sugar factories. Workers usually experience cutting, boiling, packing, storing particles and products.

Objective: To identify respiratory diseases among workers of Higurana sugar factory, Ampara district, Sri lanka

Methods: A descriptive cross sectional quantitative study, using a self-administered questionnaire was done on conveniently selected 100 workers in Higurana sugar factory in Ampara district, Sri Lanka.

Results: Majority were male (97%) and 52 were age between 18 - 30 years old. 49% had 5 to 10 years work experiences. Only 28 worker had respiratory diseases and majority suffered from disease after coming to work in sugar factory. Dust (73%) was the commonest factor which is around the working environment. 16 workers have a history of respiratory disease among family members. Majority, 64% did different occupation which were farming (45%), masonry (1%) and others (18%) during the period that sugar factory was not functioning. Only 3% had past medical history of bronchial asthma and 25% had other diseases. Out of them 21% followed treatment. Majority (25%) preferred treatment from government hospital and 2% followed Ayurvedic medicine. Only 1% use inhaler as the asthma treatment and 18% took oral medication. PPE namely masks (93%), gloves (67%), caps (49%) were available for workers and 88% liked to wear, but majority (80%) didn't use.

Key words: Respiratory disease, Sugar factory, COPD, bronchial asthma, bronchiectasis, PPE

PP33

Assessment of Consumption of Instant Food among Student Nurses in College of Nursing-Ampara, Sri Lanka

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Introduction: The consumption of instant food is rapidly growing in all parts of the world. Because of the changes and transitions in the lifestyle and dietary patterns, people specially younger generation which include nursing students are inclined toward consuming fast food.

Objective: To assess the consumption of instant food among nursing students in the College of Nursing, Ampara, Sri Lanka

Methods: A descriptive cross sectional quantitative study, using a self-administered questionnaire was done on conveniently selected 200 nursing students from collage of nursing, Ampara (Eastern province Sri Lanka)

Results: 83% of population was taken from first year nursing students and majority were female (95.5%). 124 students were age between 23- 25 and there were no students above 28 years old. 79% of students stay in the collage hostel. 84% agreed that they consumed instant food and Samaposha (20%) is the commonest food item. Majority (20%) took instant food because of advertisements and 65 students bought food daily. Only 66 students have started of eating fast food after coming to NTS. Nearly half of the population (46%) eat instant food when they get allowances and majority (79%) spent Rs. 500 - 1000 SLR. Currently 62 students have gastritis, but majority (72) identified not known health problems. Only 25 believed instant food have a high nutritional value. Nearly 35% slightly agree to continue the taking of instant food.

Key words: Consumption of instant food, NTS, SLR

PP34

Awareness and Attitudes towards Herbal Cosmetics in the Western Province, Sri Lanka

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Introduction: Nowadays, young and middle aged women are applying cosmetics because they like to look beautiful but they are unaware about the harmful chemicals in cosmetics. Therefore, I hope this research would help them gain some knowledge about using herbal cosmetics and what are the benefits they would get from the use of herbal cosmetics.

Objective: To give a better knowledge for the women about how beneficial herbal cosmetics are.

Methods: A descriptive study was done on 100 Females aged from 13 to 45 years respectively. Data was collected by passing out the link of an online questionnaire.

Results: Among the 80 participants, 71.3% prefer herbal cosmetics and respondents were asked to express their opinion on why they liked using herbal products and as they mentioned it was safer, it had less side effects, it's a natural product. Majority of the respondents (67.1%), purchased herbal cosmetics due to their trusted efficiency. It's a good result overall because the main focus was to confirm women's awareness on how safe herbal cosmetics are but 66.3% respondents were already confident about it.

Conclusions: It is clear that the women have at least a certain amount of knowledge on the use of herbal cosmetics and it is proven that there are no side effects caused from the use of herbal cosmetics.

Key words: Harmful chemicals, Herbal Cosmetics

PP35

Public Perception on Cancer Care in Galle District, Sri Lanka

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Introduction: Lack of awareness fuels many myths and misconceptions related to cancer, which perpetuates the stigma associated with it. Therefore, the purpose of the research was to share public perspective on the progress of cancer care and treatment with stakeholders who make decisions about cancer innovation.

Objectives: This survey was conducted to identify perceptions of cancer care and its treatment among the general public in Galle district in Sri Lanka.

Methodology: This was a community-based cross-sectional survey with a population of 200 randomly selected individuals in Galle district aged over 18 years. Information was collected using a structured questionnaire based on the findings of past literature review.

Results: 85% of the population had no experience with cancer patients among their family or friends. The highest percentage of 87.5% awareness on cancer care was recorded from those aged below 20 years. Only 29.5 % responded that regardless of the treatment, all cancer diagnostics will ultimately result in death. However, 70.5 % of the population is confident that cancer care treatments are effective and will prevent the patient from death. It was agreed by 72% of the population that the response to treatment depends on the severity of the cancer at the time of diagnosis. 61.5% agreed that cancer patients can lead a normal life after treatment.

Conclusion: Although most respondents recognized that improvement of information regarding cancer diagnosing and treatment is important, majority responded that the available facilities and services available for cancer care at government hospitals are not adequate.

Keywords: Public Perception, Cancer Care, Treatment Modalities, Sri Lanka

PP36

Awareness and Practices of Healthy Lifestyles among Urban Young Adults in Western Province

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Introduction: WHO definition of healthy lifestyle is a complete state of mental, physical and social well-being, not merely the absence of disease.

Objective: To identify the awareness and practices of healthy lifestyles among urban young adults in western province.

Methods: A descriptive study was done on 221 of young adults with a self-administered questionnaire.

Results: Out of 221 responses, 129 were females and 86 were males. 160 were in 20-25 ages. Most of the people think that they have a healthy life; 42.7% people were doing exercises by their own to maintain a healthy life; 121 females and 81 males use beauty stuffs to upgrade their beauty; 76.8% of people were not following the diet and 19.8 of people were following the diet. Highest percentage of people were listening to music to reduce their stress. 54.1% of people read magazines and articles to increase their knowledge of healthy life. 13.2% of people did not know how to follow the correct hand washing techniques. 59.5% of people were not interested in Ayurveda treatments.

Conclusions: Young adults are eager to maintain a healthy life. However, in some cases, they need more control to maintain a healthy lifestyle.

Key words:

healthy life style, upgrade healthy life, reduce stress, young adults

Attitudes towards Sexual Abuse of Male Children among General Public in Central Province, Sri Lanka

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Introduction: Men and boys who have been sexually assaulted may experience the same effects of sexual assault as other survivors, and they may face other challenges that are more unique to their experience. Men who were sexually abused as boys or teens may respond differently than men who were sexually assaulted as an adult.

Objective: To identify the attitude towards sexual abuse of male children among general public in central province, Sri Lanka

Methods: A descriptive study was done on 199 people in central province with a self-administered questionnaire.

Results: Among the respondents, 49% were females and 51% were males; 31% were in 21-25 age group. Most of them, 84%, thought that male children were abused in Sri Lanka. Some (33%) thought that sexual orientation of the perpetrators was the reason for sexual abuse against boys. Most of the participants thought lack of attention for children from responsible adults is the main factor for the male sexual abuse and 84% stated that there is the likelihood of abusing male children and among them, 13% expressed the view that sexual abuse of children is fair.

Conclusions: Most of people know about the abuse of male children but they don't know what actions need to be taken to avoid it. Educating the public on the protection of male children and reporting of such incidents can be recommended.

Key words:

Sexual abuse, general public, young males, Sri Lanka

Assessing the Prevalence of Respiratory problems and Knowledge on Health effects among People Residing near Stone Quarry Industrial Sites in Western Province, Sri Lanka.

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Introduction- Stone quarrying is a process including many stages by which the rocks are extracted from the ground and crushed to produce aggregates, which are then screened into the required sizes for immediate use or for producing other secondary products when necessary. Air pollution and noise pollution are the two major problems of stone quarry sites that affects the human health.

Objectives- To assessing the prevalence of respiratory problems and knowledge on health effects among people residing near stone quarry industrial sites in Western province of Sri Lanka

Method- By distributing a self-administered questionnaire to conveniently selected 85 individuals who are residing around the stone quarry

Results- Among the respondents, 83.9% are aware of health conditions that are common in dusty environment; 51.6% frequently get medication for respiratory diseases; and 41.9% believe that air pollution, fumes, smoke from vehicles and machinery is the main cause for respiratory diseases. Chest tightness is the most common symptom 25.8%; and 50.5% are not using any protective measure to prevent from respiratory diseases. Most of the participants do not smoke.

Conclusion- In conclusion most of the residents are aware of the health conditions which are common in dusty environment. They are also aware of the symptoms and have a good knowledge on the root causes for the diseases. Although they are aware about most complications, majority of them still have not taken sufficient protective measure to avoid their exposure.

Keywords- Stone Quarrying, Pollution, Respiratory Problems, Knowledge

PP39

Public Knowledge and the Perception towards Electronic Prescribing in Colombo

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Introduction: Electronic prescribing (e-prescribing) is gradually being introduced in Sri Lanka, both by the private and state sectors, with the advancement of Health Informatics industry in the country. However, the perception and the knowledge towards e-prescribing can vary among the public. Before implementing such a change to the existing prescribing process, it's important to evaluate factors that may affect the acceptance of it by the public.

Objective: To assess the knowledge and the perception towards e-prescribing among the urban adults in Colombo, Sri Lanka.

Method: A descriptive cross-sectional study on 160 urban adults selected using convenient sampling with a self-administered online questionnaire.

Results: Out of 160, 72.5% knew what e-prescribing is; 13.8% had no idea on which devices e-prescribing can be done; and 31.3% stated that e-prescribing is efficient and productive while 45.6% were unaware. 73.2% stated that electronic entry is much more accurate and precise, but 32.5% of them thought that it does not reduce human error. Even though 58.1% mentioned that it saves time, 43.1% who thought so also believed it does not save money. Among the respondents, 71.9% were from the age group of 20-30; out of them, 61.7% stated that it saves time and 36.5% of them were not sure whether it saves time or not.

Conclusion: Most of the adults have a poor understanding on e-prescribing and its effects. Therefore, their acceptance of it is questionable.

Key words: Electronic prescribing, Knowledge, Perception, Colombo, Public

PP40

Awareness and Practices of Choking Management among Parents of Preschoolers in Gampaha District, Sri Lanka.

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Introduction- Choking occurs when a foreign object lodges in the throat or windpipe, blocking the flow of air. A step-by-step guide can explain what to do in a choking emergency and how to perform abdominal thrusts (Heimlich maneuver) on a choking toddler.

Objectives- To assess the Awareness and Practices of Choking Management among Parents of Preschoolers in Gampaha District, Sri Lanka.

Methods- By distributing a self-administered questionnaire to conveniently selected 200 individuals in Gampaha District Sri Lanka

Results- Most parents believe that (47.7%) food particles are the major cause for choking. Most parents have noticed (28.9%) that difficulty in breathing as the commonest symptom of choking. Majority of the parents attitudes are that parents should mostly be informed on first aid that should be given during such incidents. Majority of parents (45.3%) believe that keeping solid things away is the best option to prevent such incidents, of which most of the parents are in the category of age 25-40 (70.68%), and least are the parents between 45-55 (13.79%). 86.7% are aware of what to be done and 12.5% are not aware.

Conclusion- Parents should be given education on first aid to avoid such incidents. Workshops with a guide to explain what actions to be taken can be shared with parents with practical demonstration.

Keywords- Choking, Management, Symptoms, Aware

PP41

Assessment of Nurses' Knowledge and Attitude on Advanced Cardiac Life Support; SJGH Sri Lanka

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Introduction: In sudden death situations prompt and high quality ACLS is vital for patient survival. Nurses are the first persons who respond in cases of cardiorespiratory arrest in the hospitals. Therefore, their knowledge in Cardiopulmonary resuscitation (CPR) is vital to improve patients' outcome. Early initiation of CPR is essential element in the prevention of sudden death.

Objective: To assess the knowledge and attitude of the nursing officers of Sri Jayewardenepura General Hospital (SJGH), Sri Lanka, regarding advanced cardiac life support.

Methodology: Convenience sampling method was followed in this research to achieve proposed objective. A self-administered questionnaire was used to gather data from 100 individuals in a quantitative arm.

Results: 72% of participant had adequate knowledge on ACLS, 95% of participants were in adequate level of attitude on ACLS. More than half of them, (80%) had attended in service training programmed of ACLS earlier. Factors that were found to affect knowledge of the nurses were educational qualification ($p = .139$), working in emergency or intensive care unit and those who received earlier ACLS training ($p = 0.063$) or involved in ACLS actively ($p = 0.144$). Factors that affect attitude of the nurses were age ($p = .122$), working experience ($p = .199$) and who received earlier ACLS training ($p = 0.052$) or involved in ACLS attempts ($p = 0.086$).

Conclusions: According to these results nurses had adequate knowledge on advanced cardiac life support and also they had adequate positive attitudes on advanced cardiac life support. Increasing education programme for nurses, conducting future studies and increasing facilities in clinical setting which could be positively affect for patients life.

Key Words: Advanced cardiac life support (ACLS), knowledge, attitude, cardio pulmonary resuscitation (CPR), cardio respiratory arrest

PP42

Perception and Awareness on Immunization among Urban Mothers in the Gampaha District, Sri Lanka

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Introduction; Vaccination comprises of introducing an agent which can be a bacterium, virus or molecule into the body that has been poor of its pathogenicity but has kept its immunogenicity. Immunizations protects children and also adults against harmful infections before they come into contact with them in the public.

Objectives; To correlate, find & assess the education level that mothers have with regard to their child's immunization, the prevalence of immunization in infants in relation to the knowledge that the mother has and the knowledge that the community has about the weaning of infants and its requirement.

Methods; Descriptive study was done on 106 urban mothers in gampaha district using convenience sampling through a self-administered questionnaire

Results; Among 106 eligible participants 73 had their children vaccinated and 12 of them observed pain and swelling as a main side effect. Among 106 eligible participants when asked of importance of vaccination, 78.8% of the population had a positive response while only 21.2% had a negative response. Regarding reasons for immunization, only 39.6% were aware and 94.4% were unaware. Regarding the intensity of harm due to vaccination, 33% had a positive response, 17.9% had negative response and 49.1 % were not unaware.

Conclusion; The awareness of mothers is adequate regarding the importance of immunization.

Key words; vaccination, urban mothers, awareness, perception, gampaha district, Sri Lanka, immunity.

PP43

Assessment of Nutritional Status of Geriatric people in Gampaha District, Sri Lanka

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Introduction: Malnutrition among elderly is a multi-dimensional problem which predisposes them to increased risks of disability, hospitalization and mortality. The prevalence of under nutrition in the elderly was high, and both the quantity and quality of diets failed to meet the National recommendations.

Objectives: To assess the nutritional status among adults in Gampaha District and to assess their knowledge on geriatric nutrition.

Method: A descriptive cross sectional quantitative study was done on 100 adults above 65 years using convenient sampling, data collection as done using a self-administered questionnaire.

Results: Among 100 participants, 55 were male. 48 have only completed up to grade eight and 35% have passed O/L s. Majority of people were at risk of malnourishment (55%) and 22% were malnourished and only 23 were healthy. When asked whether their diet was modified within last 3 months, 53 stated that there was no change while 37% admitted moderate decrease in amounts. In addition, 47 people said that fruits are not consumed daily but most of people are utilizing water daily (86%). 33% think that their nutrient level is uncertain but 48% of people said that their nutrient level is better than others.

Conclusion: Majority of geriatric people in Sri Lanka are suffering from nutrition related issues and they are not aware about assessment procedures.

Key words: Malnutrition, Geriatric

PP44

Knowledge and practices among School Teachers in Thambuttegama Educational Division on Suitable First Aid needed at a Traumatic event to Prevent Spinal Cord Complications

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Background: Injuries to the spinal cord causes life threatening deformities. After a traumatic event, it is vital to take suitable measures to prevent spinal cord complications when handling and transporting the victim.

Objectives: To assess the knowledge and practices among school teachers in Thambuttegama educational division on suitable first aid needed at a traumatic event to prevent spinal cord complications

Methods: Descriptive cross sectional study with 200 school teachers at Thambuttegama educational division. Data were collected using a pretested interviewer administered questionnaire. Data were analyzed using descriptive and inferential statistics using SPSS 20 version.

Results: Mean score for the awareness on identifying a spinal cord injury after a trauma was 13.31(±6.876) out of 30 and score for the awareness of safe transport methods was 11.05(±5.319) out of 20. Mean score for the overall knowledge for the first aids to prevent spinal cord complications were 44.25±16.439 out of 100. Mean scores for the practices were 29.05±14.548 out of 50. Those who attended to seminars ($p<0.05$), science teachers ($p<0.05$) and teachers less than 2 years of service ($p<0.05$) scored higher marks while teachers who taught in primary classes ($p<0.05$) scored lower marks.

Conclusion: Overall knowledge of the teachers was not satisfactory. First aid trainings should be introduced to improve the knowledge and practices.

Key words Traumatic events, Spinal injury, First aid, School teachers

PP45

Estimating the Effects of Internet Addiction on Social Behavior amongst Youth Residing in Colombo District, Sri Lanka.

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Introduction: Internet usage in Sri Lanka has increased significantly. Along with this unexpected growth, as other developing and developed countries, Sri Lanka too has had to encounter an emerging and smart issue is called Internet addiction.

Objective: Estimating the Effects of Internet Addiction on Social Behavior amongst Youth Residing in Colombo District, Sri Lanka

Methods: A descriptive study was done on 100 youth above 15 years of age, using a self-administered questionnaire.

Results: Among 100 participants, 69 were female. 55 have completed their advanced Level Examination. 74 of the respondents are of age 15 to 20. Even though majority of people were average online users (33), 22 said that their school work suffered frequently. 30% of people said that their job performances suffer because of internet usage and 23 claimed that they failed often even though they tried to cut down the time online. 26% accept that they feel depressed frequently when offline but it goes away once the comeback online. 39% of people said that they lose sleep due to late night logins and 25% of people stated that they frequently use internet for excitement and intimacy with their partner.

Conclusions: People have had to encounter a number of negative consequences and it has affected productivity as well. Therefore, it is important to assess addiction severity and through that educate them on how to utilize the internet effectively and efficiently.

Key words: Addiction

Assessment of Public Awareness and Knowledge on Antibiotic Resistance in the Central Province of Sri Lanka.

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Introduction: The emergence and spread of bacterial resistance to antibiotics is a growing problem worldwide, which presents a significant threat to public health globally in the 21st century. This present study was designed to determine knowledge, attitude and practice towards antibiotic use amongst the public in the Central province of Sri Lanka.

Objective: To assess the level of public awareness and knowledge on antibiotic resistance in the Central province Sri Lanka.

Methods: Descriptive cross-sectional study was done on Sri Lankan Central province urban, suburban and rural adults, who are over 20 years of age and convenient sampling was used with a self-administered questionnaire carried out on antibiotic resistance.

Results: Out of the participants 105 were females and 80 were males. 45% have studied up to advanced level. 47% were from suburban areas. 159 participants admitted that they knew what antibiotic resistance was. 47% of them have got to know this from doctors and nurses. 65.4% chose the correct meaning about antibiotic resistance but 26% of them had not even heard about antibiotic resistance. 32.4% stated that it is a form of resistance spread with remarkable speed. 41% admitted that they won't take a prescription before taking antibiotics. 58.9% knew that there is an abuse on antibiotics at present. 67% stated that the diseases which can be treated with antibiotic are cold and flu, fever (49.2%) and sore throat (41.1%) respectively.

Conclusion: They had fair awareness about antibiotic resistance but their knowledge was poor about the antibiotic resistance.

Key words: Antibiotic resistance, general public, central province

PP47

Assessment on Quality of Nursing Care and Patient's Satisfaction in Government Hospitals.

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Introduction: Patient satisfaction on the quality of Nursing Care received at government hospitals has been a debated topic in the media. Though the general perception at times seems negative, still the public seems to trust the government hospitals for serious and life threatening conditions. Therefore it is important to scientifically validate the actual patient satisfaction.

Objective: To assess the level of patient satisfaction on the quality of Nursing care received at Government Hospitals.

Methods: A descriptive study was done on conveniently selected 130 adults from Colombo and Gampaha who have been admitted to a government hospital for more than 2 nights. Data was collected using a self administered questionnaire.

Results: 44% of the population has no comments on the stat whether nurses treat the patients with respect.31.3% of the population disagree when questioned, whether nurses take the permission from patients before they perform nursing procedures.44% of the population agree with the fact nurses render their service on time.37.5% of people have no comments on the fact Nurses use physical touch in supporting patients.35.9% of the population has no comments on the fact that Patients can take their own decisions when being cared by nurses.

Conclusions: Majority of the public remains uncertain about the quality of nursing care they receive in government hospitals. This might well be because they are uncertain of how to assess patient care quality.

Key words: Nursing quality, patient's satisfaction, Assessment

PP48

Assessing the Factors Affecting the Mental Health of the Military Personnel in Sri Lanka

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Introduction: Several studies were conducted throughout the world and they have shown that service members who got exposed to combat have adverse mental health consequences and also are associated with increased risk of post-traumatic stress disorder (PTSD) and risk of depression, substance misuse such as alcohol, cigarette or other and several physical symptoms. These problems can cause impairment of occupational and social functioning which leads to an increased use of healthcare services.

Objective: To assess the factors affecting the mental health of the military personnel in Sri Lanka.

Methods: A descriptive cross sectional quantitative study was done with 84 military personals in Sri Lanka using convenient sampling. The data collection was done using a self-administered questionnaire.

Results: Among the 84 participants of the research, 96.4% were males between the ages 21-35. 60.7% of the participants were married. Most of the participants have served more than 10 years and they have participated in the war. 90.5% of the participants have been disappointed and 89.3% have lost hope several times. 79.7% of the participants consume alcohol, 42.8% consume cigarettes, while 2.38% consume other drugs. 73.8% of the participants have seen dead bodies, 58.3% have been shot or attacked the opponents and 72.6% of the participants have known someone seriously injured and wounded. 51.2% of participants who have been part of the war have had repeated and distressing memories of the past.

Conclusions: Military personnel who have served more years and who have served in war have a much higher risk to develop mental health problems.

Key words: Sri Lanka, Military, Mental Health

PP49

Coping Strategies towards the Exam Stress among the Youth of the International Institute of Health Sciences, Sri Lanka

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Introduction: Exam stress has affected youth so much to an extent that they are incapable of handling it resulting in them developing stress related disorders. Chronic stress can affect the developing brain and alter the responses in adult life. This research will be discussing the strategies used by youth to cope with stress during an examination.

Objective: Assess the perception of exam stress amongst healthcare students at International Institute of Health Sciences and their coping strategies.

Methods: Descriptive cross-sectional study done on 150 youth from the International Institute of Health Sciences, Sri Lanka. Selected using convenient sampling and using a self-administered online questionnaire.

Results: Among the 150 participants the most prevalent gender were females (70%) of the age 20-25 (59%). All participants are undergraduates. 88.6% of them believe that they feel stressed during exams. 48.6% believe that exams tend to directly affect their health. 34.7% gave up trying to reach my goal. 42% got angry with parents, relatives and friends. 52% turned to other activities to take my mind off the exams, e.g. shopping, social media. 40% agree that they take additional actions to get rid of the stress, but 71% of them strongly feel stressed out during an exam. From the 70% of the females, 79% feel stressed during exams.

Conclusion- It was revealed that most of the youth are stressed because of exams and show signs and symptoms of stress related disorders.

Key words – Stress, Students, International Institute of Health Sciences, Coping strategies, Exams

PP50

Awareness of Disk Prolapse among Nurses in Western Province Sri Lanka

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Background- Intervertebral disc prolapse is rapidly rising as a worldwide medical issue that threatens pandemic level in the near future. And also it is a major cause of handicap in developing countries. Registered Nurses are at risk of sustaining disc prolapse as they are subjected to lifting and bending when providing care for their patients.

Objectives- To identify the awareness on disc prolapse among nurses and also to identify their knowledge on disc prolapse and its diagnosis.

Methodology - Descriptive cross sectional quantitative study was done on 130 nurses who are working in the Western province hospitals in Sri Lanka. Data collection was done through a self-administered questionnaire and online.

Result- Out of the 130 nurses, 54.6% were Registered Nurses with a Bachelor's degree in Nursing (26.9%). Most were female (82.3%). 6.9% suffer from disk prolapse and 90% admits they are healthy. From the total participants, 77.7% know how to diagnose the disc prolapse, but only 27.7% selected MRI as the best way to diagnose disc prolapse, and the rest selected X-rays and CT scan. Majority of nurses 86.2%, do not exercise daily. 77.7% of nursing staff are aware of body mechanic techniques. Among 130 Nurses, 100 know how to prevent back injury (80.0%). 71.5% of nurses are suffering from back pain. The average duration of pain was found to be more than once a week.

Conclusion- Awareness and knowledge on disc prolapse among the nurses are fairly acceptable. Even though most of them admits they are healthy, most of them are at risk of disc prolapse in future.

Keywords;

Disc prolapse, Nurses, Body mechanics, back pain

PP51

Knowledge, Awareness and Perception on Organ Donation among Youth in Western Province

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Introduction: Organ donation is taking healthy organ and tissues from one person to transplant into another. Organs that can be donated are internal organs like kidney, heart, liver and lungs. Health statistics show that annually more than 2,000 people die due kidney failure. Nearly 1,700 die due to Cirrhosis or advanced liver disease. More than 4,000 people die every year due to liver and kidney failure alone in this country.

Objective: To describe current knowledge, awareness and perception on organ donation among the youth.

Methods: A Descriptive cross-sectional study was done on 135 people in Gampaha, Colombo and Kalutara using a questionnaire on youth.

Results: The survey indicates 94.1% of the participants belong to 18-24 age groups. Among the total participants 82.2% were aware about organ donation. And also, majority thinks part of liver, and the hearts are the only organs that can be donated. 66.7% of total participants admit that organ can be donated while alive. And also 57.8% indicates that they will motivate others to donate organs. Though 52.6% participants liked to donate organs majority of them were not registered as organ donors. Findings also indicate that majority were Buddhists who is willing to donate organs when compare with other religions.

Conclusions: Awareness, knowledge and perceptions on organ donation is in the satisfactory level.

Key words: Organ Donation, Awareness, knowledge, perception on organ donation

Knowledge and Practice on Prevention of Respiratory Diseases among Road Traffic Police officers in Gampaha and Colombo District

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Introduction – Air pollution is very high in Kandy, Colombo and Gampaha districts in Sri Lanka. The traffic police in Gampaha and Colombo district are continuously exposed to air pollution and are at an increased health risk.

Objectives -To assess the knowledge and prevention methods on respiratory diseases among road traffic police officers in Gampaha and Colombo district

Methods- A descriptive cross-sectional study was conducted among 131 road traffic police officers who working in Gampaha and Colombo district through the self-administered questionnaire.

Results – Among 131 participants, 40% had work experience more than 5 years. 25% respondents stated that they are suffering from asthma and 67% had common cold. 25% of the participants complained about chronic respiratory diseases. 65% of them have got treatments for their diseases. 76% of the participants were working on the road more than six hours. Most of them (62%) admitted that they do not wear face mask during duty times and out of that 43 % mentioned that face masks are unavailable. 35% mentioned that wearing face mask is unnecessary and uncomfortable. 37% of them had frequently coughed specially at night with other respiratory disease symptoms. 31% of respondents had symptoms of sneezing and running nose. The majority of the participants (56%) noted the best face mask is the dust mask to prevent from the respiratory disease. 56% respondents noted that the main aggravating factor of the respiratory diseases is dust.

Conclusion: Majority of the police officers had a fair knowledge on respiratory diseases however they had a poor practice to prevent from respiratory diseases.

Key words: Traffic Police officers, Respiratory conditions, Air Pollution

PP53

A Study on Knowledge on Work related Sharp injuries and Prevention among Nurses in the Western Province of Sri Lanka

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Introduction: Needle stick and sharp injuries were one of the major risk factors for blood and body fluid borne infections at health care facilities. It is estimated that sharp injuries cause approximately 66,000 HBV infections, 16,000 HCV infections, and 200 to 5000 HIV infections among health care workers annually. However, post exposure management was generally poor.

Objective: To assess the level of knowledge on work related sharp injuries and prevention among nurses in the Western Province of Sri Lanka.

Methods: A Descriptive, cross sectional, quantitative study was carried out using semi-structured, self-administered online questionnaire among 101 Nurses who were selected using convenient sampling from the Western province, Sri Lanka.

Results: Majority of the respondents were females (69.3%). Mean age of the respondents were 25-34 (41.6%). 67.3% were undergraduates. 61.4% of the respondents has experienced a sharp injury at least once in lifetime. Majority of the respondents (29.7%) experienced it at the bedside. 50.5% of the respondents experienced needle-stick injuries compared to other sharps. 21% of respondents got needle-stick injuries even though they were in the profession for 1-3 years. 23% of the respondents did not reported the sharp injury. Majority responded that hospital provides Personal Protective Equipment (97%) however, 29% stated they were not wearing gloves during the injury.

Conclusion: Even though they demonstrated a good theoretical knowledge about sharp management, there is a practical gap in the utilization. The present study recommends that nurses needs to be educated about the prevention and management of sharp injuries

Key words: Nurses, sharp injuries, personal protective equipment.

PP54

Assessment of Knowledge on Periconceptional Folic Acid Supplementation among Women in Reproductive Age Group at Baddegama Grama Niladari Division.

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Introduction- Folates are important in metabolic pathways in carbon metabolism and it shows significant genetic variability. Congenital heart defects, neural tube defects, Alzheimer's disease, and Down syndrome are some conditions associated with folate deficiency in periconceptional period.

Objectives- To assess the knowledge on periconceptional folic acid supplementation among women in reproductive age group.

Method- 110 women in reproductive age group (18-45 years) of Baddegama Grama Niladari Division were selected by simple random sampling method and a structured questionnaire was used to collect data.

Results- The age range was 18 to 45 with a mean of 31.4 years. There were 74 (67.3%) married and 36 (32.7%) unmarried subjects. Out of all 16 (14.5%) subjects studied up to grade 5, 17 (15.5%) up to grade 11 and 64 (58.2%) with senior level of education. Ninety seven (88.2%) subjects identified folic acid as a vitamin and a statistically significant ($p < 0.05$) difference was seen in subjects with different educational levels. Majority ($n = 88$; 80%) mentioned the correct dosage of folic acid as one tablet daily, however, there was a statistically significant difference ($p < 0.05$) between married and unmarried groups. Majority were aware about deficiency complications but a statistically significant association ($p < 0.5$) was seen among different educational groups. Only (30%) subjects indicated that folic has to be started 3 months before conception.

Conclusion- The knowledge regarding folic acid is not adequate especially subjects with low level of education and unmarried/non-pregnant group.

Key words- Periconceptional folic acid supplementation, congenital anomalies, Source of folic acid.

**Stress Factors among Undergraduates of the Faculty of Allied Health Sciences,
University of Peradeniya**

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Introduction: Stress is a normal part of life. From birth to death a person endures stress. It is impossible and not beneficial to avoid all stress in life (Wong, Perry & Hockenbury 2002). From birth to death a person endures stress. The psychological distress among undergraduates was significantly greater than among the general population (Kurupparachchi, Wijerathna, and Williams 2002). University students in general are vulnerable to stress as a result of the challenges they face in their programmes of study (Williams, Arnold and Mills 2005)

Objectives: To assess the stress factors among undergraduates of Faculty of Allied Health Sciences, University of Peradeniya

Methodology: Cross sectional descriptive design was used for the study. Data was collected using self-administered questionnaire from 200 students selected using stratified random sampling technique.

Results: Having to attend long course duration more than due course duration (32.60%, mean=0.33, SD= 0.47) was the most number of students were affected followed travelling long distances to clinical sites (17.36%, mean=0.17, SD=0.38). lack of clinical instructors ($p=0.006$), travel long distances to clinical sites ($p=0.002$) were highly significant with the course of study. Travel long distances to clinical sites ($p=0.040$) and having attended long course duration more than due course duration ($p=0.001$) were highly significant with the academic year (batch).

Conclusion: The study has clearly shown that there is a significant association with stress due to travel long distances to clinical sites and lack of clinical instructors. The faculty administration needs to be addressed these issues immediately

Key words: stress, undergraduates

